

# 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 <b>30</b> 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
<b>Total Credits</b>		<b>30</b>

## 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.