

Certificate in
**Cognitive
Behavioural
Therapy**

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www.salfordcognitivetherapy.com



Salford Cognitive Therapy Training Centre Certificate in Cognitive Behavioural Therapy

Telephone: 0161 772 3439

Email: ct.training@gmw.nhs.uk

Website: www.salfordcognitivetherapy.com

About the Programme

The Certificate in Cognitive Behavioural Therapy (CBT), aims to provide an introduction to the theory and practice of CBT, with emphasis on the development of clinical skills. It is aimed at health professionals e.g. RMNs, Social Workers, Accredited Counsellors, Medical staff and Occupational Therapists who have some case management responsibility, and can access clients with mild to moderate problems of anxiety and depression.

About the Training Centre

The Salford Cognitive Therapy Training Centre has been established to create a centre of excellence for cognitive therapy training in the north-west region. All centre staff are experienced in cognitive therapy and have extensive training from centres in Oxford, Newcastle and California. All course supervisors and workshop leaders have excellent knowledge and experience of cognitive behavioural therapy practice, training and supervision.

How the Programme Operates

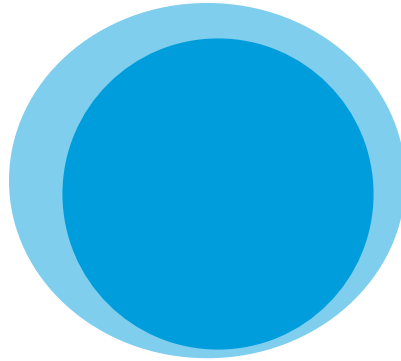
The programme runs on consecutive Fridays for 15 weeks from 9.30am to 4.30pm. It runs twice a year commencing February and September. The programme is based at Psychology Services, on the Prestwich site of Greater Manchester West Mental Health NHS Foundation Trust.

What is Covered in the Programme?

The CBT Certificate focuses on the theory of CBT assessment, formulation and treatment and the clinical skills necessary to apply this theory to practice. The emphasis throughout the programme is on working with specific anxiety disorders and depression. It is expected that trainees will work with two clients, under supervision, through an “adequate trial of treatment” for the duration of the programme.

Clinical Supervision

Clinical supervision from qualified and experienced CBT practitioners is provided from week four of the programme, from 3.00pm – 4.30pm in groups of three. It is expected that by this time, trainees will have selected suitable cases to work with from their caseload/work environment. Trainees are expected to audio or video tape their clinical sessions for the purpose of clinical supervision.



Assessment Procedures

Competency levels on the CBT certificate programme are assessed by a combination of written assignment and skills assessment. Assignments are submitted at the end of the programme.

Demands on Trainees

In addition to the day's teaching, an average of 4-5 hours reading a week is recommended. The trainee must take into account the extra time needed for clinical sessions (two per week), including preparation and evaluation.

Fees

Programme fees are £1,200.00 for February 2009 and then £1,500.00 from September 2009

If you agree to take up a place on the programme and cancel four weeks or less prior to the programme commencing you may be liable for costs if the place is unable to be filled.

For individuals planning to self-fund it may be possible to pay for the programme fees in three instalments.

A Note for Managers

This programme is designed to fit with NHS recommendations regarding the development of clinical practice as stipulated in the National Service Framework. Skills and knowledge gained on this programme will enable practitioners to meet objectives set out in Clinical Governance.

This programme is part of the Salford Cognitive Therapy Training Centre which is committed to the principles of life long learning and continuing professional development.

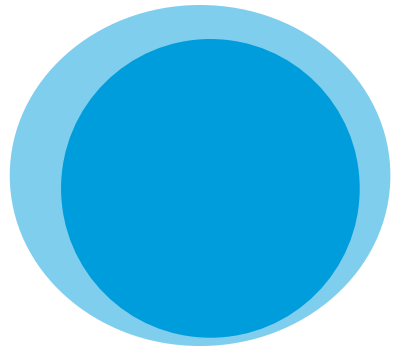
Are You Interested?

Clinicians interested in undertaking the Certificate in Cognitive Behavioural Therapy can complete the enclosed application form and return it to:

Programme Administrator, Salford Cognitive Therapy Training Centre,
Psychology Services,
Greater Manchester West Mental Health NHS Foundation Trust,
Bury New Road, Prestwich, Manchester, M25 3BL

Telephone: 0161-772-3439

Email: ct.training@gmw.nhs.uk



Recommended Reading

Beck, A.T. (1976). *Cognitive therapy and the emotional disorders*. New York: International Universities Press.

Blackburn, I.M., & Davidson, K. (1995). *Cognitive therapy for depression and anxiety (2nd Edition)*. Oxford: Blackwell Science.

Grant, A., Mills, J., Mulhern, R., & Short, N. (2004). *Cognitive behavioural therapy in mental health care*. London: Sage Publications.

Greenberger, D., & Padesky, C.A. (1995). *Mind over mood: A cognitive therapy treatment manual for clients*. New York: Guildford Press.

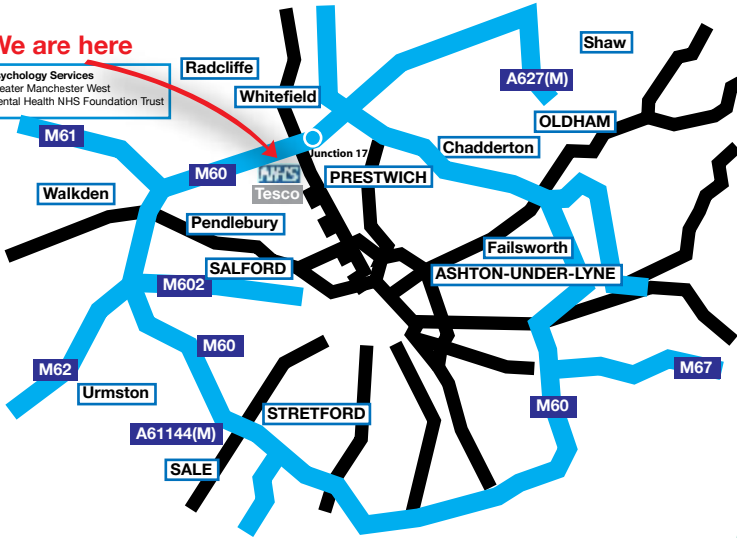
Hawton, K., Salkovskis, P.M., Kirk, J., & Clark, D.M. (1989). *Cognitive behaviour therapy for psychiatric problems: A practical guide*. Oxford: Oxford Medical Publications.

Padesky, C.A., & Greenberger, D. (1995). *Clinicians guide to mind over mood*. New York: Guildford Press.

Wells, A. (1997). *Cognitive therapy of anxiety disorders: A practice manual and conceptual guide*. Chichester: John Wiley & Sons.

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Psychology Services
Greater Manchester West
Mental Health NHS Foundation Trust



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