COGNITIVE BEHAVIOUR THERAPY WITH COUNSELLING FOR DEPRESSION PG Dip / 2017/18 ENTRY

www.ucl.ac.uk/graduate/pls
This diploma programme provides training in both cognitive behaviour therapy (CBT) and Counselling for Depression (CfD). Students on this programme will have placements in NHS funded Improving Access to Psychological Therapy (IAPT) Services.

**Degree summary**

The programme will provide: Training in the principles and practice of CfD to meet the competence requirements for practice in CfD as accredited by the British Association of Counselling and Psychotherapy. Training in the principles and practice of CBT to meet foundation level competence for practice in CBT, which with further supervision could lead to accreditation as a CBT therapist with the British Association of Behavioural and Cognitive Psychotherapists (BABCP).

UCL is among the principal research and training centres in the UK for mental health and psychological therapies. The Counselling for Depression module is taught by staff from the Metanoia Institute, one of the largest dedicated psychotherapy and counselling training centres in the UK, which developed the CfD national curriculum in collaboration with British Association for Counselling & Psychotherapy (BACP). UCL has close links with all IAPT services in London and many IAPT services outside London, with frequent liaison around provision and delivery of clinical placements and supervision, which is so central to training in counselling and psychological therapies.

The programme is delivered through a combination of lectures, workshops, skills practice, clinical supervision groups, directed reading and e-learning. In addition to time at UCL, students spend at least two further days a week in an IAPT service seeing people with common mental health problems in CfD and CBT under supervision. Assessment is through coursework, case reports, audio and video recordings of students’ clinical practice and the presentation of a clinical portfolio.

**Degree structure**

Mode: Part-time: 2 years  
Location: London, Bloomsbury  
Students undertake modules to the value of 120 credits. The programme consists of six core modules.

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<th>CORE MODULES</th>
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<tr>
<td>Counselling for Depression</td>
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<tr>
<td>Fundamentals of CBT</td>
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<tr>
<td>CBT for Anxiety - basic</td>
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<td>CBT for Depression</td>
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<td>CBT for Anxiety - Advanced</td>
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<td>Clinical Portfolio</td>
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<th>OPTIONAL MODULES</th>
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<td>There are no optional modules for this programme.</td>
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<th>DISSERTATION/REPORT</th>
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<tr>
<td>Not applicable</td>
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Your career

This programme will broaden the career options of participants by providing accredited training in Counselling for Depression (through BACP), and a thorough grounding in CBT for treatment of anxiety disorders and depression which with additional supervised CBT practice would enable participants to obtain accreditation as a CBT therapist (through BABCP).

Employability

Completing this Postgraduate Diploma equips people to work as counsellors/therapists in NHS funded IAPT services providing both CID and CBT as well as in other employment contexts.
Entry requirements

Applicants are normally expected to hold at least a second-class Bachelor's degree from a UK university or an overseas qualification of an equivalent standard. However, other academic qualifications of an equivalent standard, including professional mental health and counselling qualifications, and substantial work experience and achievements at work demonstrating ability to study successfully at a postgraduate level can be taken into account.

In addition, applicants for this programme are required to have: a diploma in counselling and two years post-graduation counselling practice experience; evidence of basic knowledge of CBT; interest in and enthusiasm for providing both CIDs and CBT; evidence of commitment to working in an IAPT service placement for two years.

English language proficiency level

If your education has not been conducted in the English language, you will be expected to demonstrate evidence of an adequate level of English proficiency.

The level of English language proficiency for this programme is: Good.

Information about the evidence required, acceptable qualifications and test providers is provided at: www.ucl.ac.uk/graduate/english-requirements

Your application

When we assess your application we would like to learn:

// why you are interested in CIDs and CBT training  
// what knowledge you already have about CIDs and CBT  
// what post-qualification experience you have had as a counsellor  
// what knowledge you already have about IAPT services  
// how you would be able to support yourself over two years while attending university one day a week and attending an IAPT service placement two days a week.

Together with essential academic and core counselling requirements, the personal statement is your opportunity to illustrate whether your reasons for applying to this programme and IAPT placement context match what the programme will deliver.

FEES AND FUNDING 2017/18 ENTRY

// UK: £4,805 (PT)
// EU: £4,805 (PT)

Full details of funding opportunities can be found on the UCL Scholarships website: www.ucl.ac.uk/scholarships

APPLICATION DEADLINE

All applicants: 31 July 2017

Details on how to apply are available on the website at: www.ucl.ac.uk/graduate/apply

CONTACT

Programme Administrator

Email: pals.cbtenquiries@ucl.ac.uk

EU referendum

For up-to-date information relating to specific key questions following the UK's decision to leave the EU, please refer to www.ucl.ac.uk/eu-referendum

This information is for guidance only. It should not be construed as advice nor relied upon and does not form part of any contract. For more information on UCL's degree programmes please see the UCL Graduate Prospectus at www.ucl.ac.uk/graduate