

MSc in Cognitive Behavioural Psychotherapy (Enhanced Practice)



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Pathway Leader



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Purpose

This programme is designed for BABCP accredited therapists, or therapists that meet eligibility for BABCP accreditation, with three years clinical experience in CBT. This would appeal to CBT therapists without postgraduate qualification e.g., Dip/BSc CBT graduates. Students would desire advanced skills in CBT and would like or require a qualification at post graduate level.

On successful completion of this programme each student will be able to demonstrate knowledge and critical understanding of the principles of cognitive behavioural therapy at an advanced level of skills and interventions. The programme will focus on enhanced skills in clinical supervision, teaching and complex case conceptualisation.

Description

This course is for competent and experienced CBT therapists and builds on and develops competencies and skills in clinical, supervision and teaching roles. The programme incorporates research/evidence based health care subjects.

The programme has been designed according to the standards of the British Association of Behavioural and Cognitive Psychotherapies (BABCP). On completion of the course students will meet eligibility criteria for BABCP accreditation as Supervisors and Trainers.

The programme focuses upon the integration of CBT theory and clinical practice by:

- Developing critical knowledge of the theoretical and research literature relating to supervision and training in CBT
- Developing an advanced level of CBT related clinical skills competencies
- Developing skills to lead CBT provision in statutory, independent and voluntary sectors through education, service development and research activities at an advanced level.

The programme format and assessment

This programme is a nested award programme where students must successfully complete each year before they progress.

Year One – Postgraduate Certificate: completion of all four compulsory modules (60 credits)

Year Two – Postgraduate Diploma: Successful completion of year one (60 credits) and completion of all three compulsory modules (60 credits), totalling 120 credits

Year Three – MSc: Successful completion of year one and year two (120 credits) and completion of dissertation module totalling 180 credits.

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Year One	Credits	PGCert	PGDip	MSc
CBT Supervision	15	✓	✓	✓
Evidence Based Decision Making	30	✓	✓	✓
Specialist Practice Portfolio (1)	15	✓	✓	✓
Year Two	Credits	PGCert	PGDip	MSc
Principal Methods of Healthcare Research	15		✓	✓
CBT Learning and Teaching	15		✓	✓
CBT Complex Case Conceptualisation	15		✓	✓
Specialist Practice Portfolio (2)	15		✓	✓
Year Three	Credits	PGCert	PGDip	MSc
Dissertation	60			✓
Total		60	120	180

Alternatively the MSc programme can be completed over two years on the following schedule.

Year One	Credits	MSc
CBT Supervision	15	✓
Evidence Based Decision Making	30	✓
CBT Complex Case Conceptualisation	15	✓
Specialist Practice Portfolio (1)	15	✓
Year Two	Credits	MSc
Principal Methods of Healthcare Research	15	✓
CBT Learning and Teaching	15	✓
Specialist Practice Portfolio (2)	15	✓
Dissertation	60	✓
Total		180

We can also offer a stand alone PG Cert CBT Enhanced studies. This course is for experienced CBT therapists building on and developing competencies and skills in clinical, supervision and teaching roles. The Enhanced Studies Pathway is proposed for students seeking advanced skills in CBT that already hold a Masters degree or do not require a Masters qualification. The PG Cert CBT Enhanced Studies is awarded on completion of four modules.

PG Cert Cognitive Behavioural Psychotherapy Advanced Studies

Year One	Credits	MSc
CBT Complex Case Conceptualisation	15	✓
CBT Supervision	15	✓
CBT Learning and Teaching	15	✓
Specialist Practice Portfolio (1)	15	✓
Total		60

The minimum length of the programme is two years. The taught component is delivered on a part-time basis usually one day per week in each term for the PG Certificate and PG Diploma. Students are also required to arrange at least one clinical day per week to provide clients with therapy in a cognitive behavioural framework. Applicants will need to identify a clinical supervisor who is BABCP accredited or meets eligibility for BABCP accreditation. Supervision of teaching and supervision will be provided on the course.

Assessments of modules are a combination of essays, case reports, taped sessions of practice, and practice assessment documents. All modules must be passed at a level of more than 50%, in addition:

- In the first year students are required to provide supplementary supervision to a group of CBT therapists in training.
- Students must demonstrate competency in delivering CBT training.
- Competence must be reached on assessed audio-recordings of therapy sessions, using a recognised competency assessment scale, and supervision sessions.

Entry requirements

The normal entry requirement for postgraduate study is a second class honours degree from a UK university, preferably in a health related subject but this is not essential. Applicants with other backgrounds or qualifications, including those without a first degree can be considered. Full BABCP accreditation or eligibility is a requirement.

We are interested in applicants who can show that they have maintained an active interest in cognitive behavioural therapy, both within their clinical role and professional development. Applicants should normally be working in a practice role or have arranged a clinical placement and have access to a suitable CBT training caseload.

Selection

Short listed applicants will be invited to attend a semi-structured interview. The interview is for the provision of information and assessment of the applicant's academic and clinical ability to undertake the programme. A maximum of 12 applicants scoring highest in the areas of academic ability, clinical experience, and access to suitable clients with a BABCP accredited (or eligible) supervisor will be offered places on this programme.

Applicants whose first language is not English will be expected to show proficiency equivalent to IELTS 7.0. This criterion can only be waived in exceptional circumstances where the applicant can demonstrate fluency in both written and spoken English by other means.

Funding

Employer sponsorship and self funding.

Contact

For applications and information about fees please contact:

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