Entry requirements for Postgraduate Certificate and Diploma in Cognitive and Behavioural Therapies

For programmes beginning January 2017

A  Applicants are expected to be graduates.

Applicants without a first degree will be considered on an individual basis and will be required to demonstrate to the satisfaction of the Head of School or nominee that they have held, for a minimum period of two years, a position of responsibility relevant to the programme of study which they intend to pursue. They will also be required to complete a piece of written work to support their application which will be assessed according to graduate level standards by the programme lead.

B  Applicants are expected to have successfully completed professional training in a field such as mental health, social care or counselling (e.g. nursing, occupational therapy, social work, psychiatry, clinical psychology, counselling) and one year's post-qualification experience. Training should have included the acquisition of a critical understanding of studies of human development, psychopathology, psychology, social issues and evidence-based practice.

Applicants without a core profession will be considered if they can evidence to the satisfaction of the relevant member of programme staff their ability to meet the Knowledge Skills and Attitude (KSA) criteria. Details of these are available on the CBT Programmes website and the BABCP website. Please see http://psych.cf.ac.uk/degreeprogrammes/postgraduate/cbt/

C  Applicants should meet the University’s General Entrance Requirement. Details of English language requirements can be found at http://www.cardiff.ac.uk/for/prospective/postgraduate/applying/english-language-requirements.html

D  Applicants must be engaged in employment (paid or unpaid) which provides:

(i) opportunities to practice CBT with clients experiencing anxiety or depression for the duration of the relevant programme.

(ii) service support for CBT in the workplace (e.g. permission to carry out behavioural experiments). A Manager’s Form must be submitted.

(iii) regular supervision for their clinical work from an experienced supervisor and/or someone with management responsibility for their work. This is to ensure patient safety and does not need to be a CBT supervisor. A Supervisor’s Form must be submitted.

E  Applicants must be willing to source (and if necessary, fund) a BABCP accredited practitioner for a minimum of 5 hours of accredited supervision.

F  Applicants should have the right attitudes and values to work in a professional, respectful and compassionate way with a full range of people presenting with distressing psychological problems.
G Applicants must have demonstrated interest and commitment to CBT evidenced by e.g. CBT training, practice, supervision, research, membership of special interest groups.

Additional entry criteria for the Diploma programme (second year)

Applicants for the Diploma programme must already have a postgraduate certificate in CBT from a BABCP accredited programme. Applicants waiting for results are welcome to apply and offers will be provisional on passing the PG Certificate in CBT.

Selection

Applicants will be selected for interview on the basis of demonstrated attainment of the entry requirements (above). Applicants for the Diploma year may also be selected on the basis of academic attainment in the certificate modules.
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