**Training in CBT**

**What is the right course for me?**

New to CBT?

YES

NO

Have significant experience?

Looking for an introduction to CBT to see if it’s for me?

YES

NO

YES

NO

Consider **PG Cert (Intro level), PG Cert (Theory)** or **stand alone modules**

Start with **PG Cert (Intro level)** and consider moving over to **Dip in CBT (Advanced)** after one year if progressing well

Already an accredited CBT therapist?

Want to work towards becoming a CBT therapist?

YES

YES

NO

Consider **PG Cert (Advanced)** if wanting to specialise e.g. in psychosis, personality issues or anxiety and depression

Consider PWP or assistant psychology posts prior to further PG training; seek CBT experience and supervisor

Consider **PG Dip (IAPT)** training post or **PG Dip (Advanced)** to work towards CBT accreditation

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

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