

CERTIFICATE IN CBT – DISTANCE LEARNING PROGRAMME
PROGRESSION THROUGH THE LEARNING PROGRAMME

Structure of the learning programme:

Aim and objectives for the module

- Each module has a clear aim for learning about CBT and provides specific objectives.

Key study tasks

- Each module provides guidance for the areas of study and the required tasks of the learner.

Key practice skills

- Specific CBT skills will be identified and listed for the learner to practice and develop.

Key assignment tasks

- Any specific assignment tasks will be summarised for each module.

4 MODULE PROGRAMME

Module 1: Overview of CBT	CBT History & Development
Part 1	
Part 2	Key principles; key structures; key skills
Part 3	Scientist Practitioner; Evidence base

Module 2: Developing Assessment and Case Formulation	
Part 1	Case Conceptualisation (Assessment and case formulation)
Part 2	Case Conceptualisation Skills
Part 3	Behavioural Experiments – theory, processes and skills

Module 3: Working with Depression	Working with Depression – theory, processes and skills
Part 1	
Part 2	Behavioural Activation
Part 3	Using Thought Records & Behavioural Experiments

Module 4:	Working with Anxiety Disorders – overview and treatment principles
A: Working with Anxiety	
A: Part 1	
Part 2	Social Anxiety Disorder – theory, processes and skills
Part 3	Panic Disorder – theory, processes and skills
B: Relapse Management and ending treatment	Managing Relapse/Relapse Prevention
Part 1	
Part 2	Reviewing and ending Treatment