

# **MSc in Cognitive Behavioural Psychotherapy** (Specialist Applications)



# MSc in Cognitive Behavioural Psychotherapy (Specialist Applications)

## Pathway Leader



Lee Grant MSc BSc RN  
020 7848 3702  
lee.3.grant@kcl.ac.uk

## Programme Advisor



Jane Muston BSc PGDip PGCAP RN  
020 7848 3702  
jane.muston@kcl.ac.uk

## Purpose

This programme is designed for therapists with some clinical experience in Cognitive Behavioural Therapy CBT. The Specialist Applications pathway is designed for CBT therapists with competency in the treatment of anxiety and depression. Students would desire advanced competencies in the application of CBT within a variety of disorders including psychosis, eating disorders, sexual problems, addictions, etc.

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 evidence based practice, case conceptualisation skills and learning and teaching related to CBT.

## Description

This course is for competent therapists that use formulation driven treatment/practice for anxiety and mood related problems. The pathway builds on and develops competencies and skills across a complete range of disorder and teaching roles. The programme also 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 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 training in CBT
- Developing an advanced level of CBT related clinical skills and competencies across disorders.

- 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 three compulsory modules (75 credits)

Year Two – Postgraduate Diploma: successful completion of year one (75 credits) and completion of all three compulsory modules (45 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
CBT Specialist Applications	30	✓	✓	✓
Evidence Based Decision Making	30	✓	✓	✓
Specialist Practice Portfolio (1)	15	✓	✓	✓
Year Two	Credits	PGCert	PGDip	MSc
Principal Methods of Health Care Research	15		✓	✓
CBT Learning and Teaching	15		✓	✓
Specialist Practice Portfolio (2)	15		✓	✓
Year Three	Credits	PGCert	PGDip	MSc
Dissertation	60			✓
<b>Total</b>		<b>60</b>	<b>120</b>	<b>180</b>

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

Year One	Credits	PGCert	PGDip	MSc
CBT Specialist Applications	30	✓	✓	✓
Evidence Based Decision Making	30	✓	✓	✓
Specialist Practice Portfolio (1)	15	✓	✓	✓
Year Two	Credits	PGCert	PGDip	MSc
Principal Methods of Health Care Research	15		✓	✓
CBT Learning and Teaching	15		✓	✓
Dissertation	60			✓
<b>Total</b>		<b>60</b>	<b>120</b>	<b>180</b>

The minimum length of the programme is two years. The taught component is delivered on a part-time basis usually one day per week (Tuesday) 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. Supplementary supervision of clinical work and supervision of teaching 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 attend supplementary group supervision facilitated by a CBT therapist.
- Students must demonstrate competency in delivering three CBT training sessions/events.
- Competence must be reached on assessed audio-recordings of therapy sessions using a recognised competency assessment scale.

## 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 that are accredited practitioners with the BABCP with training in anxiety and depression.

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 CBT practice role or have arranged a clinical placement and have access to a suitable CBT 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:

Postgraduate Administrator,  
Florence Nightingale School of Nursing & Midwifery  
at King's College London,  
James Clerk Maxwell Building,  
Waterloo Campus,  
57 Waterloo Road,  
London SE1 8WA

Tel 020 7848 3368

Email postgrad-mn@kcl.ac.uk