

**THE PROGRAMME SPECIFICATION**

<b>1. Programme title and designation</b>		<b>Cognitive Behavioural Therapies</b>		
<b>2. Final award</b>				
<b>Award</b>	<b>Title</b>	<b>Credit value</b>	<b>ECTS equivalent</b>	<b>Any special criteria</b>
Postgraduate Diploma	IAPT Cognitive Behavioural Therapies	120	60	Full time PgDip is for employees of IAPT services
<b>3. Nested award</b>				
<b>Award</b>	<b>Title</b>	<b>Credit value</b>	<b>ECTS equivalent</b>	<b>Any special criteria</b>
Postgraduate Certificate	Cognitive Behavioural Therapies	60	30	Students take the Fundamentals of Cognitive Behavioural Therapies and the Accreditation Portfolio modules. Full time students who are IAPT staff need to enrol on full time PgDip. PGCert is available to IAPT employees only on agreement with the individual IAPT site Students on the full time IAPT programme who do not have a core professional qualification or training are required to demonstrate equivalence via KSA process (knowledge skills attitudes). This is a requirement linked with BABCP requirements for full time IAPT programmes
<b>4. Exit award</b>				
<b>Award</b>	<b>Title</b>	<b>Credit value</b>	<b>ECTS equivalent</b>	<b>Any special criteria</b>
Postgraduate Certificate	IoPPN (Cognitive Behavioural Therapies)	60	30	N/A
<b>5. Level in the qualifications framework</b>		M		
<b>6. Attendance</b>				
	<b>Full-time</b>	<b>Part-time</b>	<b>Distance learning</b>	
Mode of attendance	Yes	Yes	N/A	
Minimum length of programme	12 months	18 months (PgDip) 12 months (Pgcert)	N/A	
Maximum length of programme	48 months	48 months	N/A	

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<b>7. Awarding institution/body</b>	King's College London, University of London
<b>8. Teaching institution</b>	Institute of Psychiatry, King's College, London
<b>9. Proposing department</b>	Department of Psychology, Institute of Psychiatry
<b>10. Programme organiser and contact Details</b>	<p>Ms Sheena Liness            Course Director            P O Box 077            Department of Psychology            Henry Wellcome Building            De Crespigny Park            London SE5 8AF            Tel 020 7848 5973            E-mail: <a href="mailto:sheena.liness@kcl.ac.uk">sheena.liness@kcl.ac.uk</a></p> <p>Ms Suzanne Byrne            Deputy Course Director            PO Box 77            Department of Psychology            Henry Wellcome Building            De Crespigny Park            London SE5 8AF            Tel 020 7848 0652            e-mail: <a href="mailto:suzanne.byrne@kcl.ac.uk">suzanne.byrne@kcl.ac.uk</a></p>
<b>11. UCAS code (if appropriate)</b>	N/A
<b>12. Relevant QAA subject benchmark/ professional and statutory body guidelines</b>	N/A
<b>13. Date of production of specification</b>	August 2007; updated March 2011
<b>14. Date of programme review</b>	2023/24

**16. Educational aims of the programme**

The programme provides opportunities for students to develop and demonstrate knowledge and understanding and skills in the following areas:

PgDip programme of study

1. To develop critical knowledge of the theoretical and research literature relating to CBT
2. To develop practical competency in Cognitive Behaviour Therapy for common psychiatric disorders such as depression and anxiety.

PgCert programme of study

1. To develop critical knowledge of the theoretical and research literature relating to CBT
2. To develop practical post qualification competence in the fundamental techniques of assessment and treatment using CBT with regards to common mental health disorders such as depression and anxiety disorders

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## 17. Educational objectives of the programme/programme outcomes

### Full time and part time PgDip

At the end of the programme students will be able to demonstrate, by written examination & tapes of therapy sessions, a knowledge of the principles of cognitive behaviour therapy as applied to a variety of clinical conditions, a critical understanding of the evidence base for theoretical & practical aspects of the therapy & an ability to skilfully apply cognitive behavioural techniques in both a systematic & flexible manner. Workshops & intensive & detailed supervision facilitates student's developing competency in the fundamental skills of CBT in addition to complex clinical presentations. Skills are measured using standardised & objective rating scales.

Workshops & seminars aim to increase the students' knowledge base of relevant theory & research in CBT & to promote a critical appraisal of the evidence base, considering possible avenues for future research. The full-time programme leads towards accreditation as a cognitive behaviour therapist with the British Association of Behavioural & Cognitive Psychotherapies (BABCP). The part-time PgDip contributes towards the criteria for accreditation as a cognitive behaviour therapist with the British Association of Behavioural & Cognitive Psychotherapies (BABCP).

### PgCert

At the end of this programme students will be able to demonstrate by written examination and tapes of therapy sessions a systematic knowledge of the cognitive theory of emotion and the fundamental principles of cognitive behavioural therapy. A critical understanding of the theoretical and research evidence for the core cognitive models, an ability to evaluate the evidence, and, a systematic knowledge of the evidence base for the application of fundamental cognitive behavioural techniques. Successful students will be able to: assess clients for suitability for CBT using fundamental skills and CBT principles, construct maintenance and developmental conceptualisations of cases and develop treatment plans, apply cognitive behavioural techniques competently in uncomplicated cases of anxiety and depression. This programme contributes towards the criteria for accreditation as a cognitive behaviour therapist with the British Association of Behavioural & Cognitive Psychotherapies (BABCP).

The programme provides opportunities for students to develop & demonstrate knowledge & understanding & skills in the following areas:

### Knowledge and understanding

The programme provides a **knowledge and understanding** of the following:

- fundamental principles of CBT
- knowledge of cognitive theory of emotion
- the theoretical models of CBT as applied to a variety of clinical disorders
- the theoretical and research evidence for cognitive models and methods
- ability to evaluate the evidence
- the current competing and complementary approaches to CBT
- systematic knowledge of evidence base for the application of CBT
- research ethics as applied to CBT

These are achieved through the following **teaching/learning methods and strategies**:

- Lectures
- Workshops
- Video presentations
- Tutorials
- Case discussions
- Supervision

#### **Assessment:**

- 2 x Case Report (3-4,000 words)
- 2x Case report (2500 words)
- 1 x Theoretical Case Report (5,000 words)
- 3 x Assessed tapes & 1000 word reflective analyses
- Portfolios

Demonstrating application of cognitive

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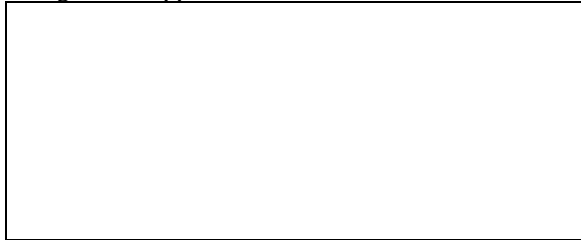
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theory to an individual patient and an understanding of the relation between theory and practice. Demonstrating knowledge of cognitive therapy theory, research & ability to critically evaluate academic literature with ability to tailor theory & protocols to an individual patient.

**Skills and other attributes**

- Intellectual skills:**
- ❑ Ability to critically evaluate the research evidence for CBT
  - ❑ Ability to develop critical knowledge of the theoretical and research literature
  - ❑ Ability to assess and formulate cases within a CBT framework
  - ❑ Ability to integrate relevant knowledge (as above) when formulating and planning treatment
  - ❑ Ability to critically evaluate one's own clinical practice
  - ❑ Ability to demonstrate originality in tackling and solving therapeutic problems
  - ❑ Ability to construct specialist CBT models and develop specialist treatment plans

- These are achieved through the following **teaching/learning methods and strategies:**
- ❑ Lectures
  - ❑ Workshops
  - ❑ Role play demonstrations
  - ❑ Video presentations
  - ❑ Tutorials
  - ❑ Role play practice
  - ❑ Experimental learning
  - ❑ Case discussions
  - ❑ Formative assessment
  - ❑ Supervision of clinical cases
- Assessment:**
- ❑ Theoretical Case report
  - ❑ Assessed tapes & reflective analyses
  - ❑ Assessed tapes of therapy sessions
  - ❑ Portfolio

- ❑ **Practical skills:**
- ❑ Ability to deal with clinical issues systematically and creatively
- ❑ Ability to use general therapeutic skills within CBT (establishing and maintaining a therapeutic alliance, structuring sessions)
- ❑ Ability to apply cognitive and behavioural techniques in a systematic and flexible manner
- ❑ Ability to use objective measures of outcome to guide and evaluate therapy
- ❑ To develop practical proficiency in fundamental techniques
- ❑ To develop competency in specialist techniques in CBT
- ❑ To begin to practice as “scientist practitioners” and develop new skills to a high level

- These are achieved through the following **teaching/learning methods and strategies:**
- ❑ Lectures
  - ❑ Workshops
  - ❑ Role play demonstrations
  - ❑ Video presentations
  - ❑ Critique of video & audio taped sessions
  - ❑ Self rating & objective rating session on standardised competency scales
  - ❑ Tutorials
  - ❑ Role play practice
  - ❑ Experiential learning
  - ❑ Case discussions
  - ❑ Formative assessment
  - ❑ On going supervision of clinical cases
- Assessment:**
- ❑ Case reports
  - ❑ Assessed tapes & reflective analyses
  - ❑ Assessed tapes of therapy sessions
  - ❑ Portfolios

**Generic/transferable skills:**

- Document writing
- Autonomous written & verbal communication of detailed clinical & academic material
- Synthesis of academic literature
- Database searching for literature data
- Individual time management
- Continued professional development

These are achieved through the following **teaching/learning methods and strategies:**

- Tutorials
- Formative assessment
- Library sessions

**Assessment:**

- Case reports
- Assessed tapes & reflective practice
- Portfolios

**18. Statement of how the programme has been informed by the relevant subject benchmark statement(s)/professional and statutory body guidelines**

The programme meets training standards required for a therapist to be eligible for registration with the British Association for Behavioural and Cognitive Psychotherapy (BABCP). The BABCP requires members to have a minimum of 200 hours of supervised CBT work for accreditation as a CBT therapist. This full-time PG Diploma programme leads to fulfilment of this requirement. The part-time Diploma programme leads to partial requirement of the above. Therapeutic interventions are compatible with NICE guidelines for good practice & NICE guidance on recommended treatment. Training adheres to the Department of Health National Curriculum for training of high intensity therapists (Liness and Muston 2008).

Students on the full-time programme are expected to have a core professional qualification or demonstrate the equivalent via a KSA process. Students submit a KSA portfolio and this allows them to demonstrate their knowledge attitudes skills competences and experiences are at an equivalent level. This is a requirement linked with BABCP accreditation. This allows a wider pool of mental health staff to be eligible to undertake this training programme which is important for developing a more diverse workforce

**19. Programme structure and award requirements** (where relevant the information should also differentiate the particular requirements of pathways within a programme or linked/exit awards)

**(a) numbers of core, compulsory and optional units to be taken in each year of the programme**

The programme consists of 4 core modules for both the full time and part time programme of study

**(b) range of credit levels permitted within the programme**

Level 7

**(c) maximum number of credits permitted at the lowest level**

N/A

**(d) minimum number of credits required at the highest level**

120

**(e) progression and award requirements (if different from the standard)**

All modules must be passed at a level of  $\geq 50\%$ ; in addition:

- 1) Competence must be reached on assessed audiotapes of therapy sessions
- 2) A minimum of 8 cases must be seen for therapeutic work
- 3) Students must attend at least 80% of the teaching & supervision sessions
- 4) KSA students (those without a recognised core professional qualification must submit a KSA portfolio and demonstrate they meet all criterion.

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**(f) maximum number of credits permitted with a condoned fail (core modules excluded)**

None

**(g) are students permitted to take a substitute module, as per regulation A3?**

No

**(h) other relevant information to explain the programme structure**

The programme runs for one year with the part time programme running over 18 months and consists of 4 modules:

Fundamentals of CBT – 30 credits

Cognitive Behaviour Therapy for Anxiety Disorders – 30 credits

Cognitive Behaviour Therapy for Depression – 30 credits

Accreditation Portfolio – 30 credits

The programme offers a nested of PgCert Cognitive Behavioural Therapies at 60 credits at level 7. Students can take any of the 4 modules:

- Fundamentals of CBT – 30 credits
- Anxiety Disorder Module-30 credits
- Depression Module-30 credits
- Accreditation Portfolio – 30 credits

This is a nested award of a PG Cert, however students are able to enrol directly onto this programme.

Students on the PgCert will be able to upgrade to the part time PgDip:

If students want to upgrade to the full time PgDip then they will have to meet the entry requirements that stipulate students must be working in an IAPT CBT service and be employed as a high intensity therapist in training.

Otherwise students will be able to progress to the part time PgDip

Students on the PG Dip will be able to exit with the PgCert.

<b>Programme structure</b>									
<b>Title</b>	<b>Credit level</b>	<b>Credit value</b>	<b>Status (I, C, O) for each type of programme</b>			<b>Progression</b>			<b>Assessment</b>
			Single honours	Joint honours	Major/minor	Single honours	Joint honours	Major/minor	
<b>Full time</b>									
Fundamentals of Cognitive Behavioural Therapies - 7PAHBFCB	7	30	Cr			Yes			Coursework Practical
CBT for Anxiety Disorders - 7PAHBCAD	7	30	Cr			Yes			Coursework Practical
CBT for Depression - 7PAHBCBD	7	30	Cr			Yes			Coursework Practical
Accreditation Portfolio - 7PAHBACP	7	30	Cr			Yes			Coursework Practical
<b>Part time over 18 months</b>									
Fundamentals of Cognitive Behavioural Therapies - 7PAHBFCB	7	30	Cr			Yes			Coursework Practical
CBT for Anxiety Disorders - 7PAHBCAD	7	30	Cr			Yes			Coursework Practical
CBT for Depression - 7PAHBCBD	7	30	Cr			Yes			Coursework Practical
Accreditation Portfolio - 7PAHBACP	7	30	Cr			Yes			Coursework Practical
<b>PGCert Part time 12 months</b>									
Fundamentals of Cognitive Behavioural Therapies - 7PAHBFCB	7	30	Cr			Yes			Coursework Practical
Accreditation Portfolio - 7PAHBACP	7	30	Cr			Yes			Coursework Practical

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## **20. Marking criteria**

- In order to be eligible for the award of a Postgraduate Diploma, students must satisfy the requirements set out in the College's *Academic Regulations For Taught Postgraduate Degrees*.
- In order to qualify for the award of a Postgraduate Diploma, a student shall have passed all assessed components of the programme with a score of at least 50% for cases reports with therapy tapes & therapy tapes with reflective analyses, & have achieved an overall average of between 50% & 59%
- In order to qualify for the award of a pass with merit, a student shall have passed all assessed components of the programme with a score of at least 50% & have achieved an overall average of between 60% & 69%.
- In order to qualify for the award of a pass with distinction, a student shall have passed all assessed components of the programme with a score of at least 50% & have achieved an overall average of over 70%

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