

## Modules

### **Module 1: Fundamentals of CBT**

Focuses on generic knowledge and skills for the application of Cognitive Behavioural Therapy methods, such as the development of good therapeutic alliances with patients, use of agenda-setting, structure and homework. These can be applied across the treatment of all disorders.

### **Module 2: Consolidation of the Fundamentals of CBT**

Provides participants with a range of opportunities to build upon their generic competencies in using the CBT model. This includes self-practice of CBT techniques and methods with programme peers, guided reading and use of library and electronic CBT resources. Opportunities to critically review the research evidence relating to CBT fundamentals will be provided through guided reading, assessments and web based resources.

### **Module 3: CBT for Anxiety Disorders**

Module 3 builds on the generic CBT knowledge and skills gained in Modules 1 & 2 and teaches participants to apply this to the treatment of anxiety disorders. In addition, specific methods and procedures of relevance to the treatment of anxiety disorders will be learnt. Participants will learn appropriate intervention strategies and protocols for the treatment of Panic Disorder with or without Agoraphobia, Social Phobia, Obsessive Compulsive Disorder, Health Anxiety, Post Traumatic Stress Disorder and Generalised Anxiety Disorder. Opportunities to critically review the research evidence relating to anxiety disorders will be provided through guided reading, assessments and web based resources.

### **Module 4: Consolidation of CBT for Anxiety Disorders**

Provides participants with a range of opportunities to build upon their knowledge and competencies using CBT techniques and methods for the treatment of anxiety disorders, using the same techniques as the previous Consolidation Module.

### **Module 5: CBT for Depression**

Builds on the generic CBT knowledge and competencies gained in Modules 1 & 2 and the specific CBT competencies gained in Modules 3 & 4 and teaches participants to apply this knowledge to the treatment of depression. In addition, specific methods and procedures of relevance to the treatment of depression will be learnt.

### **Module 6: Consolidation of CBT for Depression**

Provides participants with a range of opportunities to build upon their knowledge and competencies using CBT techniques and methods for the treatment of depression, using the same techniques as previous Consolidation Modules. Trainees will also be introduced to appropriate formulation and intervention strategies in working with complex case presentations, in particular clients with dual or multiple diagnoses. Working with shame, and an introduction to compassion focused approaches will also be included. Opportunities to critically review the research evidence relating to depression will be provided through guided reading and web-based resources.