

Postgraduate Certificate in CBT for Severe Mental Health Problems Commissioned by NHS England



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**Postgraduate
Certificate in
Cognitive Behavioural
Therapy (CBT) for
Severe Mental Health
Problems (SMHP)
commissioned by NHS
England.**

The NHS in England considers it a priority to provide high-quality evidence-based psychological interventions to individuals diagnosed with severe mental illnesses such as psychosis bipolar disorder eating disorders and personality disorders.

The postgraduate diploma and certificate programmes offered provide practitioners with the skills necessary to deliver high-quality CBT interventions to individuals experiencing severe mental health problems. These programmes are Level 2 accredited with the British Association of Behavioural and Cognitive Psychotherapies (BABCP) which means that graduates receive a recognised high-quality qualification allowing them to practice and deliver CBT.



UCL

Curriculum



Curriculum:

Each stream is comprised of two modules. The first is a fundamentals module in which the key aspects of assessment, individualised treatment planning and treatment for each specialism is introduced. The second module focuses on implementation and takes trainees further into specialist treatments and interventions.

PSYC0276 CBT for Adults with Eating Disorders: Fundamentals (30 credits)

This module covers theoretical and research literature on central concepts and methods of Cognitive Behaviour Therapy as applied to eating disorders and includes the practical teaching of fundamental skills for the application of CBT for eating disorders. The focus is on assessing the eating disorders and equipping trainees with core skills and knowledge to formulate different eating disorders. Skills based competencies are developed through small group experiential work and role-plays in workshops, linked to group supervision by programme members and individual/group supervision in the place of work.

PSYC02777 CBT for Adults with Eating Disorders: Implementation (30 credits)

The module provides trainees with a strong foundation in the implementation of evidence- based cognitive behavioural therapy for eating disorders. Trainees are expected to draw on core theoretical concepts and models as well as incorporating current research and innovative developments in clinical practice. The module includes specific applications and adaptations of CBT for eating disorders or particular client groups or settings (e.g. delivering CBT for eating disorders online, working with individuals with comorbid depression or obsessive compulsive disorder. Skills-based competencies are developed through small group experiential work and role-plays in workshops, linked to group supervision by programme members and individual/group supervision in the place of work.



PSYC0280 CBT for People with Psychosis and Bipolar: Fundamentals **(30 credits)**

This module covers theoretical and research literature on central concepts and methods of Cognitive Behaviour Therapy as applied to psychosis and includes the practical teaching of fundamental skills for the application of CBT for psychosis. The focus is on assessing the varied experience of psychosis and equipping trainees with core skills and knowledge to formulate the experience of positive and negative symptoms. Skills based competencies are developed through small group experiential work and role-plays in workshops, linked to group supervision by programme members and individual/group supervision in the place of work.

PSYC0081 CBT for People with Psychosis and Bipolar: Implementation **(30 credits)**

The module provides trainees with a strong foundation in the implementation of evidence-based cognitive behavioral therapy for psychosis and bipolar. Trainees are expected to draw on core theoretical concepts and models as well as incorporating current research and innovative developments in clinical practice. The module includes specific application and adaptations of CBT for psychosis for particular client groups or settings (e.g. applications with adolescents, older people or application in inpatient settings).

PSYC0278 CBT for Personality Disorders: Fundamentals **(30 credits)**

This module covers theoretical and research literature on central concepts and methods of Cognitive Behaviour Therapy as applied to personality disorders and includes the practical teaching of fundamental skills for the application of CBT for personality disorders. The focus is on assessing the personality disorders and equipping trainees with core skills and knowledge to formulate different personality disorders. Skills based competencies are developed through small group experiential work and role-plays in workshops, linked to group supervision by programme members and individual/group supervision in the place of work.

PSYC0279 CBT for Personality Disorders: Implementation

(30 credits)

The module provides trainees with a strong foundation in the implementation of evidence-based cognitive behavioural therapy for personality disorders. Trainees are expected to draw on core theoretical concepts and models as well as incorporating current research and innovative developments in clinical practice. The module includes specific applications and adaptations of CBT- Personality Disorders for particular client groups or settings. Skills-based competencies are developed through small group experiential work and role-plays in workshops, linked to group supervision by programme members and individual/group supervision in the place of work.



What our trainees say



What our trainees say:

- ▶ *'Supervision has been robust and my supervisor has been great at building my confidence in a constructive and human manner'*

Fiona Hunnisett, Eating Disorders Practitioner

- ▶ *'The course has really helped me look at my clients from a therapy and formulation perspective which is really helpful when working with people when severe mental health problems. I've developed as a practitioner and in my role and look forward to what future holds'*

Jonathan Talsma, Mental Health Nurse

- ▶ *'Working with clients from diverse backgrounds, CBT has enabled me to adopt an open minded and flexible approach by taking in to account each individuals unique experiences, beliefs and values'*

Anita Kwapong, Mental Health Nurse

- ▶ *'Supervision has been fantastic and it has helped me reflect on my own learning, developing my skills and to think about difficulties that come up in the therapeutic relationship'*

Katy Dow, Clinical Practitioner

Trust and service requirements



Trust and service requirements

Trust and services will need to:

- ▶ Release staff member from duties for 1 day for UCL academic teaching and allow additional time to see clients within the staff member's service. The service requirement is somewhat flexible throughout the year and will vary from 1 to 2 days depending on the stage of the course and the staff member's academic and clinical requirements. The time seeing CBT training cases is part of the NHS England specification for the CBT training. For many staff this time 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). For many staff these 2 days seeing CBT training cases may not be a major change (they may already be seeing clients in CBT for two days a week). But for some staff this might require some more significant adjustment of responsibilities.
- ▶ Ensure the staff member has suitable CBT training cases for the CBT route the staff member is training in (psychosis and bipolar, eating disorders or personality disorders).
- ▶ 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 and competent in the relevant area (psychosis and bipolar, eating disorders or personality disorders).
- ▶ Provide 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 OneDrive.

Trainee requirements



Trainee Requirements:

Time and travel

- ▶ Dedicate time CBT training for 2 years: a day per week taught university days and additional time seeing training clients for CBT. This is a requirement of the CBT for Severe Mental Health Problems (CBT-SMHP) national curriculum and NHS England.
- ▶ Attendance will be online. In addition, we aim to have several short blocks of up to a week of face-to-face teaching in which trainees will be required to attend the UCL Bloomsbury campus.

Academic and clinical

- ▶ Dedicate one day a week to university teaching and assignments. Attend all formal teaching sessions including lecture, workshop and course supervision groups over the 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 four 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 assessment and treatment sessions.
- ▶ For 2 days/week over the year, 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.

How to Apply



How to apply:

View this course online [here](#)

Intake for NHS England funded places on the Post Graduate Certificate Programme take place every autumn. Trainees cannot self-fund.

Applicants for a UCL postgraduate programme are normally expected to hold at least a 2.2 in a UK undergraduate degree (or equivalent overseas qualification). But other academic qualifications of an equivalent standard, including professional mental health qualifications, and substantial work experience and achievements at work demonstrating ability to study successfully at a postgraduate level can be taken into account.

In addition, applicants for this programme are required to have:

- ▶ A core mental health practitioner qualification (e.g. in mental health nursing, occupational therapy, social work, psychiatry, clinical psychology)
- ▶ Post qualification experience of working with people with the severe mental health problems of the specialist route the applicant will follow (psychosis and bipolar disorder, eating disorders or personality disorders)
- ▶ Substantial core CBT training either as part of their core mental health training or subsequently through a postgraduate diploma CBT course
- ▶ Evidence of basic knowledge of CBT
- ▶ Interest in and enthusiasm for psychological approaches to working with people with SMHPs

- ▶ Evidence of secondment to a funded place on the programme by their employer and evidence of agreement from their employer to see people in CBT under supervision for at least 2-days a week under supervision and access to a suitable experience local site CBT supervisor for this supervision

What we are looking for from your personal statement?

- ▶ Which specific PG Cert CBT route you are applying for (CBT-PBP, CBT-ED, CBT-PD)
- ▶ Why you are interested in CBT training in this specialist route
- ▶ What is your previous training in CBT
- ▶ Whether you are committed to attending and completing all course assignments over the year of the programme
- ▶ How you would be able to carry out the required two days a week CBT practice with people with the mental health problems in your current employment or work context
- ▶ Whether your employer has agreed to release you for a day/week on to the programme and to support you seeing people in CBT for at least 2 days a week and making available a local experienced CBT supervisor who could supervise your work
- ▶ Together with the essential academic and core mental health professional qualification and core CBT training requirements, the personal statement is your opportunity to illustrate whether your reasons for applying to this programme match what the programme will deliver

Key members of the team:

For all enquiries please contact:
pals.cbtenquiries@ucl.ac.uk



Overall Programme Director
Dr Joe Oliver



Eating Disorders Programme Leads
Dr Lucy Serpell & Dr Matthew Pugh



Psychosis Bipolar Programme Leads
Dr Rebecca Kelly & Dr Sophie Fyfe



Personality Disorder Programme Lead
Dr Janet Feigenbaum



Programme Administrators
Hollie White & Adam Gudalajtys

Glossary

CBT: cognitive behavioural therapy

SMHP: severe mental health problems

PBP: psychosis and bipolar disorder

ED: eating disorder

PD: personality disorder

Clinical Supervisor: a qualified CBT therapist whose role is to support and guide trainees in their clinical work

Intervention: a therapy skill or procedure that is used to help a client in therapy

Client/Service user/ Patient: We recognise that there is not a current consensus agreement about which term is most appropriate, but we aim to use the term to refer to a person who is actively receiving psychological therapy and may themselves have their own views about which is the most appropriate term.



BABCP Accreditation

As of the end of 2022 PG Dip CBT-SMHP programmes were successfully Level 2 accredited with BABCP. This means that when trainees pass the course, they are guaranteed to become an accredited BABCP CBT Therapist. Trainees finishing the programme will need to wait until their marks have been ratified at the exam board, which takes place end of February/March the following year. Once this has been completed, they can make their application to BABCP. All details are on the BABCP website.

The programme has also received Level 1 accreditation for the PG Certificates, which means that the course meets BABCP's quality of training criteria ie. the quality of the training delivered and CBT qualifications of the trainers.



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