

Cognitive Therapy Pathway

Cognitive Behaviour Therapy Pathway (IAPT)

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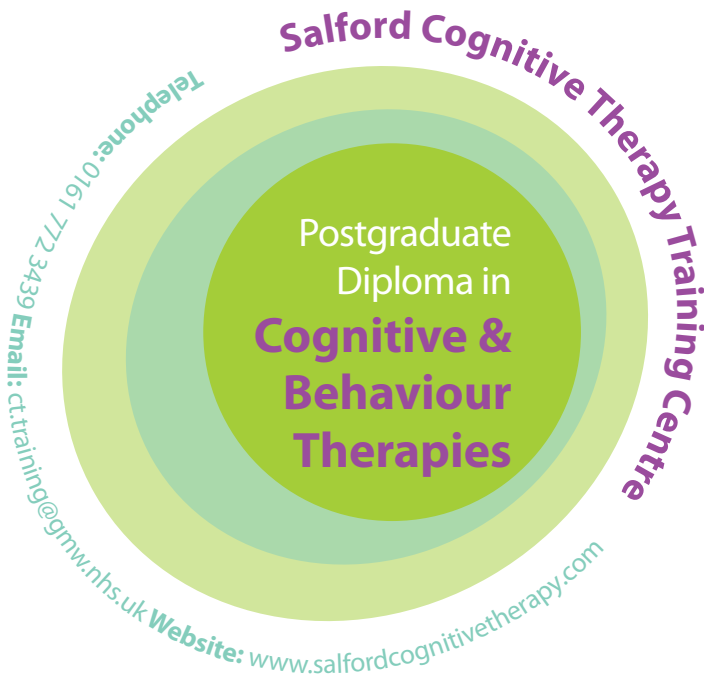
Cognitive Therapy Pathway:

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Cognitive Behaviour Therapy Pathway:

(IAPT): Lisa Marson





About the Programme

This programme is a Postgraduate Diploma in Cognitive and Behaviour Therapies, validated by the University of Manchester. It is a multi-disciplinary programme run by Salford Cognitive Therapy Training Centre based at the Prestwich site of Greater Manchester West Mental Health NHS Foundation Trust. The Cognitive Therapy Pathway is a part time programme (one day per week) which runs for 36 days. The Cognitive Behaviour Therapy (CBT) Pathway is part of an in-service training structure developed for the Improving Access to Psychological Therapies (IAPT) initiative. It runs on two days per week, over three ten week terms, with the other three days per week being spent in the employing clinical service.

The aim of both pathways of the programme is to provide mental health practitioners with the opportunity to develop clinical skills and theoretical knowledge in formulation-based cognitive and behaviour therapy interventions. The programme is grounded in evidence based practice and is informed by the latest advances in clinical and experimental research. The attainment of clinical competence is measured by validated assessment tools.

About the Training Centre

The Salford Cognitive Therapy Training Centre has been established to create a centre of excellence for cognitive & behaviour therapy training in the northwest region. All centre staff are experienced in cognitive & behaviour therapy and have extensive training from centres in Oxford, Newcastle and California. The programme workshops are led by experts in the field of cognitive & behaviour therapy, many of whom have international reputations. The programme supervisors all have extensive knowledge and experience of cognitive therapy practice, training, supervision and research.

How the Programme Operates

The programme is based at Psychology Services, on the Prestwich site of Greater Manchester West Mental Health NHS Foundation Trust. The Cognitive Therapy Pathway runs every Thursday from 9.30am to 5.00pm commencing in September across three terms, each of 12 weeks. Supervision groups are video based, and led by experienced cognitive therapists, and both students and supervisors rotate each term. Following supervision there are clinical skills development workshops led by the programme team and by national experts in the field.

The CBT (IAPT) Pathway runs on Mondays and Tuesdays from 9.15am to 4.45pm over three ten week terms, using a similar mixture of clinical supervision and workshops.

The programme is assessed by a combination of academic assignments, assessments of clinical competence and submitted case reports. Candidates who successfully complete the programme will be awarded a Postgraduate Diploma in Cognitive & Behaviour Therapies. The programme is validated by the University of Manchester.

Programme Participants

Applicants for the Postgraduate Diploma in Cognitive & Behaviour Therapies will predominantly be qualified members of the main mental health professions (mental health nurses, clinical psychologists, mental health social workers, occupational therapists in mental health, accredited counsellors, psychiatrists). Applications from those with a background in medicine, education, forensic psychology, general nursing and professions allied to medicine are welcome, and will be considered on the basis of the applicants prior experience of psychotherapeutic interventions in general, and cognitive and behaviour therapies specifically.

For those without a registered or accredited profession, a Knowledge Skills and Attitudes (KSA) access route is available. This requires the completion of a portfolio including references, and evidence of a minimum of four years' full time experience working in a mental health setting.

Successful candidates will have some existing knowledge of cognitive and/or behavioural theory, and some experience of the practice of cognitive and/or behaviour therapy.

All applicants need to have access to a client group of adults (aged 16+) for whom treatment with short-term cognitive or behaviour therapy is deemed an appropriate intervention.

On the cognitive therapy pathway, we currently offer limited access to specialist CT supervision for child and adolescent clients in Term 3, provided enough applicants request this.

The Diploma is aimed at a postgraduate level and therefore all applicants will normally be required to hold an undergraduate degree in order to be eligible to compete for a place on the programme. Non-graduate applications will be considered, but will be required to demonstrate the ability to work at a graduate level.

For the cognitive therapy pathway, priority will be given to public sector employees, although applications from the private sector will be considered.

Module Structure and Assessment

The module structure credits and formal assessment details of the programme are as follows:

Both Pathways

Module 1.0 Core Therapy Skills & Fundamental Principles & Practice of Cognitive Therapy

Assessment: Case Report, Essay

Credits: 45

Module 2.0 Cognitive Therapy for Affective Disorders

Assessment: Case Report, Essay

Credits: 45

Cognitive Therapy Pathway

Module 3.1 Independent Study Unit

Assessment: Dissertation

Credits: 15

Module 4.2 Cognitive Therapy for Complex Presentations

Assessment: Essay, Videotape of Clinical Session

Credits: 30

CBT Pathway

Module 3.2 Principles & Practice of Behaviour Therapy for Affective Disorders

Assessment: Case Report, Videotape of Clinical Session

Credits: 15

Module 4.2 Advanced Cognitive & Behavioural Therapy for Affective Disorders

Assessment: Case Report, Videotape of Clinical Session

Credits: 30

Module 1.0: Core Therapy Skills & Fundamental Principles & Practice of Cognitive Therapy

This module aims to provide programme participants with a thorough grounding in the fundamental principles and practices of cognitive therapy. Particular emphasis is placed on the acquisition of the theoretical knowledge and generic clinical interventions necessary to utilise cognitive therapy as an effective treatment modality. This is achieved via a combination of supervision and skills development workshops.

Topics covered include:

- The structure and process of cognitive therapy interventions
- The assessment process
- Engaging the client in cognitive therapy
- Developing a cognitive case for formulation of clients' problems
- Specific skills in helping clients change cognitions and behaviours to improve their difficulties.

Module 2.0: Cognitive Therapy for Affective Disorders

This module aims to build on knowledge and skills gained in module 1 to further develop participants competence in using cognitive therapy to treat a range of commonly occurring emotional disorders. Supervision and skills development workshops utilise recognised cognitive models of emotional disorders that have been empirically validated and shown to be efficacious as clinical interventions.

Topics covered include:

- Acute Depression
- Hopelessness and suicide
- Panic Disorder
- Social Phobia
- Obsessive Compulsive Disorder
- Generalised Anxiety Disorder

Module 3.1 Independent Study Unit (Cognitive Therapy Pathway)

This module entails students identifying a specific area of interest, and writing a short, non-research based dissertation on their chosen topic related to cognitive theory or cognitive therapy practice. The aim is that students will utilise and develop their theoretical knowledge and clinical reflective skills in order to develop new ideas in relation to applications of cognitive theory and/ or therapy relevant to their clinical practice and service area.

Module 3.2 Principles & Practice of Behaviour Therapy for Affective Disorders (CBT Pathway)

This module aims to help students develop an understanding of the theoretical basis of behaviour therapy and develop skills for applying the principles to clients with disorders of anxiety and depression. Supervision and clinical skills workshops aim to assist students in therapeutic decision making about when to use behaviour therapy as the intervention of choice, with reference to the body of evidence available.

Topics covered include:

- Learning theory
- Behaviour therapy principles
- Specific Phobias
- Behaviour therapy for specific phobias, obsessive compulsive disorder, depression

Module 4.1 Cognitive Therapy for Complex Presentations (Cognitive Therapy Pathway)

This module aims to extend the knowledge and skills base developed in module 1 and 2, and to examine the benefits and limitations of utilising cognitive therapy with difficult to treat clinical presentations. Supervision and skills development workshops aim to problem-solve obstacles to engagement in cognitive therapy as well as equip clinicians with the skills necessary to implement time limited cognitive therapy interventions with complex cases.

Topics covered include:

- Working with Core Beliefs
- Working with Personality Disorders
- Interpersonal factors in Cognitive Therapy
- Dealing with Shame and Guilt
- Working with Psychosis

Module 4.2 Advanced Cognitive & Behavioural Therapy for Affective Disorders (CBT Pathway)

This module aims to develop and consolidate students' clinical skills across both cognitive and behaviour therapy, and to increase confidence in their clinical judgements about when and how to use each approach. It also aims to help clarify and integrate students' use of more complex formulations and interventions, as well as therapeutic factors in the process of therapy.

Topics covered include:

- Integration of behaviour and cognitive therapy approach
- Application to co-morbid presentations of affective disorders
- Working with core beliefs
- Therapeutic factors in CBT

Fees

For the cognitive therapy pathway, fees for 2010/ 11 are £6,000 for those in the public and voluntary sector, and £8,000 for those in the private sector. For individuals planning to self-fund it may be possible to pay for the programme fees in three instalments.

For the CBT Pathway, places on the programme are part of a fully funded in-service initiative (see next section for where to find information regarding these posts).

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

Are You Interested?

For the Cognitive Therapy Pathway, interested clinicians can complete the online application form at www.salfordcognitivetherapy.com/diploma-in-cbt.php The closing date for applications is the end of April, and interviews are held in June each year. There are 18 places available on this programme.

For the CBT Pathway, applications for these in-service training posts can be made in Spring via the NHS Jobs website www.jobs.nhs.uk For more information about this, and other similar jobs and programmes go to www.iapt.nhs.uk/workforce

Recommended reading

Barlow, DH (1988) *Anxiety and its disorders: the nature and treatment of anxiety and panic*. New York: Guilford

Beck, J. (1995). *Cognitive therapy: Basics and beyond*. New York: Guildford Press.

Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, B. (1979). *Cognitive therapy of depression*. New York: Guildford Press.

Bennett-Levy, J., Butler, G., Fennell, M., Hackmann, A., Mueller, M., & Westbrook, D. (2004). *Oxford guide to behavioural experiments in cognitive therapy*. Oxford: Oxford University Press.

Blackburn, I.M., Twaddle, V. (1996). *Cognitive therapy in action: A Practitioner's casebook*. London: Souvenir Press.

Clark, D., & Fairburn, C. (1997). *Science and practice of cognitive behavioural therapy*. Oxford: Oxford University Press.

Grant, A, Mills, J, Mulhern, R & Short, N (2004) *Cognitive Behavioural Therapy in Mental Health Care*. London: Sage

Kuyken, W., Padesky, C.A. & Dudley, R. (2009) *Collaborative Case Conceptualization: Working Effectively with Clients in Cognitive-Behavioural Therapy*. New York: Guilford

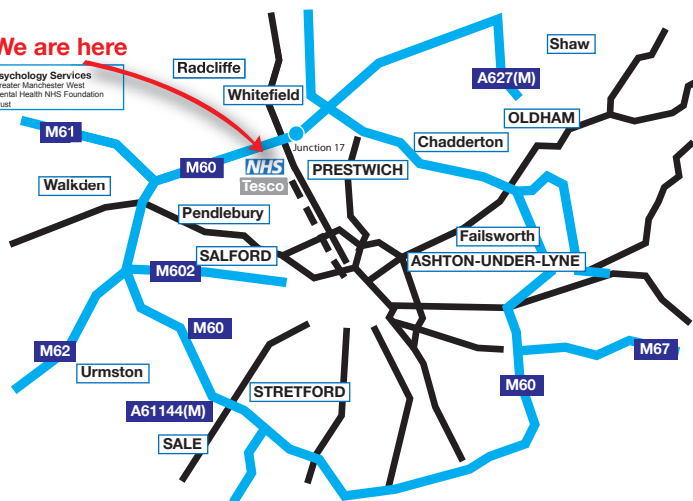
Salkovskis, P.M. (1997). *Frontiers of cognitive therapy*. New York: Guildford Press.

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

Westbrook, D., Kennerley, H. & Kirk, J. (2007) *An Introduction to Cognitive Behaviour Therapy: skills and application*. London: Sage

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