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# Cognitive Behaviour Therapy Introductory Practitioners Course (IPC)

**Cognitive Behaviour Therapy (/schools/psychology/study-here/postgraduate/cbt/index.aspx)** is an increasingly popular form of psychological therapy, and many people who have learned about the methods find that it helps them a great deal in doing their job - if their job involves helping people in distress experience less distress (eg. as in health care work), or perhaps helping people learn how to manage their life more effectively (eg. also health care - but also education, the prison service, etc).

The IPC consists of 10 days of direct teaching with the aim of introducing CBT to a person, and helping those with a partial knowledge of some of the ideas to structure and consolidate those ideas into a limited set of skills, so that they can use some CB methods with some of their clients in their routine clinical work. The IPC is not aimed at producing CB therapists. (For that please see information about the **Diploma in CBT (/postgraduate/courses/cpd/psych/cognitive-behaviour-therapy.aspx)** ).

**Study here and find out why the University of Birmingham has been 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)**

## Course fact file

**Type of Course:** Continuing professional development

**Duration:** 10 days teaching

## Contact

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**School of Psychology (/schools/psychology/index.aspx)**

## Details

This basic cognitive behavioural competences course can be taken as a stand-alone accredited Module of 10 days plus two written assignments, over approximately a 5 month period, or as a 10 day non-accredited short course (i.e. with no assignments).

**Key Features**

- Structured cognitive methods
- Reducing fear and anxiety using CBT methods
- Developing your use of CBT methods
- Using CBT methods in routine service delivery

**Who are these courses aimed at?**

- Mental health services, including primary care mental health teams; secondary care specialist teams, inpatient or day services; drug and alcohol, or forensic services;
- Physical health or non health care services who have clients with a range of psychological problems;
- Content focuses primarily on CBT as applied to ‘generic adult mental health´ issues, but those who work with other client groups - e.g. adolescents, older adults, drug & alcohol services, physical healthcare, educational or occupational support services, for example, will usually find the course useful as CBT is such a 'broad spectrum approach' - but they should not anticipate that their specialty will feature very much in the teaching days. However, tutors are very open to questions about the use of CBT in other specialities, and some discussion about wider applications can of course be included as the day’s progress.

### Related links

**School of Psychology (/schools/psychology/index.aspx)**

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

## Why study this course

**Comments from past students**

I felt it extremely useful to explore and practice using techniques that I had been introduced to but still wasn’t familiar with.

Group work very useful to consolidate learning, plus videos showing real life cases.

Have found today very stimulating. As always, really enjoyed lecturer’s style of delivery!

Very well paced providing useful examples from practice.

Very good – covered a huge amount of detail in a short time but wasn’t overwhelming at all

## Modules

## Course structure

| Day | Title | Skills / Knowledge |
|---|---|---|
| 1 | Introduction to Cognitive Behaviour Approach | 1. Introductions<br>2. Aims and scope of the IPC<br>3. What is the CB approach?<br>4. Cognitive and Behavioural models<br>5. Characteristics and myths of CBA |
| 2 | Assessment, Formulation & Suitability for CBA | 1. Why assess?<br>2. Formulation<br>3. Protocolised approaches to treatment<br>4. How to assess<br>5. Identifying the client's aims<br>6. Preparation for treatment; socialising the client to CB interventions |
| 3 | Structured Cognitive Methods | 1. Identifying thoughts & Using thought diaries<br>2. Guided discovery & Socratic questions<br>3. The role of practice - homework, including diary-keeping, bibliotherapy, etc |
| 4 | Structured Behavioural Methods | 1. Behavioural experiments;<br>2. Exposure (using specific phobia as clinical material)<br>3. Problem solving<br>4. Sleep management |
| 5 | Reducing fear and anxiety using CBA methods | 1. What is anxiety and when is it a problem?<br>2.CB models of panic<br>3. Assessment and formulation<br>4.Managing physical symptoms<br>5. Managing cognitive responses<br>6. Managing behavioural responses |
| 6 | Managing your mood using CBA methods | 1. Understanding depression in Cognitive-Behavioural terms<br>2. Cognitive interventions<br>3. Behavioural interventions |
| 7 | Using CBA methods with other specific presentations | 1. GAD<br>2. Social phobia<br>3. Health Anxiety<br>4. OCD<br>5. PTSD |
| 8 | Alternative methods of delivery, limits and endings | 1. Helping a client to help themselves<br>2. Groupwork<br>3. Monitoring progress: Reviews<br>4. Relapse management and "Blue printing"<br>5. Limits to what you can do<br>6. Endings and referring on<br>7. CB supervision<br>8. Ending the IPC exercise – planning future development |
| [NB there will be 3-4 week gaps between Days 8, 9 and 10 to allow practice opportunities]: | | |
| 9 | Consolidating your CBA skills and knowledge | 1. Self-assessment of your knowledge and skills so far<br>2. Using CBT methods in various service settings – Revising methods in view of your 'real-world experience'<br>3. Consolidation: Assessment & formulation Skills |
| 10 | Developing Your Use of CBA Methods | 1. Picking up things identified in day 8<br>2. Case supervision<br>3. Planning your development |

## Fees and funding

The fees for 2014/15 are:

Accredited IPC - £1,135
Non-Accredited IPC - £990

Learn more about **fees and funding (/postgraduate/pgt-fees/index.aspx)** .

## Entry requirements

1. Minimum of either: (i) a relevant professional qualification (e.g. health, social care, education related) or (ii) a relevant 1st degree or postgraduate award (e.g. in

psychology, counselling, social care, teaching) or (iii) 2 years full time equivalent work experience with clients with mental health or psychological problems in a supervised clinical setting.

2. Currently working with clients with mental health or psychological problems.
3. Accredited version only - you should not only have access to clients with whom you must be able to use some basic CB methods, but be able to write about a few sessions of your work with such clients, and submit this information, preserving client confidentiality, to the Programme as part of an assignment. This contact can be with individuals or groups.

## How to apply

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/LES036.htm)**

### Related links

**Cognitive Behaviour Therapy (/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)**

## Learning and teaching

The Introductory Practitioners' Course (IPC) is taught over 10 sessions taking place over 10 weeks, with teaching always taking place on a Thursday. There are three different start dates throughout the year – but if you wish to do the complete diploma, we recommend starting in Spring.

Dates are as follows:

**Autumn 2014**

- 9th October 2014
- 16th October 2014
- 23rd October 2014
- 6th November 2014
- 13th November 2014
- 20th November 2014
- 27th November 2014
- 4th December 2014
- 11th December 2014
- 18th December 2014

**Spring 2015**

- 12th February 2015
- 26th February 2015
- 5th March 2015
- 12th March 2015
- 19th March 2015
- 26th March 2015
- 16th April 2015
- 23rd April 2015
- 30th April 2015
- 7th May 2015

**Summer 2015**

- 7th May 2015
- 14th May 2015
- 21st May 2015
- 4th June 2015
- 11th June 2015

- 18th June 2015
- 25th June 2015
- 2nd July 2015
- 9th July 2015
- 16th July 2015

## Assessment methods

## Assessments

There are two assignments in relation to the Accredited IPC, and they are:

- The first is a 2000 word description of their use of core CB methods during one clinical session with each of two clients, plus some self reflection on their use of such methods.
- The second is a 2000 word essay demonstrating the student's understanding of the typical Cognitive Behaviour Approach to the treatment for anxiety

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