

**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

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

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

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

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