# Frequently asked questions

**Does CBT work for everyone? (#DoesCBTworkforeveryone)**

**What is the difference between a Cognitive Behaviour Approach and Cognitive Behaviour Therapy? (#Whatisthedifference)**

**What if I already have had some CBT or 'psychological therapist' teaching? (#Whatiflalreadyhave)**

**What sort of prior learning should I have had to make an APL or AP(E)L application? (#Whatsortofpriorlearning)**

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**Can I find out beforehand if I might succeed in a APL or AP(E)L application? (#Canlfindoutbeforehand)**

**Does CBT work for everyone?**

No - as for all psychological therapy, the process is '2-way' - the client or patient or user or pupil, and so on, has to be willing to consider learning about some CBT methods, and also successful use of the ideas almost always involves them spending time practicing using the ideas as they go about their daily lives. This all takes some interest - or at least curiosity - on behalf of the user of CBT

**What is the difference between a Cognitive Behaviour Approach and Cognitive Behaviour Therapy?**

The CBT Programme differentiates between these 2 terms so that potential students are aware of what each course aims to do. A Cognitive Behaviour Approach involves using the core principles and some common techniques of CBT, but not in such a formal or structured manner as would be expected - and indeed required - in Cognitive Behaviour Therapy.

There is no absolute universally agreed well-defined boundary between what is using a 'CB Approach' in clinical work and 'CB Therapy' - it is more a matter of a continuum between the two. However, CB Therapy would usually be provided by someone who has had a postgraduate training in CBT, usually to a Diploma level, and substantial supervised use of CB methods with a range of presenting problems, OR a similar level of exposure to a coherent and comprehensive CBT syllabus via a postgraduate training leading to a professional qualification in a branch of psychology or counselling that involves learning to provide psychological therapy (e.g. such as Clinical or Counselling Psychology).

A CB Approach would be what a clinician who had had some more limited training in CB ideas and methods would use in their routine work with their clients, and it would not be appropriate to call what they are offering 'Therapy', and they should not describe themselves as 'Therapists' or say that they offer 'CBT'. So, for the CBT Programme at the University of Birmingham, our 10 day Introductory Course, and other short Courses that we offer from time to time, focus on helping students from a wide range of backgrounds learn some ideas about using a CB Approach in their routine clinical work, whilst the Diploma in CBT aims to help a more selected group of students move towards being eligible to offer CB Therapy.

**What if I already have had some CBT or 'psychological therapist' teaching?**

You could submit a formal application for exemption from Module 2 or 3 to the University via the Accreditation of Prior Learning (APL) or Accreditation of Prior (Experiential) Learning (AP(E)L) process. (AP(E)L is Accreditation of Prior (Experiential) Learning, which accepts that some excellent learning can of course take place in other than prior accredited courses.) There is information on APL in the Diploma Application Information document. No exemption is allowed for any of the Modules on the Diploma Year Course.

**What sort of prior learning should I have had to make an APL or AP(E)L application?**

For Module 2, ideally you should have already taken an accredited course in CBT at an introductory level, that involved a similar amount of direct teaching to the Diploma's Module 2, and which involved the completion of similar - or equivalent - assignments. Otherwise, if your prior CBT learning consisted of shorter non-accredited CBT courses, then you should make an application under AP(E)L and usually be able to supplement your application with evidence based details of your actual CBT clinical experience, including, say, a reference from a supervisor that confirmed the type and amount of your CBT experience, and the learning outcomes.

For Module 3, a successful APL application usually applies to applicants who have a prior training in a specific psychological therapy or counselling through an accredited course. **Read University guidance on APL (http://www.admissions.bham.ac.uk/apl/)** .

**When do I make an application for APL or AP(E)L?**

Only when you have applied for the Diploma and been offered a place.

**Can I find out beforehand if I might succeed in a APL or AP(E)L application?**

As some applicants may well wish to know about their 'APL chances' before making the effort to apply for the Diploma, you can send to the CBT Programme a written summary of your evidence of prior learning, and receive back one of these responses from the Programme: 'insufficient or incoherent information submitted - no opinion possible at this stage'; 'very likely to obtain APL'; 'needs more detailed and/or evidenced information to be submitted for an APL application to be assessed'; 'very unlikely to obtain APL'.



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