

SPECIAL REGULATIONS: PG DIP/PG CERT PSYCHOLOGICAL THERAPIES:

COGNITIVE BEHAVIOURAL THERAPY (CBT)

INTRODUCTION

Course title	Psychological Therapies: Cognitive Behavioural Therapy PG Dip
Course code	
Exit awards (<i>if these regulations are also applicable to the exit awards</i>)	PG Cert
Module titles and codes (<i>if these regulations are applicable to certain modules only</i>)	
Date effective from	March 2022 cohorts onwards

ENTRY REQUIREMENTS

The requirements for admission are those set out in the Regulation and Credit Framework for the Conferment of Awards with the exception of the following:

- 1 In line with the requirements of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), applicants for the PG Dip must normally:
 - (a) Work in an environment, or have negotiated access to a clinical placement, that will enable them to offer high intensity interventions for depression and anxiety using Cognitive Behavioural Therapy, with evidence that they will conduct at least 200 hours of CBT practice, under the supervision of a BABCP accredited therapist.
- 2 In addition to the above, applicants must normally also have either (a) or (b) below, with either (c) or (d) below:
 - (a) Have a recognised professional mental health qualification, recognised as a 'core profession' by the BABCP, such as Mental Health Nursing, Clinical Psychology, Social Work, Occupational Therapy, or BACP accredited Counselling.
 - (b) Demonstrate, through a 'Knowledge Skills and Attitudes (KSA)' application, that they have the required core training and competence for the delivery of a psychological therapy within an ethical framework.
 - (c) Have a good honours degree in any subject.
 - (d) Provide evidence of ability to study successfully at Postgraduate level.

SITE-RELATED EXTENSIONS OR DEFERALS OF THE CLINICAL PRACTICE AND ACCREDITATION PORTFOLIO AND VIDEO RECORDINGS

- 3 Students, both employed by services or self-funded, who are unable to see the required range of presentations of clients within the due date of the assessment, will, on the submission of a completed Negotiated Submission Form, be granted an extension in the following circumstances:
 - (a) There is evidence that the delay is beyond the control of the student and is due to the lack of availability of training cases.

There has been full discussion with the student's tutor.

- (b) There is confirmation from the clinical supervisor or line manager at the service.
- 4 The extension must be agreed by the Board of Examiners, where necessary by the process of Chair's Action which must be reported to the Board of Examiners.

DEFERRALS

- 5 First assessment or reassessment attempts can be deferred as a result of a Temporary Learning Agreement, Learning Support Plan, or Negotiated Submission Form, as follows:
 - (a) to 8 weeks from the assessment deadline, other than where there are statutory requirements, such as for maternity. This may include into the next academic year where this is due to the lack of availability of the required training cases;
 - (b) no more than three deferral requests for the same assessment(s) will be granted.

FITNESS TO PRACTISE

- 6 Trainees on the PG Dip are not required to treat service users whilst on campus and attending teaching at the University. The fitness to practise policies of the employer organisations, including NHS Trusts and Independent Mental Health Service Provider organisations, are therefore most relevant in relation to their clinical work with service users. Trainees will therefore be required to first familiarise themselves with, and then to follow the policies of their employer organisations.

ASSESSMENTS

- 7 All assessments must be passed.
- 8 **Compensation** is not applicable to this course. BABCP requirements do not permit compensation as students are required to demonstrate competence in all examined skills.
- 9 **Video Recordings** – Trainees are required to pass assessments involving an evaluation of clinical practice based on video recorded sessions in Modules 3, 4

and 5. This is done, using the method approved by the BABCP, the Cognitive Therapy Scale – Revised (CTS-R). In this, trainees are required to score at least '2' on all assessed dimensions, apart from 'Interpersonal Effectiveness', for which a score of '3' is required. These requirements apply even when the student's scores on the CTS-R aggregate to over 50%.

REASSESSMENT AND REASSESSMENT WITH ATTENDANCE

- 10 Reassessments will be scheduled for the next assessment or reassessment period after the ratification of module marks following the Module Achievement Board of Examiners.
- 11 Reassessment with Attendance does not apply to this course. Students will be permitted to submit a second and final reassessment attempt.

VERSION CONTROL STATEMENT

Version number	3
Date approved by Academic Board	25/08/2023
History of revisions of the Document	Version 1, approved by Academic Board 04/08/2020 Version 2, approved by Academic Board 20/06/2022 Version 3, approved by Academic Board 25/08/2023

**APPENDIX 1: PG DIP PSYCHOLOGICAL THERAPIES (CBT) NEGOTIATED SUBMISSION FORM
FOR CLINICAL PRACTICE AND ACCREDITATION PORTFOLIO AND VIDEO RECORDINGS**

Post Graduate Diploma in Psychological Therapies: Cognitive Behaviour Therapy (High Intensity)			
Negotiated Submission Date via Course Management (for site-related delays)			
Trainee Name			
Site		Site Supervisor	
Assessment			
Description of situation <i>(e.g. what has been completed to date and what is not yet complete)</i>			
Reason for Delay			
Site confirmation / evidence received & attached		Site Supervisor signature	
Student's signature		Date completed	
Course Director's signature			
Original submission date			
Extended submission date (must be 14 weeks after original submission date)			
Student's current period of registration¹			
Course maximum Registration period			
Date sent to Board of Examiner/BoE Chair's Action taken			
Board of Examiners Decision	Approved / Not Approved		

¹ This can be located in the 'Area of study enrolments' tab of the student's QLv4 record