

CBT Centre: Frequently asked questions

- **How do I apply for a CBT programme?**

Select your chosen programme on our [CBT/Find a course](#) webpage and follow the 'Apply for this course' tab.

- **How do I apply for a CBT module?**

Please contact Admissions to request a paper application form: AdmissionsPGT.ELS@soton.ac.uk.

- **When do the CBT programmes start?**

Programmes start with a postgraduate Induction Day, usually in the last week of September. Students who take ad-hoc modules would not be required to attend the Induction day, and so the start date would vary depending on the module selected.

- **On what day is teaching run?**

Depending on the programme / modules selected, teaching is primarily run on Thursdays and Fridays, however some modules require you to attend on consecutive days or one / two days per month.

- **Are the CBT programmes run part-time or full-time?**

'Full-time' and 'part-time' have particular meanings at the University. We denote a full-time course as one that you complete in one year, and a part-time course as one that you complete over longer than a year. Therefore, you may take a full-time programme but only attend teaching for one / two days a week.

- **How long are your CBT programmes?**

The length of your programme depends on the course and modules selected. Our PG Diploma in CBT (Anxiety and Depression) typically runs over one year. Our PG Diploma in CBT (Severe Mental Health) typically runs over two years. Our PG Certificate in CBT (Severe Mental Health) is the second year of the Diploma (for more experienced clinicians) and so typically runs over one year.

- **When is the closing date for applications?**

This is typically in May / June each year. If you are interested in our PG Diploma in CBT (Anxiety and Depression), you need to apply for a High Intensity CBT (IAPT) training post, advertised on the NHS Jobs website, which may have an earlier closing date.

- **Can I apply for the PG Diploma in CBT (Anxiety and Depression) as a direct entry student rather than applying for an NHS training post?**

Yes. If you meet the entry requirements, then please speak to the Programme Lead to discuss (Dr Sam Gibson: s.gibson@soton.ac.uk).

- **Do you have more than one intake for programmes each year?**

No. We currently have one intake each year for each programme and module.

- **If I don't have a core healthcare profession (as recognised by BABCP) can I still apply for CBT training?**

Yes, you can still apply, but would need to submit a KSA (Knowledge, Skills & Attitudes) portfolio to BABCP in order to become accredited as a CBT therapist. Details can be found on the BABCP website:

<https://www.babcp.com/Accreditation/CBP/KSA.aspx>.

- Do you offer distance learning?**

We currently offer (partial) distance learning for our PG Diploma and Certificate in CBT (Severe Mental Health) to ensure equity of access. Students do come to the university for two days at the start of each term. We do this based on clear feedback from our students that by getting to know each other, they are better able to support each other (and be supported) through these demanding programmes. We do not currently offer distance learning for our PG Diploma in CBT (Anxiety and Depression) as most students attend from local NHS Trusts.
- Can I apply for your CBT courses if I have no CBT experience?**

You may be able to apply for our introductory module. Please see the training map on our website: www.southampton.ac.uk/cbt.
- What are the course fees?**

Course fees can be viewed by selecting your chosen programme of study on our [CBT/Find a course](#) webpage and locating the 'Fees, costs and funding' tab.
- I'm interested in PWP CBT training, where can I find more information?**

The University runs a Postgraduate Certificate in Low Intensity CBT programme which holds IAPT PWP status: https://www.southampton.ac.uk/psychology/postgraduate/taught_courses/postgraduate-cert-low-intensity-cbt.page.
- I'm interested in EMHP training, where can I find more information?**

The University runs a Postgraduate Certificate in Education Mental Health Practitioner training. Details can be found here: <https://www.southampton.ac.uk/courses/education-mental-health-practitioner-pgdip>
- I am an overseas applicant, can I apply?**

You may be able to apply for one of our courses but would first need to secure a mental health placement or position in a mental health setting in the United Kingdom.
- As an international student, do I need a formal English Language qualification?**

Yes. You need to have a minimum IELTS score of 7.0 in English Language (or equivalent) prior to starting the programme. The website for International students may be useful: <https://www.southampton.ac.uk/uni-life/international.page>.
- How many CATS / ECTS points are attached to your programmes and at what level?**

Our PG Diploma in CBT programmes are 120 CATS points (60 ECTS points). Our PG Certificate in CBT programme is 60 CATS points (30 ECTS points). Both are University Level 7. CATS / ECTS points for individual modules can be found on our website under the Modules tab, under the [programme of study](#).

We hope these details are useful to you. Let us know if you have any other queries: AdmissionsPGT.ELS@soton.ac.uk

