

POSTGRADUATE DIPLOMA IN COGNITIVE BEHAVIOURAL THERAPY

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.