

## **Certificate in CBT (Distance Learning) – Frequently Asked Questions**

### **Do I need to have experience of being a therapist to attend the course?**

The course is a Continuing Professional Development programme and may be useful for experienced and recently qualified therapists, psychologists, GPs, counselors, nurses, social workers, project workers, physiotherapists etcetera.

Those working in the health and social care sectors may find the knowledge and skills they acquire as part of the course useful to incorporate into their current practice.

### **Who accredits the course?**

The course is accredited by Manchester Centre for CBT as an appropriate continuing professional development course. It is also approved by the **British Psychological Society Learning Centre for the purposes of Continuing Professional Development (CPD)**.

Manchester Centre for CBT has an internal verifier for the course and a Visiting External Examiner.

### **I've already studied the theory of CBT on a previous course – is this the right course for me?**

This course provides a mix of theory and skills based practice. We will aim to support you in your development of appropriate CBT skills in the areas of:

- Case Conceptualisation (Assessment and Case Formulation)
- Behavioural Experiments
- Working with Depression
- Working with Anxiety Disorders
- Social Anxiety Disorder
- Panic Disorder
- Relapse Management & Prevention

### **Is there an assessment process or exam?**

There are no exams. Assessment of knowledge and practice is undertaken through three pieces of work:

1. completion of a Reflective Journal written during the life of the course;
2. Self-assessment of a CBT role play practice session with a colleague or friend as your client;
3. Theory essay demonstrating your knowledge of CBT and your experience of opportunities and obstacles to using CBT within your current practice setting.

You will need to undertake a video or audio-recording of a session (50-60 minutes) with a colleague, friend or client and transcribe 20 minutes of this skills practice session.

Additional learning exercises (**optional and not assessed**) are available in each module including a quiz to test knowledge and other homework exercises to help build your understanding of theory and your practice skills.

### **Is there a lot of work to do?**

We recommend allowing for 3 hours of home based study per week during the life of the taught modules.

### **How many hours of CPD can I claim for undertaking the course?**

There are 60 CPD hours of direct teaching via Moodle and 60 CPD hours of self-directed study attached to this course (Total 120 hours).

### **What books do I need to read before the course starts?**

There is no pre-course reading required. On registration learners receive access via Moodle to a handbook and further details on commencement of the course.

You will be provided with a study guide for each Module. A list of recommended books will be provided at the start.

Learners have access to a Moodle based Learners site which has various papers and resources available to download.

### **Will I be able to call myself a CBT Therapist after attending this course?**

You may not be qualified as a CBT therapist until you have achieved a Diploma in CBT or have equivalent skills, knowledge and training through other routes. Professional organisations' provide further explanation of routes towards accreditation including BABCP, BPS and BACP (please view Links page on [www.cbt-centre.co.uk](http://www.cbt-centre.co.uk)). You may also need to check equivalent organizations if you are based outside of the UK.

You can integrate the learning and skills into your current practice and work within a CBT approach using CBT skills.

Those interested in attending a Diploma in CBT course will need to check with the specific course provider of any Diploma level course they are interested in attending as to their entry requirements.

Courses of a Post Graduate entry level may require that you demonstrate further study than this course allows.

### **What is the timescale for completing the course?**

**You can register for the course at any time and this will provide you with access to Moodle and the learners handbook and other introductory course papers. Module 1 is available for a 12 month period from a specific course start date (these will be displayed on the website on the course information page).**

You have 12 months minimum from when you register on the course in which to complete all 4 modules and submit the completed work. This works out at approximately 2 months per module and an additional 2 months for finalizing your assignments. **You may submit your completed course portfolio at any of the advertised submission periods during your first 12 months or at the first period after your 12 months of registration (specific submission dates provided and posted on Moodle and the course information page on [www.cbt-centre.co.uk](http://www.cbt-centre.co.uk)).**

### **Do I have to pay for all of the course modules before I can register?**

You may choose to pay for registration and all 4 modules at once **or pay for each item as and when you are ready to undertake them** within a 12 month period from the nearest course start date.

### **Do I need to have supervision whilst I am registered on the course?**

We highly recommend that you identify appropriate supervision – supervision from someone who has sufficient knowledge and experience of CBT (this may be an existing supervisor or you may seek out additional supervision from an appropriately qualified and experienced supervision for the duration of the course). A BABCP Accredited Supervisor/therapist would provide appropriate supervision and a list of these can be found on the BABCP website.

We also recommend that you identify peer supervision/support from a friend or colleague (as a critical friend) who can provide some appropriate support to you during the course.

**Is this course BPS approved?**

The course is approved by the British Psychological Society Learning Centre. It means that the full course meets the Society's Continuing Professional Development standards.

**What support is available to me whilst on the course?**

Please read the terms and conditions/service agreement for further details of tutor contact time and support available.

**How do I know that this is the right course for me?**

You need to carefully consider whether you think you have the capacity, time and personal resources to study on a distance learning basis versus a face to face taught course.

**What happens if my work is not satisfactory?**

If any aspect of your work is not deemed satisfactory in relation to course work portfolio criteria by tutor/s then your tutor will discuss this further with you and may request you resubmit your work. Written guidance will be provided by your tutor specifying the additional work required to achieve an appropriate standard.

**What happens if I miss a deadline?**

If you do not submit your completed course work portfolio during the 12 months from your registration or at the first submission period directly after your 12 months of registration then additional fees may be incurred for late submission. In addition your certificate may not be awarded until the next 6 month submission dates have passed

**Will I have a chance to share experiences, or compare notes with other students?**

A student forum will be provided via Moodle and you are encouraged to use this to post questions and share ideas, thoughts and reflections on the work.

**Any further questions?**

Please email these directly to our courses administrator at

[enquiries@cbt-centre.co.uk](mailto:enquiries@cbt-centre.co.uk)