

UNDERSTANDING COGNITIVE BEHAVIOURAL THERAPY (CBT) COURSE – LEVEL 4 AWARD



Cognitive behavioral therapy (CBT) is a psychotherapeutic approach that aims to influence dysfunctional emotions, behaviors and cognitions through a goal-oriented, systematic procedure.

Cognitive Behavioural Therapy (CBT) is recommended by the National Institute for Clinical Excellence (NICE) for the treatment of many mental health conditions. It is therefore one of the most commonly used therapies in the private and statutory sectors. CBT is based on the theory that it's not events themselves that upset us, but the meanings we attach to them.

This course is useful for those who may be working in the statutory or voluntary sectors with those who have mental health issues. Nurses, counsellors, prison officers, probation workers, psychotherapists and other mental health workers may find this course invaluable for useful skills and therapeutic interventions.

On successful completion of the course you will receive a recognised level 4 award (Comparable to working at NVQ Level 4).

Price:
£295.00

Instalment Options:
You can spread the payments for this course over 4 monthly payments. 1 initial payment of £145.00, followed by 3 monthly payments of £50.00.

Course Format:
Paper Based Course Materials

Assessment:
Coursework

Approximate Study Time:
100 Hours of Self Study

Joining the Counselling Society:

As well as completing this course we also strongly advise that you to join the Counselling Society. As a student of the course the cost will be £20 per year, and an application form is included in the course.

The Course Includes the Following Units:-

➤ **Unit 1 – What is CBT?**

The following topics are covered: Cognitive Therapy; Behaviour Therapy How do they work together?; and History of CBT.

➤ **Unit 2 – Automatic Thoughts**

The following topics are covered: CBT Strategies; How they Affect People; and Helping People To Cope.

➤ **Unit 3 – What can a Client expect in CBT treatment?**

The following topics are covered: Homework; Who benefits from CBT?; Limitations of CBT; Focusing on the present; Depression; Bipolar I; Bipolar II; Cyclothymic Disorder; Who can suffer from depression; Eating Disorders; What is an eating disorder?; Who is affected?; Using CBT to treat a eating disorder; OCD; What is OCD?; Who is affected?; Using CBT to treat OCD; Post Traumatic Stress Disorder; What is PTSD?; Who is affected?; Using CBT to treat PTSD; Anxiety; What is Anxiety; Who is affected?; Using CBT to treat anxiety; Schizophrenia; What is schizophrenia; Who is affected?; Using CBT to treat schizophrenia; Addiction and CBT; Personality disorders + CBT.

➤ **Unit 4 – The Importance & Significance of Dreams in CBT**

The following topics are covered: Working with imagery; and Irrational beliefs.

➤ **Unit 5 – Schema Therapy**

The following topics are covered: Early maladaptive schema; Schema focused therapy; Disconnection and rejection; Impaired autonomy and performance; Impaired limits; Other directions; Over vigilance and inhibition; Acceptance and commitment therapy; and Supervision.

➤ **Unit 6 – Socratic Questioning**

The following topics are covered: What we think; Boundaries and regulations; Locus of power; Attachment; Loss; Safeguard against abuse; Trust; Ethical practice; and Moving Forward.

➤ **Unit 7 – The Use of Medication**

The following topics are covered: Who needs medication?; and Use of CBT and Medication.

Pre-Requirements:

There are no particular entry requirements.

Course Duration & Support:

Students may register at any time and have a full year to complete their studies. You also have access to a personal tutor by mail or email for a 12 month period. As the course is self study you can complete in as little or as long a time as you prefer.

The course tutor has also set up a forum for all of their students studying Cognitive Behavioural Therapy and other related courses. This will assist you with your studies, as not only will you get full support from a professional tutor for the duration of the course but you can also get help from and interact with other students. This is a great community for all those students who wish to interact with other students in the same situation as them, and get friendly advice, ideas and comments.

Assessment:

You will be assessed on coursework which is detailed in the course materials. Most coursework consists of short paragraph answers to set questions. Your work can be sent back to your course tutor by email or by post.

Qualification:

The award is gained from successfully completed coursework so there is no exam to complete.

On successful completion of this course, students will be awarded an **Understanding Cognitive Behavioural Therapy (CBT) Level 4 Award**.

This award has been independently accredited at a level of learning equivalent to level 4 on the National Qualifications Framework (NQF) and is comparable to working at NVQ Level 4.

The award is issued through NCFE. NCFE is recognised as an awarding body by the qualification regulators ('regulators') for England, Wales and Northern Ireland. The regulators are the Office of the Qualifications and Examinations Regulator (Ofqual) in England, the Department for Children, Education, Lifelong Learning and Skills (DCELLS) in Wales and the Council for Curriculum, Examinations and Assessment (CCEA) in Northern Ireland.

