UoS CBT Centre: Training in CBT – What’s the right course for me?

**New to CBT?**

- **YES**
  - Consider our **Intro to CBT Informed Clinical Practice** module
  - Consider the **Introduction to CBT Informed Clinical Practice** module / PWP training posts (see NHS Jobs) / assistant psychology posts / CBT experience and supervision in your current NHS role

- **NO**
  - **NO – I’m sure!**
  - Want to work towards becoming a CBT therapist?
    - **YES**
      - **YES**
        - Consider the **PG Cert (Severe Mental Health)** if wanting to specialise in working with psychosis, bipolar or personality presentations
    - **NO**
      - **YES**
        - Get in touch to talk through whether the **Intro to CBT Informed Clinical Practice** module or one of our **PG Diplomas** would suit you best
      - **NO**
        - Already an accredited CBT therapist?
          - **YES**
            - Consider the **PG Dip (Anxiety and Depression)** as a direct applicant or as a (paid) NHS training post (see NHS Jobs) or the **PG Dip (Severe Mental Health)** to work towards CBT accreditation
          - **NO**
            - **YES**
              - Get in touch to talk through whether the **Intro to CBT Informed Clinical Practice** module or one of our **PG Diplomas** would suit you best
            - **NO**
              - **YES**
                - Consider the **PG Cert (Severe Mental Health)** if wanting to specialise in working with psychosis, bipolar or personality presentations
              - **NO**
                - Already an accredited CBT therapist?
                  - **YES**
                    - Consider the **PG Dip (Anxiety and Depression)** as a direct applicant or as a (paid) NHS training post (see NHS Jobs) or the **PG Dip (Severe Mental Health)** to work towards CBT accreditation
                  - **NO**
                    - Get in touch to talk through whether the **Intro to CBT Informed Clinical Practice** module or one of our **PG Diplomas** would suit you best

**Have significant experience?**

- **YES**
  - **YES**
    - Get in touch to talk through whether the **Intro to CBT Informed Clinical Practice** module or one of our **PG Diplomas** would suit you best
  - **NO**
    - **YES**
      - Consider the **PG Dip (Anxiety and Depression)** as a direct applicant or as a (paid) NHS training post (see NHS Jobs) or the **PG Dip (Severe Mental Health)** to work towards CBT accreditation
    - **NO**
      - **YES**
        - Consider the **PG Cert (Severe Mental Health)** if wanting to specialise in working with psychosis, bipolar or personality presentations
      - **NO**
        - Already an accredited CBT therapist?
          - **YES**
            - Consider the **PG Dip (Anxiety and Depression)** as a direct applicant or as a (paid) NHS training post (see NHS Jobs) or the **PG Dip (Severe Mental Health)** to work towards CBT accreditation
          - **NO**
            - Get in touch to talk through whether the **Intro to CBT Informed Clinical Practice** module or one of our **PG Diplomas** would suit you best

**Looking for an introduction to CBT to see if is for me?**

- **YES**
  - Consider our **Intro to CBT Informed Clinical Practice** module
  - Want to work towards becoming a CBT therapist?
    - **YES**
      - **YES**
        - Consider the **PG Cert (Severe Mental Health)** if wanting to specialise in working with psychosis, bipolar or personality presentations
    - **NO**
      - **YES**
        - Get in touch to talk through whether the **Intro to CBT Informed Clinical Practice** module or one of our **PG Diplomas** would suit you best
      - **NO**
        - Already an accredited CBT therapist?
          - **YES**
            - Consider the **PG Dip (Anxiety and Depression)** as a direct applicant or as a (paid) NHS training post (see NHS Jobs) or the **PG Dip (Severe Mental Health)** to work towards CBT accreditation
          - **NO**
            - **YES**
              - Get in touch to talk through whether the **Intro to CBT Informed Clinical Practice** module or one of our **PG Diplomas** would suit you best
            - **NO**
              - **YES**
                - Consider the **PG Cert (Severe Mental Health)** if wanting to specialise in working with psychosis, bipolar or personality presentations
              - **NO**
                - Already an accredited CBT therapist?
                  - **YES**
                    - Consider the **PG Dip (Anxiety and Depression)** as a direct applicant or as a (paid) NHS training post (see NHS Jobs) or the **PG Dip (Severe Mental Health)** to work towards CBT accreditation
                  - **NO**
                    - Get in touch to talk through whether the **Intro to CBT Informed Clinical Practice** module or one of our **PG Diplomas** would suit you best

Still unsure? See our website: [www.southampton.ac.uk/CBT](http://www.southampton.ac.uk/CBT), or get in touch to discuss what would work best for you: 023 8059 3578 | cbtadmin@southampton.ac.uk