

POSTGRADUATE CERTIFICATE IN COGNITIVE BEHAVIOURAL THERAPY

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.