Cognitive Behavioural Therapy (CBT) has been shown to be effective for people with a wide range of mental health conditions, including people with psychosis. This programme is designed to give mental health professionals without prior experience of CBT the academic and clinical skills to implement this approach in their work settings.

Degree summary

The programme will develop participants’ skills in CBT for anxiety and depression, and the application of these skills to individuals with psychotic symptoms.

This programme bridges academic knowledge and clinical application. A primary aim is to help participants make links between theoretical knowledge of CBT and its application in clinical settings, and teaching sessions will include extensive case discussion.

To supplement face-to-face teaching and encourage self-study, participants will have access to online resources, including video vignettes demonstrating the application of CBT.

The programme will afford excellent opportunities for participants to meet and work with clinicians from a wide range of professional backgrounds and clinical services.

The programme is delivered through a combination of didactic teaching, self-directed study and supervised clinical practice. Assessment is through coursework, reports of clinical practice and the presentation of a clinical portfolio.

Degree structure

Mode: Flexible: up to 2 years
Location: London, Bloomsbury

Students undertake modules to the value of 120 credits. The programme consists of six core modules.

Please note that the list of modules given here is indicative. This information is published a long time in advance of enrolment and module content and availability is subject to change.

<table>
<thead>
<tr>
<th>COMPULSORY MODULES</th>
</tr>
</thead>
<tbody>
<tr>
<td>CBT for Anxiety - advanced (15 credits)</td>
</tr>
<tr>
<td>CBT for Depression (behavioural activation) (15 credits)</td>
</tr>
<tr>
<td>CBTp Intervention (30 credits)</td>
</tr>
<tr>
<td>CBT for Psychosis (fundamentals) (15 credits)</td>
</tr>
<tr>
<td>Clinical Portfolio (15 credits)</td>
</tr>
<tr>
<td>Fundamentals of CBT (30 credits)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OPTIONAL MODULES</th>
</tr>
</thead>
<tbody>
<tr>
<td>There are no optional modules for this programme.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISSERTATION/REPORT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not applicable</td>
</tr>
</tbody>
</table>


Your career
This programme will broaden the career options of participants by expanding their therapeutic competency and the range of clients with whom they are trained to work.

Employability
Participants will already be in employment in NHS settings; the skills and knowledge conferred by the programme will enhance their employability.
Entry requirements

Participants will be mental health staff with a prior professional qualification (for example, in nursing or counselling) working in clinical services for people with psychosis.

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 applications we would like to learn:

- why you want to study Cognitive Behavioural Therapy (IAPT: Psychosis) at graduate level
- how your academic and professional background meets the demands of this programme
- where you would like to go professionally with your degree

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

There is an application processing fee for this programme of £75 for online applications and £100 for paper applications. Further information can be found at:

www.ucl.ac.uk/prospective-students/graduate/taught/application.

FEES AND FUNDING 2019/20 ENTRY

UK: See Fees Note (FT)  
EU: See Fees Note (FT)

The tuition fees shown are for the year indicated above. Fees for subsequent years may increase or otherwise vary. Further information on fee status, fee increases and the fee schedule can be viewed on the UCL Students website.

As of October 2018, UCL is waiting on a decision from Health Education England about whether the UK/EU tuition fees for this programme will be funded by the NHS.

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

APPLICATION DEADLINE

All applicants: 19 August 2019

Details on how to apply are available on the website at:

www.ucl.ac.uk/graduate/apply

CONTACT

Mr Adam Gudalajtys

Email: a.gudalajtys@ucl.ac.uk

Telephone: +44 (0)20 7679 1785

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/brexit