

Cognitive Behavioural Therapies for Psychosis PG Dip, PG Cert

Year of entry: 2019

Duration: PG Dip: full-time: one year, part-time: two years
PG Cert: part-time: one to two years

Study mode: full-time, part-time

www.kcl.ac.uk/study/postgraduate/taught-courses/cognitive-behavioural-therapy-for-psychosis-pg-dip-pg-cert.aspx



This PDF was produced in August 2018

The PG Dip course equips students with a critical understanding of psychological models of psychosis and the skills to deliver high quality and creative cognitive behavioural interventions. The shorter PG Cert course focuses on clinical skills, for clinicians, or on theoretical background for researchers, academics and non-practitioners.



Key benefits

- The internationally renowned centre for the development and evaluation of cognitive behavioural interventions for people with psychosis offers unrivalled access to current innovations in practice and research.
- Close supervision with expert practitioners develops students' ability to become skilled and creative independent practitioners of CBT for Psychosis.
- Develops students' skills in training and supervising other professionals and thus improves the provision of CBT for Psychosis in students' own work settings.

Course details

The courses have been developed with the South London & Maudsley NHS Foundation Trust (SLaM) and designed in accordance with the National Institute of Health and Care Excellence Schizophrenia Guideline psychological therapy recommendations (NICE, 2003, 2014).

The purpose of the courses is to improve the delivery of cognitive behavioural interventions for people with psychosis. CBTp is a complex therapeutic intervention and requires of independent practitioners an advanced theoretical understanding of cognitive models of psychosis and specialist post-qualification skills in relationship building, assessment, formulation and intervention. Our courses train students in each of these requirements, enabling them to develop competence then mastery in therapy delivery, and to provide consultancy, training and supervision to others.

The courses are modular, following a credit framework.

Two clinical skills modules build from early therapy activities (Engagement, Assessment & Formulation – Module 1) through to intervention and specialised applications (Intervention & Supervised Practice; Module 2).

Two academic modules develop students' critical appraisal of the theory underlying psychological models of psychosis (Theoretical background I: Psychological Models, Module 3) and the evidence base for interventions (Theoretical Background II: Interventions, efficacy & future directions, Module 4).

Diploma students complete all four modules; clinical skills certificate students complete Module 1 and Module 2 only; theoretical background certificate students complete Module 3 and Module 4 only.

Case supervision is strongly emphasised on the clinical programmes. Weekly morning supervision sessions take place in small groups (four to five) on the teaching day with all supervision carried out by the programme team. Additional close supervision (listening to audio recordings of therapy sessions) is a course requirement.

Course purpose

The courses deliver the clinical skills and theoretical background to work creatively and effectively with people with a schizophrenia spectrum diagnosis.

The Postgraduate Diploma in CBT for psychosis (CBTp) is designed for qualified mental health practitioners and covers both the clinical skills and theoretical background required to become an innovative and successful practitioner of CBTp. We recommend completion of the course on a part-time basis, over two years. A fast-track one year full time option is available for students with previous experience of relevant clinical work and masters level study.

The Postgraduate Certificate in Therapy Skills emphasises the clinical skills component of the course, for mental health practitioners who are primarily concerned with clinical practice, rather than academic development. The Postgraduate Certificate in Theoretical Background is designed for people without a mental health qualification, for researchers or academics, or as an introduction to CBTp. Students attend seminars and workshop teaching in order to acquire a detailed understanding of psychological models and interventions, together with their evidence base, but clinical supervision is not usually provided. Certificate courses are offered on a part-time basis over one to two calendar years.



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 (hours)	Total (hours)
Therapy Skills 1: Assessment & Formulation	15	37	248	-	300
Therapy Skills 2: Intervention & Supervised Practice	15	37	248	-	300
Theoretical Background 1: Psychological Models	45	15	240	-	300
Theoretical Background II: Interventions, efficacy & future directions	45	15	240	-	300
Supervised practice in CBT for Psychosis	30	40	230	-	300
Supervision Training & Revised Dissemination in CBT for Psychosis	30	40	230	-	300

Contact time is based on 24 academic weeks.

Typically, one credit equates to 10 hours of work.

Assessment

You are assessed through a combination of academic and clinical coursework.

	Examination	Coursework	Practical
Full-time	-	100%	-
Part-time	-	100%	-

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. You will normally take:

- Postgraduate Diploma – modules totalling 120 credits
- Postgraduate Certificate – modules totalling 60 credits

The required modules vary depending on the qualification. You are required to choose from the following modules:

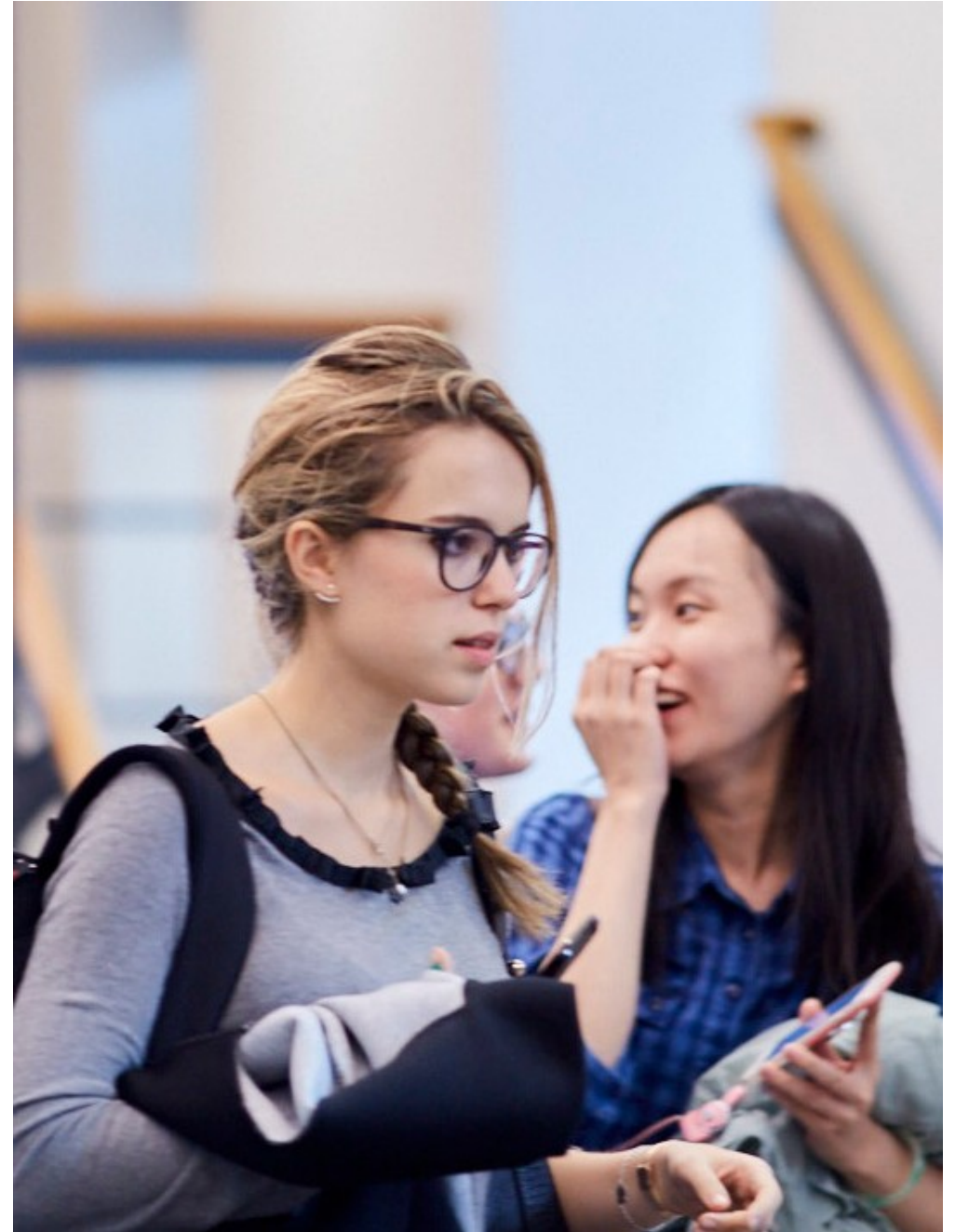
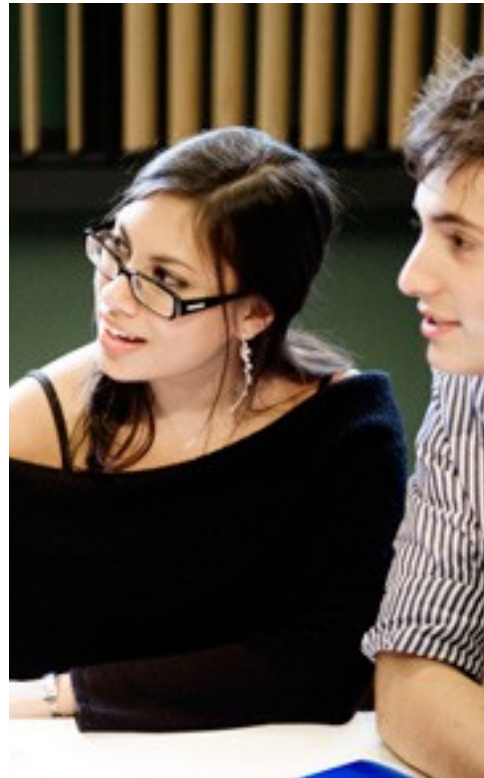
- Therapy Skills I: Assessment & Formulation (30 credits)
- Therapy Skills II: Intervention & Supervised Practice (30 credits)
- Theoretical Background I: Psychological Models (30 credits)
- Theoretical Background II: Interventions Efficacy & Future Directions (30 credits)
- Supervisory Practice I: Supervised Practice in CBT for Psychosis (30 credits)
- Supervisory Practice II: Supervision, Training & Dissemination (30 credits)

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 finder on our website for updates.

Location

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

Students implement in their own workplaces. Students are not required to travel to any other site as part of the course.



Fees and funding

Full-time tuition fees – UK

The UK tuition fees for the 2019–20 academic year are available on the course web page.

Please note that the tuition fees for subsequent years of study may be subject to increases in line with King's terms and conditions.

Full-time tuition fees – EU

Students starting their programme in 2019/20 (September 2019) who are eligible to pay EU fees will pay the same rate of tuition fees as UK students. This will apply for the duration of their programme, but may be subject to change by the UK Government for subsequent cohorts from 2020/21.

The UK tuition fees for the 2019–20 academic year are available on the course web page.

Please note that the tuition fees for subsequent years of study may be subject to increases in line with King's terms and conditions.

Full-time tuition fees – International

The International tuition fees for the 2019–20 academic year are available on the course web page.

Please note that the tuition fees for subsequent years of study may be subject to increases in line with King's terms and conditions.

Deposit

When you receive an offer for this course you will be required to pay a non-refundable deposit to secure your place. The deposit will be credited towards your total fee payment.

This will not apply if you are NHS funded.

The UK/EU deposit is £500.

The International deposit is £2,000.

For further information, please visit the fees and funding section of our website:
www.kcl.ac.uk/study/postgraduate/fees-and-funding/index.aspx

Additional costs

In addition to your tuition fees, you can also expect to pay for:

- books if you choose to buy your own copies
- Disclosure Barring Service (DBS) check
- 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

Tel +44 (0)20 7836 5454

