

# POSTGRADUATE DIPLOMA IN COGNITIVE BEHAVIOURAL THERAPY

## Overview

### NFQ Level 9, Major Award

The Postgraduate Diploma in Cognitive Behavioural Therapy is a part-time programme which is taken over two years. The programme will run on a cyclical basis every two years.

The programme is aligned with the British Association for Behavioural & Cognitive Psychotherapies (BABCP) and individuals who successfully complete this programme will have met the minimum training standards and can apply for individual accreditation.

## Exit award: Postgraduate Certificate in Cognitive Behavioural Therapy (NFQ Level 9, Minor Award)

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

## Progression to the MSc (Cognitive Behavioural Psychotherapy) (NFQ Level 9, Major Award)

Following successful completion of the Postgraduate Diploma in Cognitive Behavioural Therapy, students can progress to the MSc in Cognitive Behavioural Psychotherapy (<https://ucc-ie-public.courseleaf.com/programmes/msccb/>). This is not a requirement to practise 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 |
|------|-------|---------|
|------|-------|---------|

### Year 1

Students take 30 credits as follows:

#### Core Modules

|        |   |    |
|--------|---|----|
| 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  |

### Year 2

Students take 30 credits as follows:

#### Core Modules

|        |  |   |
|--------|--|---|
| MH6003 | Cognitive Behavioural Therapy Supervised Practice II | 5 |
|--------|--|---|

|        |  |    |
|--------|--|----|
| MH6133 | Cognitive Behavioural Therapy for Complex Cases                                | 10 |
| MH6134 | Cognitive Behavioural Therapy (CBT) for Depression and Comorbidity             | 5  |
| NU6005 | Evidence Based Practice for Healthcare Professionals (Blended learning module) | 10 |

|                      |  |           |
|----------------------|--|-----------|
| <b>Total Credits</b> |  | <b>60</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 Diploma in Cognitive Behavioural Therapy (NFQ Level 9, Major Award)

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

- Demonstrate a critical and in-depth understanding of a range of factors, which contribute to human problems, including personal, social and cultural background factors, human personal strengths, possibilities and mental status from a cognitive behavioural perspective;
- Have a critical and in-depth understanding of the body of knowledge, which constitutes the theory of Cognitive Behavioural therapy including legal frameworks and codes of professional practice;
- Critically and systematically review research based literature relevant to cognitive behavioural therapy;
- Critically analyse the importance of cognitive behavioural theories to psychotherapeutic practice and their contribution to the understanding of both common and complex psychological and emotional functioning;
- Apply clinical skills consistent with the core competences of cognitive behavioural therapy and exercise enhanced professional competences through accountability, autonomy and professional practice;
- Demonstrate ethical reasoning within clinical practice and supervision and critically reflect on the practice and process in clinical supervision.