

MSc in Cognitive Behavioural Psychotherapy (Expert Practitioner)



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Pathway Leader



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Programme Advisor



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Purpose

This programme is designed to provide students with the opportunity to develop a comprehensive knowledge base and a broad repertoire of clinical skills in Cognitive Behavioural Therapy (CBT).

On successful completion of this programme each student will be able to demonstrate knowledge and critical understanding of the principles of cognitive behavioural therapy with a variety of disorders along with a specialist application of CBT skills and interventions. This will include skills in clinical supervision, teaching skills and theories and service provision.

Description

The programme has been designed according to the training standards of the British Association of Behavioural and Cognitive Psychotherapies (BABCP) and aims to lead to accreditation as a Cognitive Behavioural Psychotherapist with the BABCP. The programme meets the training standards required for non-professionally qualified CBT therapists to be eligible for accreditation with the BABCP.

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

- Developing critical knowledge of the theoretical and research literature relating to 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.

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.

Year One	Credits	PGCert	PGDip	MSc
Fundamental Principles of CBT	15	✓	✓	✓
Cognitive Behavioural Therapy for Anxiety and Depression	15	✓	✓	✓
Specialist Practice Portfolio (1)	15	✓	✓	✓
Evidence Based Decision Making in Healthcare	15	✓	✓	✓
Year Two	Credits	PGCert	PGDip	MSc
Specialist Application of CBT	30		✓	✓
Principal Methods of Healthcare Research	15		✓	✓
Specialist Practice Portfolio (2)	15		✓	✓
Year Three	Credits	PGCert	PGDip	MSc
Dissertation	60			✓
Total		60	120	180

The minimum length of the programme is three years. The taught component is delivered on a part-time basis 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.

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

- Competence must be reached on assessed audiotapes of therapy sessions using a recognised competency assessment scale.
- A minimum of eight cases must be treated by the end of year two.
- Students must attend at least 80% of teaching 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. We particularly welcome applications from qualified mental health or related professionals e.g. counselling, occupational psychology.

We are interested in applicants who can show that they have maintained an active interest in psychological approaches, preferably CBT, 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. Applicants will need to identify a clinical supervisor who is BABCP accredited or meets eligibility for BABCP accreditation.

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 30 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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