

Cognitive Behaviour Therapy MSc



The MSc in CBT has two main aims. The first is to achieve the level of knowledge and clinical skills to operate effectively as psychological therapists, using evidence based CBT methods routinely in their clinical work. The second aim is to provide therapists with a sound understanding of both evidence based practice and practice based evidence and to equip them with the skills to carry out research and literature reviews relevant to their roles as CBT practitioners.

Overall the course aims to generate enthusiastic CBT practitioners with the research experience and skills to allow them to continue to evaluate, reflect on and utilise the evidence base for CBT and other treatments in their clinical practice and also to continue to contribute to the evidence base by conducting research of their own.

Course fact file

Type of Course: Continuing professional development, taught

Study Options: Part time

Duration: 39 months or 18 months only (see entry requirements)

Start date: September

Contact

If you would like further information about the course, please contact:

Admissions enquiries:

Student Recruitment Team

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

Programme lead:

Dr Elizabeth Newton

Email: e.k.newton@bham.ac.uk (<mailto:e.k.newton@bham.ac.uk>)

Tel: +44 (0)121 414 7203

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

Details

The MSc is a 39-month course, split over four years.

In Year 1 and Year 2, students will join those undertaking a PGDip in CBT. This part of the course is designed to enable students to become a 'developing cognitive behavioural therapist' - 'developing' as it lays the foundations for pursuing this role. The student will require continued practice, clinical supervision and professional development following the course in order to become an independent cognitive behavioural therapist. Year 1 consists of two modules which students take in the January – July period of the first academic year, and Year 2 is a full academic year, consisting of four further modules from late September to July. In total there are 45 teaching days and 16 supervision support groups over this period.

Years 3 and 4 comprise of three modules making up the 60 credit 'dissertation component' of the MSc. These three modules will run over 18 months, beginning in September of one academic year and finishing just before Easter the following academic year. There are two taught, 10 credit modules with approximately 15 teaching days between September and November of Year 3. These focus on research methods. The final 40 credit module is the CBT project which gives the student the opportunity to use the skills that they have learned to carry out a piece of research or a literature review. This is assessed by an 8,000-word written dissertation. Learning and practical work from December of Year 3 to Easter of Year 4 will be largely self-directed supported by the University and, where relevant, an on-site supervisor. It is anticipated that the project will require approximately 400 study hours to complete.

Please note: The MSc in CBT is NOT accredited as a course with the BABCP yet, but is seen by BABCP as one of the CBT MSc courses in the UK that they regard as contributing to the BABCP "minimum training standards" and supporting CBT trainees towards seeking accreditation as a practitioner.

The closing date for applications via Route 2 (18-month course) is 3 July 2015. This is for students that already have a Post Graduate Diploma/High Intensity Diploma or other equivalent qualification in CBT and can apply for Accreditation of Prior Learning for the first 120 credits. They can enter Year 3 and 4 to complete the 'Dissertation Component' of the MSc qualification.

Applicants for the full, four-year MSc in CBT course can apply at any time.

Applicants meeting the minimum requirements will be required to attend an interview.

Related links

Why study this course

Situated at the heart of the Edgbaston campus, we are one of the strongest Psychology departments in the country, with over 45 academic teaching staff and around 490 undergraduates. We are a broad school with expertise in clinical, forensic, social, developmental, and cognitive psychology, and behavioural and social neuroscience. We have recently opened a new £2 million brain imaging centre. We are ranked among the top three Psychology departments in the country for research and have been rated as 'excellent' in government reviews of our teaching.

Fees and funding

Years 1 and 2 = £6,945 (2015-16)

Years 3 and 4 = £3,250 (2015-16) for students applying for Years 3 and 4 only of the MSc (APL route) who have completed a Postgraduate Diploma in CBT or similar at another institution including the University of Birmingham. Please Note: bursaries towards fees are usually available for students currently studying for a High Intensity or Postgraduate Diploma in CBT at the University of Birmingham and who would like to continue to the MSc in CBT in the following academic year only. Please contact Dr Elizabeth Newton for information e.k.newton@bham.ac.uk (<mailto:e.k.newton@bham.ac.uk>).

Refund/Cancellation Policy

A student who has accepted the University's offer of a place on the MSc, and who later informs the Programme in writing that they wish to leave the MSc will have the relevant section of the Refund/Cancellation Policy implemented as follows:

- 1) If a student withdraws from the Course more than two months before it is due to start are liable to pay a 5% administration fee.
- 2) If a student withdraws from the Course less than two months before the start of the MSc will be liable to pay a 40% fee.
- 3) If a student withdraws after the first day of teaching are liable for the full course fees.

This is a strictly enforced policy as the CBT Programme can lose significant amounts of income that then threaten the viability of the Programme if students withdraw at a time when finding replacement students for their places on the MSc is all but impossible.

Entry requirements

There are two routes of entry to this course.

Route 1 : For students who want to complete the full 39-month MSc in CBT

Route 2: For students who already have a Post Graduate Diploma/ High Intensity Diploma or other equivalent qualification in CBT who can apply for Accreditation of Prior Learning for the first 120 credits and can enter for Year 3 and 4 only to complete the 'Dissertation Component' of the MSc qualification.

ALL STUDENTS APPLYING FOR THE MSc IN CBT MUST DEMONSTRATE

- 1) Potential to be able to make significant use of CBT and research skills** in current work-setting on being awarded an MSc in CBT, and future ambitions concerning practicing as a CB Therapist.
- 2) References and managerial support** - How confidently the applicant's TWO referees confirm the statements and evidence supplied by the applicant and a written statement of support from your manager.
- 3) Ability To meet the various demands and requirements of the MSc** – the application form requires applicants to confirm that they can meet all of these.
- 4)** In addition [standard English language requirements \(/postgraduate/requirements-pgt/international/index.aspx\)](#) apply

PLUS

ENTRY REQUIREMENTS ROUTE 1

1. A good first degree in a health or social care related area (2:1 or above)

If this requirement is not met we may consider other degrees or higher education qualifications *plus* work experience in a related area, this will be at the discretion of the course director.

AND

2. Background (i.e. ONE of the A B or C below)

- a) Typical health, social care or other relevant professional qualification (e.g. nursing, occupational therapy, social work, psychiatry, psychology, counselling, teaching) AND two years full time equivalent post qualification relevant work experience.
- b) Applications from those who do not have a prior professional qualification as above will be considered, if they have an honours degree in a relevant subject (e.g. Psychology, Health, Social Sciences) in which they achieved a 2:1 or above PLUS three years relevant full time equivalent post degree relevant work experience (e.g. in mental health or social care services), which should include relevant continuing professional development experiences gained as part of this work experience.
- c) In exceptional circumstances, applications from those who do not have an honours degree at 2:1 or above AND/OR do not have a typical health, social care or other relevant professional qualification will be considered if they have five years full time equivalent post full-time education relevant work experience (e.g. in mental health or social care services), which should include relevant continuing professional development experiences gained as part of this work experience, and preferably also some relevant further or higher education courses that will be indicative of their academic ability beyond a GCSE or 'A' level limited education. In this situation the student will also need to demonstrate the ability to work at a Masters level. This decision will be based on the marks achieved in years 1 and 2 of the MSc demonstrated by grades overall of 60% or above.

(NOTE: The alternatives 2 a) and 2c) are included as there are some experienced clinicians who do not have a professional qualification, and yet have significant clinical experience, and although already making a welcome contribution to health and social care services, appropriately wish to formally develop their CBT skills. The BABCP also have acknowledged that a CBT training - and the option of eventually applying for BABCP accreditation - should be open to those without a core professional

training. Thus, those applicants who may apply for the MSc under criteria 1b) or 1c) are advised to consult the BABCP website and review the requirements within the alternative accreditation route for those without a core professional qualification - which is called the Knowledge, Skills and Attitudes (KSA) route.)

3) Module 1 equivalent learning & experience

Formal learning and experience gained during either 1a), b) or c) above that is at least equivalent to the content of module 1 on of the MSc Psychological Therapy Foundation Course (see 'before you apply- 1' below for a summary of the content of this module).

4) Overall experience in the psychological therapies, including counselling and CBT

ENTRY REQUIREMENTS ROUTE 2

1) Prior CBT qualification:

a) A PGDip or equivalent qualification from the University of Birmingham. Previous CBT awards should be at the level of merit (60%) or above for entry to the MSc. However, where such a grading is not available or was not achieved, decisions for entry to the course will be at the discretion of the Course Director.

b) A PGDip in CBT or equivalent from another institution from which the credits may be transferred subject to **University Accreditation of Prior Learning requirements** (<http://www.admissions.bham.ac.uk/apl/>), and at the discretion of the course director. Previous CBT awards should be at the level of merit (60%) or above for entry to the MSc. However, where such a grading is not available or was not achieved, decisions for entry to the course will be at the discretion of the Course Director.

2) If the time since obtaining any prior professional qualification, degree, PGDip in CBT or equivalent qualification is more than 5 years, the applicant would be expected to provide evidence of their relevant continuing professional development over the intervening period.

How to apply

The closing date for applications via Route 2 (18-month course) is 3 July 2015. The closing date for applications via Route 1 (full four-year MSc in CBT) is 26 June 2015 due to DBS check requirements.

If you wish to start **before** September 2015, please apply for academic year 2014/15.

If you wish to apply for any courses starting after September 2015, please apply for academic year 2016/17.

Applicants meeting the minimum requirements will be required to attend an interview.

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>)

[Apply now \(https://pga.bham.ac.uk/lpages/LESo36.htm\)](https://pga.bham.ac.uk/lpages/LESo36.htm)

Related links

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

Learning and teaching

A wide variety of learning and teaching strategies are used including:

- lectures which include exercises and participation
- workshops
- video and audio recording
- practical sessions (e.g. SPSS tutorial)
- seminars
- self-directed learning
- group tasks
- supervision

Assessments include essays, case reports, recorded treatment sessions, a research proposal, a group research task and an 8,000-word CBT project.

Employability

We would anticipate graduates from the MSc to be working as CBT therapists or working in roles that allow them to use CBT within NHS, voluntary or private sectors, following the course. We would hope that the MSc would give students the knowledge, skills and confidence to undertake research, audit and evaluation within their job roles.

