

Cognitive Behavioural Therapies PG Dip

Year of entry: 2019

Duration: one year

Study mode: full-time

www.kcl.ac.uk/study/postgraduate/taught-courses/cognitive-behavioural-therapies-pgdip.aspx



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Our Cognitive Behavioural Therapies (CBT) course provides practical, intensive and detailed training to equip you with the necessary skills to become an independent CBT practitioner in accordance with the BABCP guidelines. You will work in Improving Access to Psychological Therapies (IAPT) services and train in evidence-based CBT for adults with depression and anxiety disorders.

Key benefits

- Teaching from experts at the cutting edge of CBT development.
- Latest developments in CBT.
- Longest running UK-based CBT training course.
- Multidisciplinary teaching team from the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) and South London & Maudsley (SLaM) NHS Foundation Trust clinical units.

Course details

The aim of our course is to deliver practical, intensive and detailed training that will develop your skills and competence in CBT. We will help you to become skilled and creative independent CBT practitioners in accordance with BABCP guidelines. You will also develop critical knowledge of the theoretical and research literature relating to CBT.

Through lectures and workshops, you will learn from internationally known figures involved in developing and evaluating cutting-edge cognitive behavioural treatments. Our multi-disciplinary teaching team are all actively involved in CBT practice and research developments in the Institute and in the various clinical units of the South London and Maudsley NHS Trust.



Teaching

You will be taught through a mix of lectures, seminars and tutorials.

Module name	Lectures (hours)	Seminars/tutorials (hours)	Field/lab/studio/supervised learning (hours)	Self-directed study (including project work) (hours)	Total (hours)
Fundamentals of CBT: Engagement, Assessment, Formulation & Supervised Practice	120	15	75	90	300
CBT for Anxiety Disorders: Interventions & Supervised Practice	120	15	75	90	300
CBT for Depression: Intervention & Supervised Practice	120	15	75	90	300
Accreditation Portfolio: Practice Portfolio & Supervised Practice	120	15	75	90	300

Contact time is based on 30 academic weeks.

Typically, one credit equates to 10 hours of work.

Assessment

Students are assessed on their coursework. Coursework can include written assignments such as essays and portfolios.

The study time and assessment methods detailed above are typical and give you a good indication of what to expect. However, they may change if the course modules change.

Regulating body

King's College London is regulated by the Office for Students.



Course structure

Courses are divided into modules. Over the course of your study you will take modules totalling 120 credits.

Required modules

You are required to take:

- Fundamentals of CBT: Engagement, Assessment, Formulation & Supervised Practice (30 credits)
- CBT for Anxiety Disorders: Interventions & Supervised Practice (30 credits)
- CBT for Depression: Intervention & Supervised Practice (30 credits)
- Accreditation Portfolio: Practice Portfolio & Supervised Practice (30 credits)

Optional modules

There are no optional modules for this course.

King's College London reviews the modules offered on a regular basis to provide up-to-date, innovative and relevant programmes of study. Therefore, modules offered may change. We suggest you keep an eye on the course webpages on our website for updates.

Location

Our course is primarily taught at the King's College London Denmark Hill Campus.

Students undertake clinical practice in their IAPT service placement. Students are not required to travel to any other site as part of the course.

Career prospects

Upon successful completion, graduates will be eligible for registration as an accredited Cognitive Behavioural Therapist with the BABCP.



Fees and funding

Full-time tuition fees – Home/EU

Fees are funded by HEE.

Part-time tuition fees – Home/EU

The course is not available part-time.

This is a one year training contract funded by the Health Education England (HEE) and is only available to UK/EU and EEA applicants.

Additional costs

You can also expect to pay for:

- books if you choose to buy your own copies
- DBS checks
- clothing for optional course related events and competitions
- library fees and fines
- personal photocopies
- printing course handouts
- society membership fees
- stationery
- travel costs for travel around London and between campuses
- graduation costs.

Disclaimer

Although this PDF was up-to-date at the time it was produced, please make sure you check our website www.kcl.ac.uk/study or contact us directly for the very latest information before you commit yourself to any of our courses.

Contact us

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