

Addendum to the Programme Specification

8435 PG Dip CBT (Level 1)

This Addendum has been produced to highlight the key changes made to the existing Programme Specification as a result of the University's response to the Covid-19 Pandemic. You should read it in conjunction with the relevant Programme Specification from the year you started your programme.

[Programme Specification for entry in 2020-21](#)

University level information

In view of COVID-19, the University has had to make changes to some elements of programme delivery for 2020-21. These changes have included the method of delivery, such as face-to-face and online, and the number of modules available.

The University aims to provide as much of a face-to-face component to your education as prevailing conditions at the time allow, combined with its new blended approach that will develop active independent and group online learning.

As the COVID-19 pandemic develops, the University's response to this and other issues may likewise need to evolve. The University will consult with student representatives as necessary and appropriate and will communicate changes to you as soon as practicable so that you have the information you need to understand how a change may impact you and what steps you need to take next. The University remains committed to supporting you as you learn.

Programme Information

In light of Covid-19, some practical elements of the programme will be modified during 2020-21. Group work sessions will be adapted to ensure they meet current social distancing requirements. Placements may be adapted in line with local service guidelines and national restrictions, but remain essential and mandatory elements of the programme.

Programme Structure

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 that, in some instances, modules have limited spaces available.

In 2020/21 the Anxiety and Depression stream will run:

Anxiety and Depression
[PSYC6089](#) CBT for Depression
[PSYC6107](#) CBT for Anxiety
[PSYC6096](#) CBT Supervision 2
[PSYC6097](#) CBT Supervision 3

On completion of the programme you will have a minimum of 120 credits.

Part 1

You must complete all Core modules. You must choose optional modules, select 5 ECTS/10 CATS up to a maximum of 35 ECTS/70 CATS.

Once selected, all optional modules become **CORE** and therefore must be passed. You are likely to take three supervision modules.

| Semester 1 | | | | Semester 2 | | | |
|---|------|------|----------------------------|---|------|------|----------------------------|
| Modules | ECTS | CATS | Core, Compulsory or Option | Modules | ECTS | CATS | Core, Compulsory or Option |
| PSYC6095 CBT Supervision 1 (Generic) | | | | | 7.5 | 15 | Core |
| PSYC6088 CBT Fundamentals | 10 | 20 | Core | | | | |
| PSYC6096 CBT Supervision 2 (Anxiety) | | | | | 7.5 | 15 | Optional Core |
| PSYC6107 CBT for Anxiety Presentations (Long) | | | | | 10 | 20 | Optional Core |
| | | | | PSYC6089 CBT for Depression | 10 | 20 | Optional Core |
| | | | | PSYC6097 CBT Supervision 3 (Depression) | 7.5 | 15 | Optional Core |

Part 2

You must complete all Core modules. You must choose optional modules, select 5 ECTS/10 CATS up to a maximum of 35 ECTS/70 CATS.

Once selected, all optional modules become **CORE** and therefore must be passed. You are likely to take three supervision modules.

| Semester 1 | | | | Semester 2 | | | |
|---|------|------|----------------------------|---|------|------|----------------------------|
| Modules | ECTS | CATS | Core, Compulsory or Option | Modules | ECTS | CATS | Core, Compulsory or Option |
| | | | | PSYC6135 CBT Portfolio | 7.5 | 15 | Core |
| PSYC6096 CBT Supervision 2 (Anxiety) | | | | | 7.5 | 15 | Optional Core |
| PSYC6107 CBT for Anxiety Presentations (Long) | | | | | 10 | 20 | Optional Core |
| | | | | PSYC6089 CBT for Depression | 10 | 20 | Optional Core |
| | | | | PSYC6097 CBT Supervision 3 (Depression) | 7.5 | 15 | Optional Core |