SPECIAL REGULATIONS: MSc/PG DIP/PG CERT PSYCHOLOGICAL THERAPIES: COGNITIVE BEHAVIOURAL THERAPY (2015)

INTRODUCTION

1 The Special Regulations relate only to the following programme:

MSc/PG Dip/PG Cert Psychological Therapies: Cognitive Behavioural Therapy

CLINICAL PORTFOLIO

2 In line with the requirements of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), students must pass the Clinical Portfolio in order to gain the award.

3 The Clinical Portfolio is marked pass/fail only.

ENTRY REQUIREMENTS

4 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.

5 In line with the requirements of the BABCP, applicants for the PG Dip must normally:

(a) Work in an environment, or have negotiated access to a clinical placement, that will enable you to offer high intensity interventions for depression and anxiety using Cognitive Behavioural Therapy, with evidence that you will conduct at least 200 hours of CBT practice, under the supervision of a BABCP accredited therapist.

6 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 you 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.

CLINICAL PRACTICE AND ACCREDITATION PORTFOLIO

7 To obtain a pass for the portfolio, students must demonstrate that they have met the requirements below:

(a) 70 'individual supervision equivalent' hours of supervision by a BABCP accredited supervisor.

(b) 200 hours of supervised CBT assessments and treatment. The actual minutes of the assessment or treatment sessions should be recorded.

(c) Eight 'training cases' each of which should have been supervised for five 'individual-equivalent' hours.

(d) The eight 'training cases' must include a minimum of three distinct primary problems, such as panic disorder, social phobia and depression to demonstrate a breadth of disorder types. Recurrent co-morbidities are acceptable but there must be a range of different primary problems.

(e) Each 'training case' must have been seen for a minimum of five hours of assessment and treatment.

(f) From the eight 'training cases', three must be closely supervised. This means that they must have had an audio clip listened to in supervision (and detailed/ticked on recording sheets) at least once or the trainees work was observed live.

(g) The student must receive a 'satisfactory' rating (according to BABCP 'Standards of Conduct, Performance and Ethics in the Practice of Behavioural and Cognitive Psychotherapies') for their clinical training performance as evidenced in supervision from the programme supervisors leading their supervision groups across the whole programme.

(h) Other formative requirements detailed in the handbook, including involvement in a minimum of 6 literature and clinical case presentations, and reflective accounts of presentation group participation and Self-Practice project participation.

8 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 Programme Management 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.

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

(c) There is confirmation from the clinical supervisor or line manager at the service.

9 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.

FITNESS TO PRACTISE

10 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.

REPEAT YEAR / REASSESSMENT WITH ATTENDANCE

11 This programme is not eligible for a repeat year or reassessment with attendance option. Trainees that do not pass their first reassessment opportunity will be permitted a second reassessment opportunity in line with the regulations for taught awards (Sept 2019).

Approved by Academic Board, 30 June 2020

APPENDIX 1: PROGRAMME MANAGEMENT FORM

Post Graduate Diploma in Psychological Therapies: Cognitive Behaviour Therapy (High Intensity)			
Negotiated Submission Date via Programme Management (for site-related delays)			
Trainee Name			
Site		**Site Supervisor**	
Assessment			
Description of situation *(e.g. what has been completed to date and what is not yet complete)*			
Reason for Delay			
Site confirmation / evidence received & attached		**Site Supervisor signature**	
Student's signature		**Date completed**	
Programme Director's signature			
Original submission date			
Proposed submission date			
Student's current period of registration[1]			
Programme's 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