**Training in CBT**

**Module dates: 2016-2017**

|  |  |  |
| --- | --- | --- |
| Module | Code & CATS points | Dates |
| PG Induction Day |  | Thurs 29.09.16 tbc |
| Introduction to CBT Theory & Skills | Module PSYC 6104 (10 CATS) | 4 days: 3.10.16 – 6.10.16and 2nd intake: 1.11.16 – 4.11.16 |
| Introduction to Supervision & CTS-R | Mandatory for students taking supervision modules | Fri 7.10.16 |
| Theory & Skills II | Module PSYC 6088 (20 CATS) | 10 Thurs 13.10.16 – 15.12.16 |
| Evidence-based Treatments for Anxiety Disorders (long module) | Module PSYC 6107 (20 CATS) | 10 Thurs 12.01.17 – 16.03.17 |
| Evidence-based Treatments for Anxiety Disorders (short module) | Module PSYC 6106 (10 CATS) | 5 Thurs between 12.01.17 – 16.03.17 |
| CBT for Depression | Module PSYC 6089 (20 CATS) | 10 Thurs 30.3.17 – 15.06.17 |
| Working Psychologically with People with SMI | Module PSYC 6126 (10 CATS) | 5 days: 9.01.17 – 13.01.17 |
| CBT for Psychosis & Bipolar Disorder | Module PSYC 6091 (20 CATS) | 10 Thurs 19.01.17 – 24.03.17 |
| Supervisory Skills | Module PSYC 6125 (20 CATS) | 5 days: 22, 24, 25, 30, 31.08.16 |
| Leadership module: Leading Others | Module HLTH 6075 (20 CATS) | tbc |
| Leadership module: Governance in Action | Module HLTH6118 (20 CATS) | tbc |
| CBT Supervision 0: Introduction to Evidence-Based Treatments (Cert students) | Module PSYC 6102 (15 CATS) | Fri 7.10.16, then 10 Weds 9.00-10.30am, 11.01.17 – 15.03.17 |
| CBT Supervision 1: Evidence-Based Treatments for Anxiety & Depression | Module PSYC 6095 (15 CATS) | Fri 7.10.16, then 10 Weds / Fris, 9.00-10.30am, w/c 10.10.16 – w/c 12.12.16 |
| CBT Supervision 1: Evidence-Based Treatments for Anxiety & Depression *(second intake for Cert students)* | Module PSYC 6095 (15 CATS) | Fri 7.10.16, then 10 Weds / Fris, 9.00-10.30am, w/c 27.03.17 – w/c 12.06.17 (excl. w/c 10th/17th Apr) |
| CBT Supervision 2: Disorder-Specific Treatments for people with Anxiety Disorders | Module PSYC 6096 (15 CATS) | Fri 7.10.16, then 10 Weds / Fris, 9.00-10.30am, w/c 9.01.17 – w/c 13.03.17 |
| CBT Supervision 3: Evidence-Based Treatments for People with Depression | Module PSYC 6097 (15 CATS) | Fri 7.10.16, then 10 Weds / Fris, 9.00-10.30am, w/c 27.03.17 – w/c 12.06.17 |
| Supervision 6: Introduction to Working with People with Psychosis & Bipolar Disorder | Module PSYC 6100 (15 CATS) | Fri 7.10.16, then 10 Thurs, 9.00-10.30am 19.01.17 – 24.03.17 |
| Supervision 7: Further skills for Working with People with Psychosis & Bipolar Disorder | Module PSYC 6101 (15 CATS) | Fri 7.10.16, then 10 Thurs, 9.00-10.30am, 30.03.17 – 15.06.17 (excl. w/c 10/17 Apr) |

Please contact us to discuss any of our courses: 023 8059 3578 | cbtadmin@southampton.ac.uk

Or visit our website: [www.southampton.ac.uk/CBT](http://www.southampton.ac.uk/CBT)