

CERTIFICATE IN COGNITIVE BEHAVIOUR THERAPY

AIM

To assist participants in working in a cognitive behavioural therapy approach in an ethical way which matches their levels of competence, under appropriate supervision guidance, with clients experiencing common mental health concerns.

CONTENT OF THE COURSE

The course will include the following:

Evidence based knowledge and understanding of the theory and practice of CBT

Screening and Case Conceptualisation processes and procedures

Case Formulation and Treatment Protocols

Development of skills in the CBT therapeutic relationship

Development of Reflective Practice

Applications of CBT treatment to clients from diverse backgrounds and experiencing common mental health issues of anxiety and depression

CBT treatment protocol for depression

CBT over view of anxiety disorders and specific treatment protocols for Panic Disorder and Social Anxiety

Measuring Effectiveness and Outcomes of treatment

Ethical and legal issues

COURSE STRUCTURE

The Certificate in CBT is a 10 day modular programme. It includes the 2 day Introduction to CBT. If you have already attended this course or you have sufficient understanding/prior learning of the approach you may apply for exclusion of this element of the course.

Teaching will include lectures, seminars, skills workshops, individual and small group coaching and additional home study (please allow a minimum of 2 hours per week for Home Study including reading).

Each Learner, on successful completion of the course will receive a Certificate in CBT awarded by the Manchester Centre for CBT and also a Certificate from the OCN. This course is eligible for Open College Network credits (6 credits @ Level 3 – Unit Code HB7/3/WR/001 Unit Title: Intro to CBT).

All students will receive a Course Handbook on commencement of the course, along with support material etc.

WHO CAN APPLY?

Anyone working in the Business, Personnel or Health & Social Care Sector who has sufficient knowledge, experience and skills in supporting others. Progression onto the Certificate requires successful completion of module 1 (Introduction to CBT).

VENUES

The course will be available in the following areas:

Wood Lane, Harborne, BIRMINGHAM

Barlow Moor Road, Didsbury, MANCHESTER

Leeds (venue to be confirmed)

Liverpool (venue to be confirmed)