

## **Postgraduate Diploma Cognitive Behavioural Psychotherapy**

This is a BABCP level 2 accredited course in Cognitive Behavioural Psychotherapy which is delivered by Sheffield Health and Social Care NHS Trust, Cognitive Behavioural Psychotherapy Education Department and validated by Sheffield Hallam University. Successful completion of this course will lead to automatic accreditation with the British Association for Behavioural and Cognitive Psychotherapies

### **Overall Aims of the Course**

- To enable participants to obtain the knowledge and skills necessary to assess, formulate and treat a range of people with anxiety, affective and complex disorders likely to benefit from cognitive behavioural psychotherapy.
- To enable participants to acquire the knowledge and skills necessary to plan and provide clinical leadership within cognitive behavioural psychotherapy services and develop the role of the autonomous practitioner of cognitive behavioural psychotherapy in health and social care settings.
- To develop practitioners' skills in critical appraisal of knowledge and critical reflection on their current practice in order to develop, extend and improve their clinical and professional roles.

### **Course Structure**

- Year 1: Core CBP Competences  
CBP for Anxiety Disorders  
CBP for Affective Disorders
- Year 2: CBP for Complex Mental Health Problems,  
Leadership for Cognitive Behavioural Psychotherapists  
Research Methods for Practice

**Attendance:** One day each week for the academic year.  
Additional clinical time and 50 hours of clinical supervision each year to be arranged by the student.

**(continued)**

## **Framework**

The course is part of the MSc Advanced Professional Development framework at the Faculty of Health and Wellbeing, Sheffield Hallam University. Successful completion of the award gives you 120 Level 7 credits and allows for further study towards the MSc.

## **Suitable for**

Mental health professionals working in primary or secondary health and social care settings with clients experiencing problems likely to be helped by CBP.

Mental health professionals wishing to train and become eligible for accreditation as Cognitive Behavioural Psychotherapists.

Applicants with other health and social care professional qualifications who have relevant mental health experience may be eligible to apply. Please discuss this with the course tutors.

Applicants without a professional qualification who have significant and substantial alternative mental health experience at an appropriate level may be eligible to apply. Please discuss this with the course tutors.

## **Pre-requisites**

In the application process you will need to demonstrate that you have

- A mental health professional qualification (or equivalent qualifications and experience)
- Evidence of introductory level understanding and application of CBT
- Evidence of an ability to study at postgraduate level

Before the course starts you will need to demonstrate that you

- Are working in an appropriate practice setting and have made arrangements to see clients for the modules you are studying
- Have confirmed supervision arrangements with a BABCP accredited and experienced CBP supervisor
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**2020/2021 Fees:** A limited number of funded places are available for NHS employees, or those working for NHS accredited partner organisations, working in the Yorkshire and Humber region. Please enquire about eligibility and availability.

**Self funding:** We welcome self funding applicants on the course. The current fees are £4200 pre year. We are registered as a program with the Professional Careers Development Loan <https://www.gov.uk/career-development-loans>.

**Application process:** We are currently open to application for the September 2019 cohort. For an application form please contact Amanda Smallwood. For further details on the course, or to discuss your eligibility, please contact one of the course tutors.

**Course Tutors:**

Annie Mason – [ann-marie.mason@shsc.nhs.uk](mailto:ann-marie.mason@shsc.nhs.uk)  
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