



Royal Holloway
University of London

Central and North West London 
NHS Foundation Trust

 **A Level 2 BABCP
Accredited Programme**
www.babcp.com

Post Graduate Diploma & MSc in: **Cognitive Behavioural Therapy**

Applications invited for January 2014 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 2014 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 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. Core CBT skills are covered in the initial modules. More advanced skills, including how to working with severe and complex clinical presentations, are taught as the Programme progresses. Teaching sessions take place in modern facilities at 20 Eastbourne Terrace, Paddington, London.

Supervised Practice

Supervised practice is an integral part of the Programme. Small group supervision is typically multidisciplinary, occurs on Thursdays and is continuous throughout the Programme. Students are expected to carry a case load 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 clinical case reports, theoretical essays and a portfolio of clinical activity. Competence in CBT is assessed via recordings of therapy sessions.

MSc Option

The 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 for a Masters option which involves the completion of a research dissertation under supervision. This route will involve an additional 6 months of study and training.

BABCP Accreditation

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 successful completion of the Course.

Fees

Fees for 2014/15 will be £7950. This includes supervision. 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, 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 1 October 2013. Selection interviews will be held in November 2013.

Further Information

Prof Sarah Corrie
Programme Director
email: sarah.corrie@nhs.net
tel: 0207 266 9580

Application forms and course description may
be downloaded from our website

www.central-london-cbt.com