

Cognitive Behaviour Therapy High Intensity Postgraduate Diploma

This High Intensity Diploma is core funded by West Midlands NHS and is designed to provide a postgraduate training for a group of the Improving Access to Psychological Therapy (IAPT) High Intensity Cognitive Behaviour Therapists.

The Diploma aims to teach students to achieve the level of knowledge and clinical skills to operate effectively as psychological therapists, using evidence based cognitive behaviour therapy methods routinely in their work.

[Study here and find out why the University of Birmingham was awarded The Times and The Sunday Times University of the Year 2013-14](http://www.birmingham.ac.uk/news/latest/2013/09/20-sep-Birmingham-announced-as-University-of-the-Year.aspx)
[\(<http://www.birmingham.ac.uk/news/latest/2013/09/20-sep-Birmingham-announced-as-University-of-the-Year.aspx>\)](http://www.birmingham.ac.uk/news/latest/2013/09/20-sep-Birmingham-announced-as-University-of-the-Year.aspx)

Course fact file

Type of Course: Continuing professional development, taught

Study Options: Full time

Duration: 12 months full-time (2 days at University, 3 days in clinical practice)

Start date: January

Contact

Admissions enquiries:

Student Recruitment Team

Email: cbt-admissions@contacts.bham.ac.uk (<mailto:cbt-admissions@contacts.bham.ac.uk>)

[School of Psychology \(/schools/psychology/index.aspx\)](/schools/psychology/index.aspx)

Details

Key Features

- To equip practitioners to offer 'high intensity' CBT for people with moderate and moderate to severe depression and anxiety at Step 3 within the primary care settings.
- To equip practitioners to function as skilled, and relatively independent cognitive behaviour therapists, in accordance with the British Association for Behavioural and Cognitive Psychotherapies (BABCP) guidelines for good practice.
- To equip practitioners to reach the necessary standards required for provisional accreditation as a CBT practitioner to the BABCP on successful completion of the course.
- To facilitate the development of a critical knowledge of the theory and research relating to CBT.



It was tough working full time and also attending the course but it was made enjoyable by the excellent teaching and supervision.



Cliff Tong

Cognitive Behaviour Therapy Postgraduate Diploma



[\(/schools/psychology/our-students/postgraduate/cliff-tong.aspx\)](/schools/psychology/our-students/postgraduate/cliff-tong.aspx)

The Diploma will provide a significant component of the current requirements for accreditation as a cognitive behavioural therapist by the BABCP – but those applicants who may eventually wish to take this path should note that there may be additional requirements to fulfil BABCP accreditation criteria.

All prospective students are strongly advised to look at the BABCP website PRIOR to applying to ensure that they understand the Minimum Training Standards for the Practice of CBT in particular those relating to the core professional qualification requirements. Applicants without a core profession

will need to satisfy the requirements of the Knowledge, Skills and Attitudes (KSA) framework, details of which can be found on the BABCP website.

NB. this advice applies whether a potential applicant intends to apply eventually for BABCP accreditation or not, as the BABCP Training Standards information provides a good overview of CBT related skills and competences in general – which is relevant to ALL those even considering applying for a Diploma in CBT.

Related links

[School of Psychology \(/schools/psychology/index.aspx\)](/schools/psychology/index.aspx)

[More Cognitive Behaviour Therapy courses \(/schools/psychology/study-here/postgraduate/cbt/index.aspx\)](/schools/psychology/study-here/postgraduate/cbt/index.aspx)

Why study this course

Comments from past students

"The course was very well organised and delivered."

"The use of the practical exercises was helpful."

"Consistently of high standard and always very interesting, useful and stimulating."

"Thank you – The chance to speak to a person who experiences OCD and the privilege of being able to ask questions."

"It has increased my understanding of CBT, the model how to formulate and use a range of techniques much I can apply in my practice."

"An excellent, but punishing course! The quality of the lectures were excellent and the teaching provided an excellent basis for clinical practice."

Modules

Course structure

Module number	Module title	Days	Credits
1	The fundamentals of Cognitive Behavioural Therapy	20	40
2	Cognitive Behavioural Therapy for Anxiety Disorders	20	40
3	Cognitive Behavioural Therapy for Depression	20	40

Total days:60

Total credits: 120

Module Summaries

Module 1: The fundamentals of Cognitive Behavioural Therapy

This module will focus on the fundamental principles of CBT. Trainees will be encouraged to develop a critical understanding of the theoretical and research evidence for cognitive models, and an ability to evaluate the evidence. The module aims to enable trainees to have an understanding of how scientific principles inform CBT clinical practice. This module will focus on core clinical competencies (skills) necessary for undertaking CBT. It covers cognitive models, maintenance and developmental conceptualisations of cases and the core aspects of the cognitive and behavioural processes of therapy. Clinical workshops will address the most up-to-date evidence for the effectiveness of CBT and provide direct training in applying CBT. The lectures and workshops will consist of information giving, role-play, experiential exercises, and video and case demonstrations; the experiential exercises encourage self-reflection, increase self-awareness and skills acquisition. Sessions will also incorporate a focus on therapists' beliefs.

Aims of Module 1:

- To develop practical competency in the fundamentals of Cognitive Behavioural Therapy;
- To develop critical knowledge of the theoretical and research literature underlying CBT.

Module 2: Cognitive Behavioural Therapy for Anxiety Disorders

This module aims to develop skills in CBT for anxiety disorders to an advanced level, improving proficiency in the fundamental techniques of CBT, and developing competencies in the specialist techniques applied to anxiety disorders. Specific models, evidence base, assessment and specialist treatment strategies will be covered in workshops on specific phobia, panic disorder, social phobia, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), generalised anxiety disorder (GAD) and health anxiety. The clinical workshops will provide practitioners with a strong foundation in the evidence base for working with CBT and anxiety disorders, and address the most up-to-date research developments.

Aims of Module 2:

- To develop critical knowledge of the theoretical and research literature of CBT with anxiety disorders;
- To develop practical competency in CBT for anxiety disorders.

Module 3: Cognitive Behavioural Therapy for Depression

This module aims to develop skills in CBT for depression to an advanced level, improving proficiency in the fundamental techniques of CBT and developing competency in the specialist techniques used in the treatment of depression. Specific cognitive and behavioural models of depression, empirical evidence, and assessment and specialist cognitive and behavioural treatment strategies will be covered in workshops. The clinical workshops will provide trainees with a strong foundation in the evidence base for CBT with depression, and address the most up-to-date research methods.

Aims of Module 3:

- To develop practical competency in CBT for depression;
- To develop critical knowledge of the theoretical and research literature informing CB theory and treatment of depression.

Taught modules offered include:

Learning within the High Intensity Diploma course is comprised of:

- Supervised clinical placement within the IAPT service;
- Academic lectures;
- Skills workshops, including skills practice, small group work and various forms of experiential learning;
- Individual and group clinical supervision, both within the IAPT site, and within the University;
- Guided self study;
- Individual tutorials;

Fees and funding

The course fee is £9,500.

Learn more about [fees and funding \(/postgraduate/pgt-fees/index.aspx\)](#)

Entry requirements

Core funding for this Diploma comes from West Midlands NHS and the course is designed to provide postgraduate training for a group of the Improving Access to

Psychological Therapy (IAPT) high intensity cognitive behavioural therapists, and, as such, is only primarily to West Midlands NHS staff. Enquiries and applications are welcome from privately funding individuals and organisations, provided certain criteria relating to access to appropriate clinical work and CBT supervision can be met.

More information can be found via the NHS website.

How to apply

The deadline for applications is 30th August 2014.

When clicking on the Apply Now button you will be directed to an application specifically designed for the programme you wish to apply for where you will create an account with the University application system and submit your application and supporting documents online. Further information regarding how to apply online can be found on the **[How to apply pages \(http://www.birmingham.ac.uk/students/courses/postgraduate/apply-pg/index.aspx\)](http://www.birmingham.ac.uk/students/courses/postgraduate/apply-pg/index.aspx)**

[Apply now \(https://pga.bham.ac.uk/lpages/LES050.htm\)](https://pga.bham.ac.uk/lpages/LES050.htm)

Related links

[Cognitive Behaviour Therapy \(/schools/psychology/study-here/postgraduate/cbt/index.aspx\)](/schools/psychology/study-here/postgraduate/cbt/index.aspx)

[CPD events - Cognitive Behaviour Therapy - University of Birmingham \(/schools/psychology/study-here/postgraduate/cbt/events/index.aspx\)](/schools/psychology/study-here/postgraduate/cbt/events/index.aspx)

Assessment methods

There are 10 assignments to be handed in during the Diploma.

- Essay x 2
- Case study x 4
- OSCE audio assignment (30 min role play with 1,000 word reflective summary)
- Audio assignment x 2 (50 min session with 1,000 word reflective summary)
- Practice portfolio

[Privacy](#) | [Legal](#) | [Cookies and cookie policy](#) | [Accessibility](#) | [Site map](#) | [Website feedback](#) | [Charitable information](#)

© University of Birmingham 2015

