 babcp logo

**University College London Doctorate in Clinical Psychology**

**British Association of Behavioural and Cognitive Psychotherapy (BABCP)**

**CBT Essay**

One essay should be submitted. There are three potential titles chosen from one of the following:

1. Discuss the theoretical basis for CBT interventions for depression, *or*
2. Discuss the theoretical basis for CBT interventions for one of the following anxiety disorders:

* Social Phobia
* Panic Disorder
* Obsessive Compulsive Disorder
* Generalised Anxiety Disorder
* Post-Traumatic Stress Disorder, *or*

1. Discuss the theoretical basis for CBT interventions for people with psychosis

**Word length**

Up to 2,000 words.

**Criteria for marking**

The essay is an opportunity to demonstrate a good grasp of the theoretical basis for clinical interventions in the chosen area of application.

The essay should be weighted to demonstrating an understanding of CBT theory or theories relevant to the disorder. Markers will be looking for a clear and coherent account that draws on both past and current literature and which demonstrates a good understanding of CBT theory, which may include:

* Key strengths and limitations of the theory or theories and the way they are applied.
* The use of research evidence to confirm or disconfirm application of a theory.
* Consideration of any key controversies about, or shortcomings of, the model(s).
* A concluding synthesis of the key points in relation to the value of the theory or theories, together with the major implications for treatment of patients.

Markers will make comments under the following categories, guided by the prompts below:

Overall comments

* Brief summary of the overall quality of the report, based on the items below

Clarity and Coherence

* Introduction which clearly identifies what will be covered in the essay and a rationale for this.
* To what extent is the essay clear?
* Is the essay coherent?
* Is it balanced?
* If relevant, is it persuasive?

Literature Review

* Does the essay refer to key relevant past and current literature?

Whilst the essay needs to demonstrate awareness of key literature, markers should bear in mind the 2000 word limit so any gaps identified should be clearly relevant to the specific focus of the essay.

CBT Theory and Models

* Does the essay clearly demonstrate that the trainee understands the relevant CBT theory or theories?
* Discussion of relevant model(s)
* Does the trainee demonstrate critical reflection, including:
  + Key strengths and limitations of the theory or theories and the way they are applied.
  + The use of research evidence to confirm or disconfirm application of a theory.
  + Consideration of any key controversies about, or shortcomings of, the model(s).
  + A concluding synthesis of the key points in relation to the value of the theory or theories, together with the major implications for treatment of patients.

Structure, Presentation, References

* Markers should bear in mind the following to give feedback on the report’s overall structure, presentation and references:
* overall presentation
* coherent structure
* flow to sequence of sections
* clarity of communication, grammar and spelling
* clarity of expression
* quality of referencing in text and in reference list

**Marking procedure**

Each essay is marked by two markers, both of whom are blind to the candidate’s identity. The second marker will have sight of the first marker’s feedback, but will decide their marks and write their feedback independently. The two markers agree the final mark, and they will confer if necessary to do this. If there is a major disparity in the marks each have awarded, and they cannot agree a joint mark, a third marker is usually assigned by the Chair of the Board of Examiners. In the rare cases where no agreement can be reached, the work is referred to an External Examiner, and the decision of the Board of Examiners will be final.

**Marking categories**

There are three possible marking categories:

* Pass
* Referred for major revisions (two months)
* Fail

The criteria for assignment to these categories are as follows:

**Pass**

The essay meets requirements of the assignment as it stands. This does not necessarily mean that it is “perfect” (though it may be!). Feedback and suggestions for improvement provided by the markers are intended as learning points, and trainees are advised to take notice of these. There is no obligation for the trainee to make changes to the essay.

**Major Revisions**

A trainee may be asked to make revisions to an essay where there are major concerns which need to be addressed before the essay can be of a pass standard. Often this will concern the way in which the essay title is conceptualized, understood and discussed. As such, many or most areas of the essay would need to be re-thought and re-drafted.

**Fail**

This category is used when the essay has such significant shortcomings that revision is not an option.

**Procedure for submitting essays**

The procedure is the same as that set out for submitting case reports in Section 25 of the Training Handbook. There will be a dedicated folder for submission of essays relating to the CBT pathway.

We will only require electronic submission via Moodle; no paper copy is required.

The essay should include a front sheet, stating:

* The same number as issued for submission of case reports
* The essay title
* The word count
* The date

**Procedure for resubmission**

Where a trainee is asked to make revisions to an essay report, the revised essay should be uploaded by the trainee to Moodle (there will be a dedicated link – for example, ‘CBT Essay: Revisions’).

The resubmission should include:

* A written statement which provides a clear account of all the changes that have been made, cross-referring to the points on the mark sheet, and ensuring that all points on the mark sheet are addressed. This should be included at the beginning of the revised essay, so you are only uploading one document.
* The revised essay, showing changes from the original in ‘track changes’ (so that the examiner can see where revisions have been made).

*As above, the written statement and revised submission should be uploaded as ONE document because Moodle cannot accept multiple uploads from the same candidate.*

**Outcome of resubmission**

The Final Marker of your essay will mark the resubmission. There are two possible outcomes:

* Pass
* Fail

The Final Marker of your essay will mark the resubmission. If it is judged to reach passing standard, no other marker will be involved. If there are still problems with the work, the original first marker or the lead marker will also assess it.

Where revisions set out in the original marking have not been addressed or new major

concerns are raised that mean the revised essay is not of a pass standard, the resubmitted

essay will be given a fail.

You will receive a revised mark sheet showing the mark and giving any relevant feedback.

**Failing pathway work**

If a trainee fails more than one piece of submitted CBT pathway work then they will no longer be able to pursue the CBT pathway.

In the event of a failed CBT essay, the trainee will have to submit a new CBT essay. If this new CBT essay is also failed then the trainee will no longer be able to pursue the CBT pathway.