Cognitive Behaviour Therapy

CBT 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, or perhaps helping people learn how to manage their life more effectively, for example in health care, education or the prison service.

For more information about Cognitive Behaviour Therapy see the **FAQs section (/schools/psychology/study-here/postgraduate/cbt/faqs.aspx)** .

Courses

Atom Feed (http://www.birmingham.ac.uk/postgraduate/courses/cpd/psych/rss.aspx) | RSS Feed (http://www.birmingham.ac.uk/postgraduate/courses/cpd/psych/rss.aspx)

Cognitive Behaviour Therapy MSc (/postgraduate/courses/cpd/psych/cognitive-behaviour-therapy-msc.aspx)

Postgraduate Continuing professional development, taught Part time

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 [**more... (/postgraduate/courses/cpd/psych/cognitive-behaviour-therapy-msc.aspx)**]

Cognitive Behaviour Therapy Introductory Practitioners Course (IPC) (/postgraduate/courses/cpd/psych/intro-practitioners-course.aspx)

Postgraduate Continuing professional development

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 [**more... (/postgraduate/courses/cpd/psych/intro-practitioners-course.aspx)**]

Cognitive Behaviour Therapy Postgraduate Diploma (/postgraduate/courses/cpd/psych/cognitive-behaviour-therapy.aspx)

Postgraduate Continuing professional development, taught Part time

CBT 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 to experience less distress (eg. as in health care [**more... (/postgraduate/courses/cpd/psych/cognitive-behaviour-therapy.aspx)**]

Cognitive Behaviour Therapy High Intensity Postgraduate Diploma (/postgraduate/courses/cpd/psych/cognitive-behaviour-therapy-hi.aspx)

Postgraduate Continuing professional development, taught Full time

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 [**more... (/postgraduate/courses/cpd/psych/cognitive-behaviour-therapy-hi.aspx)**]

Postgraduate Diploma in Compassion Focused Therapy (/postgraduate/courses/cpd/psych/compassion-focused-therapy.aspx)

Postgraduate Continuing professional development, taught Part time

CFT is a “third wave” therapeutic approach which builds upon developmental, social and evolutionary psychology and neuroscience.

CFT is designed to help clinicians work with people who experience high levels of shame and self-criticism, or [**more... (/postgraduate/courses/cpd/psych/compassion-focused-therapy.aspx)**]

Primary / Paraprofessional Certificate in Rational Emotive Behaviour Therapy (http://www.birmingham.ac.uk/postgraduate/courses/cpd/psych/rebt-primary-certificate.aspx)

Postgraduate - Continuing professional development

The Primary Certificate Practicum at the Centre for REBT is run in the same format as the training events held at the Albert Ellis Institute, New York.

Advanced Practicum in Rational Emotive Behaviour Therapy (http://www.birmingham.ac.uk/postgraduate/courses/cpd/psych/rebt-advanced-practicum.aspx)

Postgraduate Continuing professional development

The Advanced Practicum in Rational Emotive Behaviour Therapy is the second stage of training in REBT. It is designed to increase courses participants' theoretical understanding of the principles of REBT, further improve clinical skills, particularly in disputation and [**more (http://www.birmingham.ac.uk/postgraduate/courses/cpd/psych/rebt-advanced-practicum.aspx)** ...]

Associate Fellowship Certificate Postgraduate (http://www.birmingham.ac.uk/postgraduate/courses/cpd/psych/associate-fellowship-certificate.aspx)

Continuing professional development

The Associate Fellowship Practicum is the third stage of training in REBT. It is part of the process of conferring the status of Associate Fellow of the Albert Ellis Institute upon REBT therapists. It is designed to further increase course participants' theoretical understanding [**more (http://www.birmingham.ac.uk/postgraduate/courses/cpd/psych/associate-fellowship-certificate.aspx)** ...]

Autumn 2015 dates for the following programmes are still to be finalised. To register interest and receive updates, please email cbtprogramme@contacts.bham.ac.uk (cbtprogramme@contacts.bham.ac.uk) .

Acceptance & Commitment Therapy (ACT) for Insomnia

This one-day workshop for practitioners working in the field of physical and/or mental health care will focus on developing the core skills and knowledge to work with people with difficulties related to insomnia. In particular, it will focus on how the struggle with sleeplessness tends to worsen the problems of insomnia, and on helping clinicians develop skills in assisting their clients to let go of this struggle.

Skills Development Workshop in Acceptance and Commitment Therapy (ACT) – Intermediate Level

This workshop builds upon the introductory workshop, developing participants' skills in using the ACT approach in clinical practice. Participants will be trained in case formulation, socialising the client to the ACT model and therapeutic relationship, flexible mindfulness exercises, values clarification and helping clients to develop willingness through the use of cognitive defusion methods. **(http://shop.bham.ac.uk/browse/extra_info.asp?compid=1&modid=2&deptid=28&catid=85&prodid=847)**

Acceptance & Commitment Therapy (ACT) for Psychosis: A Mindful Approach to Recovery

This one-day skills workshop will focus on developing the core skills and knowledge to work with people recovering from psychosis using ACT. The transdiagnostic and functional model that underpins ACT emphasises the common processes that result in suffering, and amplify the impact of unusual experiences. ACT normalises the experience of suffering, while also providing a means to create a meaningful life in the face of unwanted experiences.

Acceptance & Commitment Therapy (ACT) for Long-term Physical Health Conditions

This one-day workshop will focus on developing the core skills and knowledge to work with people diagnosed with long-term physical health conditions. **(http://shop.bham.ac.uk/browse/extra_info.asp?compid=1&modid=2&deptid=28&catid=85&prodid=844)**

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