

Post Graduate Diploma & MSc in:

Cognitive Behavioural Therapy

Applications invited for January 2012 intake

Royal Holloway University of London in collaboration with Central and North West London NHS Foundation Trust offers a professional training in Cognitive Behavioural Therapy. The aim of this programme is to equip mental health practitioners with practical skills and theoretical knowledge in CBT. Applications for January 2012 are invited from mental health professionals who are able to demonstrate appropriate clinical and academic experience, basic knowledge and skills in CBT, and who are employed in a setting where suitable therapeutic work can be carried out.

Teaching and Curriculum

The Programme takes place one day per week (Thursdays) for 18 months. Formal teaching sessions include didactic as well as experiential training in essential CBT skills. The curriculum is designed so that basic and core aspects of CBT are covered in the initial modules with more advanced skills and working with more severe and complex clinical presentations being covered as the Programme progresses. Teaching sessions take place in modern purpose built facilities at 20 Eastbourne Terrace, Paddington London W2.

Supervised Practice

Supervised practice is an integral part of the training. Small group supervision groups are multidisciplinary, occur on Thursdays and are continuous throughout the Programme. Students are expected to carry a caseload of at least 4 appropriate training cases. Students must have completed a minimum of 8 clinical cases by the end of the course.

Assessment

Assignments include case reports and theoretical essays. Competence in CBT is assessed via recordings of therapy sessions.

MSc Option

The standard qualification gained by students is the Post Graduate Diploma. This route is 18 months in duration. Students with the required academic background and preparedness may also apply to complete a Masters option which will involve the completion of a research dissertation under supervision. This route will involve an additional 6 months of study and training.

BABCP Accreditation

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The Post Graduate Diploma in CBT is fully Accredited by the British Association for Behavioural and Cognitive Psychotherapies at Level 2, which denotes that all of the BABCP Minimum Training Standards are met through completion of the course.

Fees

Fees for 2012/13 will be £7365. This includes supervision for the full 18 months. An additional fee will be payable for those completing the MSc option.

Selection Process

Eligible students will be qualified health professionals such as community psychiatric nurses, occupational therapists, clinical/counselling psychologists, psychiatrists and social workers. Selection is via an application and interview. The application form can be downloaded from our website at: www.central-london-cbt.com

Applications close 14 October 2011. Selection interviews will be held in November 2011.

Further Information

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