

POSTGRADUATE CERTIFICATE IN COGNITIVE BEHAVIOURAL THERAPY

Overview

NFQ Level 9, Minor Award

Exit Award only

Upon satisfactory completion of modules to the value of 30 credits, students on the Postgraduate Diploma in Cognitive Behavioural Therapy (<https://ucc-ie-public.courseleaf.com/programmes/pdcbt/>) programme may opt to exit the programme and be conferred with a Postgraduate Certificate in Cognitive Behavioural Therapy. This award does not permit an individual to practice as a Cognitive Behavioural Therapist.

Programme Requirements

For information about modules, module choice, options and credit weightings, please go to Programme Requirements (p. 1).

Programme Requirements

Code	Title	Credits
Students take 30 credits as follows:		
<i>Core Modules</i>		
MH6000	Cognitive Behavioural Therapy Core Competencies II	5
MH6001	Cognitive Behavioural Therapy Core Competencies I	5
MH6136	Cognitive Behavioural Therapy (CBT) Models: Behavioural Activation for Depression	5
MH6137	Cognitive Behavioural Therapy (CBT) Models of Anxiety Disorders	10
MH6139	Cognitive Behavioural Therapy Supervised Practice 1	5
Total Credits		30

Examinations

Full details and regulations governing Examinations for each programme will be contained in the *Marks and Standards Book* and for each module in the *Book of Modules*.

Programme Learning Outcomes

Programme Learning Outcomes for Postgraduate Certificate in Cognitive Behaviour Therapy (NFQ Level 9, Minor Award)

On successful completion of this programme, students should be able to:

- Demonstrate and apply a detailed knowledge of the key principles of developing and maintaining a collaborative therapeutic relationship within a CBT framework;
- Understand and critically evaluate human development, cognitive and behaviour theory;
- Apply principles of human development, cognitive, and behaviour theories when working with people experiencing mental health problems;
- Critically appraise and evaluate the treatment rationales for the various CBT models;

- Critically evaluate the evidence base for utilising each CBT model for the specified problem;
- Critically appraise different CBT models of mental health problems;
- Apply the principles of each CBT model when working with people experiencing mental health problems.