Programme Specification

CBT (Advanced Level Practice) (Part-Time) (2020-21)

Subject to Revalidation

This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if s/he takes full advantage of the learning opportunities that are provided.

Awarding Institution	University of Southampton
Teaching Institution	University of Southampton
Mode of Study	Part-time
Duration in years	1
Accreditation details	British Association for Behavioural & Cognitive Psychotherapies (BABCP)
Final award	Postgraduate Certificate
Name of award	CBT (Advanced Level Practice)
Interim Exit awards	
FHEQ level of final award	Level 7
UCAS code	
Programme code	5276
QAA Subject Benchmark or other external reference	British Association for Behavioural & Cognitive Psychotherapies (BABCP) 2012
Programme Lead	Katherine Newman-Taylor

Programme Overview

Brief outline of the programme

The PG Cert in CBT (Advanced) is designed for people with knowledge and skills in CBT, who wish to specialise e.g. in CBT for psychosis or personality presentations. The training teaches clinicians to engage, assess and treat people in specialist areas, to a level of competence.

Your contact hours will vary depending on your module/option choices. Full information about contact hours is provided in individual module profiles.

Learning and teaching

Teaching and learning methods include lectures, workshops that incorporate demonstrations and interactive learning techniques such as role-play. Students may also take part in small group discussions and projects. In

addition, private study and assigned reading forms an important source of knowledge and understanding. We use a range of teaching and learning methods that are related to specific learning outcomes and which recognise that students have different learning styles.

Assessment

Knowledge and understanding will be assessed by a range of methods that relate to the learning outcomes of particular modules. These include essays, student presentations, reflective exercises, and an experiential exercise. Practical therapy skills are assessed on the basis of full-session therapy recordings, case reports and supervisor reports.

University assessors are responsible for marking all summative assessments. University assessors include academic members of the CBT team as well as CBT practitioners who have been approved by the University.

Special Features of the programme

N/A

Please note: As a research-led University, we undertake a continuous review of our programmes to ensure quality enhancement and to manage our resources. As a result, this programme may be revised during a student's period of registration; however, any revision will be balanced against the requirement that the student should receive the educational service expected. Please read our Disclaimer to see why, when and how changes may be made to a student's programme.

Programmes and major changes to programmes are approved through the University's programme validation process which is described in the University's Quality handbook.

Educational Aims of the Programme

The aims of the programme are to:

Programme Learning Outcomes

Having successfully completed this programme you will be able to demonstrate knowledge and understanding of:

Knowledge and Understanding

On successful completion of this programme you will have knowledge and understanding of:

A1. Have a systematic knowledge of CBT models for specific presentations

A2. Know how to interrogate and critically appraise the evidence base

Teaching and Learning Methods

The learning outcomes for the Certificate are informed by the professional standards required by the British Association for Behavioural and Cognitive Psychotherapy (BABCP), and by the Department of Health (Competences to deliver CBT; Roth & Pilling, 2007). Teaching and learning methods include lectures and workshops, which incorporate demonstrations, role-play, experiential learning and small group work. In addition, private study and assigned reading forms an important source of knowledge and understanding. We use a range of teaching and learning methods, and recognise that students have different preferred learning styles.

Assessment Methods

Knowledge and skills will be assessed by a range of methods, including essays, presentations, experiential work, therapy recordings, case reports and supervisor reports. University assessors are responsible for marking all summative assessments. University assessors include academic members of the CBT team as well as CBT practitioners who have been approved by the University.

Subject Specific Intellectual and Research Skills

On successful completion of this programme you will be able to:

B1. Know how to interrogate and critically appraise the evidence base

B2. Critically evaluate clinical practice and develop CBT skills to a high level

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Transferable and Generic Skills

On successful completion of this programme you will be able to:

C1. Demonstrate self-direction and originality in tackling problems

C2. Make decisions in complex situations

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Subject Specific Practical Skills

On successful completion of this programme you will be able to:

D1. Develop CBT clinical skills and problem-specific CBT competencies

D2. Act autonomously in developing and implementing a course of CBT competently and effectively

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Programme Structure

The programme structure table is below:

Information about pre and co-requisites is included in individual module profiles.

Where optional modules have been specified, the following is an indicative list of available optional modules, which are subject to change each academic year. Please note in some instances modules have limited spaces available.

Part I

PG Cert in CBT (Advanced)

If you already have experience of working with CBT and / or have already undertaken previous CBT training and now wish to specialise in a particular area, then this programme will enable you to improve skills and evidence competent practice.

The modular structure allows you to specialise in the areas in which you are most interested and will meet the needs of your clinical practice.

Students are expected to develop a clear understanding of cognitive behavioural concepts, models and methods. You will gain skills in collaborative assessment, formulation and treatment, and develop sound clinical decision making through a critical appreciation of the theoretical and empirical literature.

This is a highly flexible programme with most students working in clinical settings and attending the University at least one day a week.

Typical course content: Credit values for the standard modules range from 5-10 ECTS (10-20 CATS). Each CATS point represents a nominal ten hours of study so a module with a credit value of 5 ECTS (10 CATS) represents 100 hours of study, which is made up of the teaching and supervision that you receive, as well as directed and independent study. For supervision modules, patient contact hours are included in the calculations of independent study time. Supervision modules are designed to accompany theory modules. For example if you take CBT for Psychosis, you will take CBT Supervision modules 6 and 7: CBT Supervision for Psychosis. The aim of these modules is to give a thorough grounding in the concepts and methods of CBT for this presentation, and to apply these in therapy.

Mode of study: Usually over 12 months.

Assignments: You must achieve a mark of at least 50% in all modules. Supervision modules 1, 4 and 6 require a CTS-R grade of 30; all other supervision modules require a competency level of 36 on the CTS-R. Supervision reports are pass / fail only.

Failed Assignments: If you fail a summative assignment, you will have one opportunity to resubmit the failed piece of work but your mark for resubmitted assignments will be capped at 50%. If you fail a resubmission that is worth more than 10% of the overall module mark, you will fail the module. In this case you will be offered the opportunity to repeat the module (usually in the following academic year). If you repeat a module and then fail again, this will normally lead

to termination of the programme of study.

Attendance: We expect 100% attendance. However, where a student is not able to do this (due to exceptional circumstances such as brief illness or family crisis), it may be possible to demonstrate equivalence learning using a Missed Session Learning Plan if agreed with personal tutors.

Additional Requirement: Students are permitted to refer in modules totalling not more than 15 ECTS (30 CATS).

Part I Optional

NB. Some modules are delivered in alternate years.

Code	Module Title	ECTS	Type
PSYC6107	CBT for Anxiety Presentations (long)	10	Optional
PSYC6106	CBT for Anxiety Presentations (Short)	5	Optional
PSYC6089	CBT for Depression	10	Optional
PSYC6091	CBT for Psychosis	10	Optional
PSYC6096	CBT Supervision 2 (Anxiety)	7.5	Optional
PSYC6097	CBT Supervision 3 (Depression)	7.5	Optional
PSYC6100	CBT Supervision 6 (Intro to Psychosis)	7.5	Optional
PSYC6101	CBT Supervision 7 (Further Psychosis)	7.5	Optional
PSYC6125	Supervisory Skills	5	Optional
PSYC6126	Working psychologically with people with serious mental ill-health	5	Optional

Progression Requirements

The programme follows the University's regulations for ***Progression, Determination and Classification of Results: Postgraduate Master's Programmes*** Any exemptions or variations to the University regulations, approved by AQSC are located in ***section VI of the University Calendar***.

Support for student learning

There are facilities and services to support your learning some of which are accessible to students across the University and some of which will be geared more particularly to students in your particular Faculty or discipline area.

The University provides:

- library resources, including e-books, on-line journals and databases, which are comprehensive and up-to-date; together with assistance from Library staff to enable you to make the best use of these resources

- high speed access to online electronic learning resources on the Internet from dedicated PC Workstations onsite and from your own devices; laptops, smartphones and tablet PCs via the Eduroam wireless network. There is a wide range of application software available from the Student Public Workstations.
- computer accounts which will connect you to a number of learning technologies for example, the Blackboard virtual learning environment (which facilitates online learning and access to specific learning resources)
- standard ICT tools such as Email, secure filestore and calendars.
- access to key information through the MySouthampton Student Mobile Portal which delivers timetables, Module information, Locations, Tutor details, Library account, bus timetables etc. while you are on the move.
- IT support through a comprehensive website, telephone and online ticketed support and a dedicated helpdesk in the Hartley Library.
- Enabling Services offering support services and resources via a triage model to access crisis management, mental health support and counselling. Support includes daily Drop In at Highfield campus at 13.00 – 15.00 (Monday, Wednesday and Friday out of term-time) or via on-line chat on weekdays from 14.00 – 16.00. Arrangements can also be made for meetings via Skype.
- assessment and support (including specialist IT support) facilities if you have a disability, long term health problem or Specific Learning Difficulty (e.g. dyslexia).
- the Student Services Centre (SSC) to assist you with a range of general enquiries including financial matters, accommodation, exams, graduation, student visas, ID cards
- Career and Employability services, advising on job search, applications, interviews, paid work, volunteering and internship opportunities and getting the most out of your extra-curricular activities alongside your degree programme when writing your CV
- Other support that includes health services (GPs), chaplaincy (for all faiths) and 'out of hours' support for students in Halls and in the local community, (18.00-08.00)
- A Centre for Language Study, providing assistance in the development of English language and study skills for non-native speakers.

The Students' Union provides
- an academic student representation system, consisting of Course Representatives, Academic Presidents, Faculty Officers and the Vice-President Education; SUSU provides training and support for all these representatives, whose role is to represent students' views to the University.
- opportunities for extracurricular activities and volunteering
- an Advice Centre offering free and confidential advice including support if you need to make an academic appeal
- Support for student peer-to-peer groups, such as Nightline.

Associated with your programme you will be able to access:
· The Director of Programmes who takes oversight of all the programmes offered
· A programme lead who takes oversight of your programme of study
· A module lead who takes oversight of specific modules
· A Personal Academic Tutor assigned to you at the beginning of your course who can help you select your optional modules and advise you on other University issues
· CBT supervisor (for supervision modules)
· Professional development activities
· A comprehensive programme handbook
· Administrative staff responsible for the programme

Methods for evaluating the quality of teaching and learning

You will have the opportunity to have your say on the quality of the programme in the following ways:

- Completing student evaluation questionnaires for each module of the programme.
- Acting as a student representative on various committees, e.g. Staff/Student Liaison Committees, School Programmes Committee OR providing comments to your student representative to feedback on your behalf.
- Serving as a student representative on Faculty Scrutiny Groups for programme validation.
- Taking part in programme validation meetings by joining a panel of students to meet with the Faculty Scrutiny Group.

Further details on the University's quality assurance processes are given in the *Quality Handbook.*

Career Opportunities

Many of our students are already working in mental health service settings. This training provides a pathway towards BABCP accreditation, enabling a professional career in CBT.

External Examiner(s) for the programme

Name: Suzanne Byrne - King's College London

Name: Sean Harper - Royal Edinburgh Hospital

Students must not contact External Examiner(s) directly, and external examiners have been advised to refer any such communications back to the University. Students should raise any general queries about the assessment and examination process for the programme with their Course Representative, for consideration through Staff: Student Liaison Committee in the first instance, and Student representatives on Staff: Student Liaison Committees will have the opportunity to consider external examiners' reports as part of the University's quality assurance process.

External examiners do not have a direct role in determining results for individual students, and students wishing to discuss their own performance in assessment should contact their Personal Academic Tutor in the first instance.

Please note: This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if they take full advantage of the learning opportunities that are provided. More detailed information can be found in the programme handbook.

Appendix 1:

Students are responsible for meeting the cost of essential textbooks, and of producing such essays, assignments, laboratory reports and dissertations as are required to fulfil the academic requirements for each programme of study. In addition to this, students registered for this programme also have to pay for:

Additional Costs

Type	Details
Software Licenses	You will need to have access to equipment to (i) video and audio record therapy sessions, and (ii) upload these recordings securely to the University. All students studying the Level 2 IAPT Diploma IAPT will have their equipment provided. All other students are responsible for providing their own equipment.
Paying for immunisation and vaccination costs before being allowed to attend placements	You or your employer (typically the NHS) will be responsible for all costs related to your clinical work.
Translation of birth certificates (for programmes abroad)	You or your employer (typically the NHS) will be responsible for all costs related to your clinical work.
Parking costs (including on placements at hospitals)	You or your employer (typically the NHS) will be responsible for all parking costs while at the University.
Hardware	You will need to have access to equipment to (i) video and audio record therapy sessions, and (ii) upload these recordings securely to the University. All students studying the Level 2 IAPT Diploma IAPT will have their equipment provided. All other students are responsible for providing their own equipment.
Computer discs or USB drives	You will need to have access to equipment to (i) video and audio record therapy sessions, and (ii) upload these recordings securely to the University. All students studying the Level 2 IAPT Diploma IAPT will have their equipment provided. All other students are responsible for providing their own equipment.
Stationery	You will be expected to provide your own day-to-day stationery items.
Textbooks	Essential books are listed on the Module Profile under Resources. Where a module specifies core texts these should generally be available on the reserve list in the library. However due to demand, students may prefer to buy their own copies. These can be purchased from any source. Some modules suggest reading texts as optional background reading. The library may hold copies of such texts, or alternatively you may wish to purchase your own copies. Although not essential reading, you may benefit from the additional reading materials for the module.
Occupational Health, DBS checks or vaccinations	You or your employer (typically the NHS) will be responsible for all costs related to your clinical work.
Other	If you are taking supervision modules you are required to become a member of BABCP prior to start of your programme.
Recording Equipment	You will need to have access to equipment to (i) video record therapy sessions, and (ii) upload these recordings securely to the University. All students studying the Level 2 IAPT Diploma IAPT will have their equipment provided. All other students are responsible for providing their own equipment.
Accommodation and Travel	You or your employer (typically the NHS) will be responsible for all costs related to your clinical work

Insurance	You or your employer (typically the NHS) will be responsible for all costs related to your clinical work.
Medical Insurance	You or your employer (typically the NHS) will be responsible for all costs related to your clinical work.
Printing and Photocopying Costs	You or your employer (typically the NHS) will be responsible for all costs related to your academic and clinical work.

In some cases you'll be able to choose modules (which may have different costs associated with that module) which will change the overall cost of a programme to you. Details of such costs will be listed in the Module Profile. Please also ensure you read the section on additional costs in the University's Fees, Charges and Expenses Regulations in the University Calendar available at www.calendar.soton.ac.uk.