ADDITIONAL COURSE REGULATIONS: PG DIP PSYCHOLOGICAL THERAPIES:

COGNITIVE BEHAVIOURAL THERAPY (CBT)

INTRODUCTION

Course title	PG Dip Psychological Therapies: Cognitive Behavioural Therapy
Course code	P1192001
Exit awards *(if these regulations are also applicable to the exit awards)*	PG Cert Psychological Therapies: Cognitive Behavioural Therapy
Date effective from	February 2026

COURSE REQUIREMENTS

1. Trainees must normally work in an environment, or have negotiated access to a clinical placement, that will
   (i) enable them to offer high intensity interventions for depression and anxiety using Cognitive Behavioural Therapy
   (ii) enable them to conduct at least 200 hours of CBT practice, under the supervision of a BABCP accredited therapist.
2. Trainees who cease to have access to such an environment will be required to interrupt or withdraw.

ASSESSMENTS

3. All components of assessments must be passed.

HURDLES

4. In the assessment of the evaluation of clinical practice through video recordings, the Cognitive Therapy Scale – Revised (CTS-R) is used. Trainees must score at least '2' on all assessed dimensions, apart from 'Interpersonal Effectiveness', for which a score of '3' is required.

COMPENSATION

5. Compensation is not permitted.

RETRIEVAL

6. Students cannot have a retake of failed modules.
7. Students may have one reassessment attempt in the designated reassessment period of the approved exceptional calendar.

FITNESS TO PRACTISE

8. The Fitness to Practise policies of the employer organisations will normally apply. The University's Fitness to Practise procedure may also apply. Where a student is subject to a Fitness to Practise referral, continuation on the course, and engagement with current and future (re)assessment opportunities related to professional practice will only be possible:

   (i) where the Fitness to Practise investigation deems this to be appropriate and

(ii) where any precautionary measures linked to practice are lifted.

VERSION CONTROL STATEMENT

Version number	4
Date approved by Academic Board	09/03/2026
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 Version 4, approved by Education Committee 09/03/2026