



# MSc/PG Dip in Cognitive Behavioural Therapy (IAPT High Intensity CBT)

**This course is accredited with the British Association of Behavioural and Cognitive Psychotherapies (BABCP) and offers an exciting, innovative and rewarding opportunity to develop enhanced knowledge and skills in cognitive and behavioural models of psychotherapy.**

This exciting programme examines in detail the theoretical underpinnings, evidence base and practical application of Cognitive Behavioural Psychotherapy. Teaching is provided by a team of highly experienced, motivated and dynamic experts in the field of CBT, and completion of the course will enable students to apply for accreditation with the BABCP as a Cognitive Behavioural Psychotherapist.





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## School of Health Sciences

The University has an impressive worldwide reputation for academic excellence and is part of the Russell Group of 20 leading UK universities. The School is ranked fifth in the UK in terms of its research power for nursing and midwifery.

## Duration

Postgraduate Diploma: 18 months part-time  
Optional MSc Element: A further 1 year study part-time (additional cost)

## Location

Delivered across various University of Nottingham sites.

## Introduction

This exciting BABCP accredited programme in Cognitive Behavioural Therapy focuses on assisting students to develop enhanced skills in the delivery of cognitive behavioural assessment and treatment for both case specific and complex presentations of depression and anxiety-related disorders.

The fundamental aim of the MSc/PG Dip programme is to enable the student to function as a Scientist Practitioner within their respective practice domain through the development of increased knowledge and awareness of psychological theories and models underpinning human psychopathology, and in the application of evidence-based treatments founded upon well-informed and coherent cognitive behavioural formulations of the clients presenting difficulties.

## Career opportunities

This course will enable students to develop their knowledge and practice of CBT skills to allow them to function as CBT (high intensity) practitioners. Completion of the Diploma programme will enable students to apply for accreditation with the British Association for Behavioural and Cognitive Psychotherapies (BABCP) for the training element of practitioner accreditation. Further detail on BABCP accreditation can be obtained via the following link: [www.babcp.com/Accreditation/Accreditation.aspx](http://www.babcp.com/Accreditation/Accreditation.aspx)

## Course structure

### Postgraduate Diploma

The programme consists of three compulsory (40 credit) modules:

1. Fundamentals of CBT
2. CBT for Anxiety and Related Disorders
3. CBT for Depression and Related Disorders

### MSc

Successful graduates of the postgraduate diploma are given the optional opportunity to extend their study by enrolling for the MSc degree. This requires the completion of a dissertation project, which is based upon a directed professional development portfolio (60 credits).

## Teaching and attendance

For the postgraduate diploma, students will attend university for one day each week. In addition to facilitating sessions, the tutoring team provides

regular supervision on the course. This is augmented further by the use of other suitably qualified and accredited external supervisors. The course utilizes a range of educational approaches including lectures, role-plays, modeling demonstrations, small group work and discussion. There is however, a strong focus on experiential learning and the mastering of practical skills. This is carried into clinical practice where all students must receive supervised practice and carry out directed coursework for a further day each week. Attendance at university in the MSc year varies depending on the dissertation option chosen.

## Funding and scholarships

Most UK students are funded through their employers and NHS training monies. Some students have also been successful in obtaining scholarships from national funding bodies. Further information about funding opportunities is available on our website in the Postgraduate Study area.

## Entry requirements

The course is open to applicants with a first degree (minimum 2:1) or equivalent experience, who are also working in appropriate mental health services in the UK. They should evidence holding a core profession as recognized by the BABCP:

[www.babcp.com/Accreditation/Core-Profession.aspx](http://www.babcp.com/Accreditation/Core-Profession.aspx)

Those without a core profession must undertake the KSA entry route to show equivalence to a core profession. Visit the BABCP website for guidance.

Students must have access to a suitable caseload and CBT supervisor in practice to meet the requirements of the programme and must work towards a total of 200 hours clinical practice over the year (this being the BABCP accreditation requirement). Self-funders on the programme will therefore need to arrange a suitable practice placement before any offer of a place can be made.

## How to apply

Visit the school website at [www.nottingham.ac.uk/healthsciences](http://www.nottingham.ac.uk/healthsciences) and select this course from the Postgraduate Study area. You can apply electronically within the course entry using the 'Apply for this course' button.

## Find out more

**For further information, please contact:**

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