

University College London CBT-SMHP Postgraduate Diploma

The following is to clarify requirements of the two-year Postgraduate Diploma in Cognitive Behaviour Therapy for Severe Mental Health Problems (SMHP; Psychosis/Bipolar and Personality Disorders routes) to assist Trusts in identifying suitable staff members for this Health Education England (HEE) funded training. This will help ensure that Trust service managers and staff seconded are clear about expectations and that staff seconded on the training are supported and able to complete the training successfully.

The two-year programme is targeted at staff with a core mental health qualification (and at least a 2:2 degree) who have not previously undertaken core CBT training either as part of their core mental health training or subsequently through a postgraduate diploma CBT course. The first year of the programme covers the fundamentals of CBT and CBT for depression and anxiety disorders, while the second “specialist” year focuses on CBT for the SMHP route (psychosis/bipolar or personality disorders) that the staff member is following. The curriculum and requirements have been set by HEE.

Trust and service requirements

- Release staff member from regular duties for 3 days/week (1-day academic teaching and 2 days seeing CBT training cases) for the two-year duration of the course from January 2021 to December 2023. The two days seeing CBT training cases is part of the HEE specification for the CBT training. For some staff these 2 days seeing CBT training cases may not be a major change (they may continue to see the same type of clients, but now in CBT under supervision rather than in another type of psychological intervention). But for many staff this may require backfilling their previous work at least for the first year where they may need to be seeing different types of patients (with depression and anxiety disorder) than the normally do and/or delivery of CBT being very different from their previous role for, example as a care coordinator.
- Ensure the staff member has suitable CBT training cases; in the first year suitable CBT training cases with depression and anxiety disorders (including PTSD), in the second year suitable CBT training cases with the disorder of the CBT route the staff member is training in (psychosis/bipolar or personality disorders). In the first year this may require the staff member to see some or all of their cases from a different service in the Trust (e.g. from an IAPT service) if suitable cases cannot be found from within their current service.
- Arrange regular at least monthly CBT supervision from a Trust supervisor of the staff member’s CBT training cases for the duration of the programme. Supervisors need to be competent and experienced in supervision of CBT trainees and competent in the relevant area (First Year: Anxiety and Depression; Second Year: Psychosis/Bipolar

or Personality Disorders). Supervisors need to be BABCP accredited or accredited by the end of the two-year programme.

- Provision of encrypted memory devices for staff member to store and transport recordings of CBT sessions. Agreement for staff member to submit recordings of CBT sessions to UCL for assessment using a secure electronic platform, such as One Drive, or via an encrypted memory stick

Staff member requirements

Time and travel

- Dedicate 3 days/week to CBT training for 2 years from January 2021 – December 2023: a day per week taught university days and 2 full days per week seeing training clients for CBT. This is a requirement of the CBT for severe mental health problems (CBT-SMHP) national curriculum and Health Education England.
- Attendance in London at University College London's (UCL) Bloomsbury campus 9.00am – 4.30pm a day/week 30-35 days a year over the two years. Initially this will not be required as teaching will be online because of the pandemic but will be required when/if face-to-face attendance resumes.

Academic and clinical

- Dedicate one day a week to university teaching and assignments. Attend all formal teaching sessions including lectures, workshops and course supervision groups over the two-year duration of the programme. On course days when formal teaching sessions are not being held, (for example in summer and Christmas breaks), the expectation is that course participants will devote any non-teaching days to completing academic requirements.
- Complete and submit approximately 10 formal university assignments throughout the program to assess academic and clinical competencies. These include case reports, reflections on clinical work and submission of audio recordings of CBT treatment sessions.
- For 2 days/week over the two years, see clients for direct CBT assessment and treatment including audio-recording sessions and making appropriate clinical notes and attending regular at least monthly CBT supervision with an experienced Trust CBT supervisor. See 12-15 clients in CBT to completion over the duration of the course and complete a total of 200 CBT clinical contact hours, which is approximately 5 client contacts per week. These requirements are set in the national curriculum and Health Education England specification for CBT-SMHP courses.