

POSTGRADUATE HEALTH PROFESSIONAL DEVELOPMENT TALKING THERAPIES COURSES

Talking Therapies are therapeutic interventions practised across the expanding mental health and addiction services, as well as in primary care.

COUN681 Solution-focused theory and skills with individuals and groups

*Whole year: 16 February – 8 November 2026
Online Semester 1: 9 February – 14 June 2026*

Online semester 2: 13 July – 15 November

Solution-focused therapy is a strengths-based model that emphasises clients' natural resources and successful experiences to help them bring about change and a shift toward their preferred future.

HLTH430 Motivating Behaviour Change I

Semester 1: 16 February – 21 June 2026

This course provides introductory training in motivating behaviour change, including theory, research and practice, with particular emphasis on motivational interviewing.

HLTH431 – Motivating Behaviour Change 11

Semester 2: 13 July – 8 November 2026

This course provides advanced training in motivating behaviour change, including theory, research and practice, with particular emphasis on motivational interviewing.

Prerequisites: Subject to approval of the Associate Dean – Academic and HLTH430

PSYC442 Clinical Practice Guidelines and Introduction to Cognitive Behaviour Assessment

Semester 1: 16 February – 21 June 2026

PSYC442 is the first course in the Postgraduate Diploma in CBT – an introduction to the practice and ethics of cognitive behaviour therapy (CBT) for people with mental health and addiction problems. Teaching about CBT is informed by the hui and pōwhiri processes using Māori concepts to facilitate engagement and supported by bicultural practice and Te Tiriti o Waitangi.

PSYC443 Cognitive Behaviour Therapy Case Conceptualisation and Intervention

Semester 2: 13 July – 8 November 2026

PSYC443 is the second course in the Postgraduate Diploma in CBT and teaches cognitive-behavioural and bicultural interventions for common mental health disorders – depression, anxiety and alcohol and substance use problems. You will learn to use cognitive and behavioural interventions derived from CBT formulations of client problems, including engagement strategies for working with Māori and other client groups.

Prerequisites: Subject to approval of the Programme Director, and PSYC442.

PSYC446 Frontiers of Cognitive Behaviour Therapy I

Whole year: 16 February – 8 November 2026

PSYC446 is one of two advanced courses in the Postgraduate Diploma in CBT, providing further opportunity to develop advanced cognitive-behavioural assessment, formulation, and intervention skills. Students gain critical appraisal skills for process issues and enhancing motivation in CBT. The course includes work with children, adolescents, and groups, and emphasises trauma-informed approaches and bicultural practice, including skills for working with Māori and Pasifika peoples.

Prerequisites: PSYC442 and PSYC443, subject to approval of the Programme Director.



'It's been an amazing experience as we have all the facilities for a student to flourish and enhance their skills.'

Sneha Pulapaka

Postgraduate Diploma in Health Sciences

Health Services Analyst, Hutt Valley District Health Board, Wellington

Founder and Director, The Native Loom



Health Oranga

PSYC447 Frontiers of Cognitive Behaviours Therapy II

Whole year – 16 February – 8 November

PSYC447 is one of two advanced courses in the Postgraduate Diploma in CBT, providing further opportunity to develop advanced cognitive-behavioural assessment, formulation, and intervention skills. The course covers CBT interventions for problems such as eating disorders, psychosis, and health-related anxiety, with a focus on enhancing resilience and wellbeing. Bicultural and trauma-informed practice are central.

Prerequisites: PSYC442 and PSYC443, subject to approval of the Programme Director

COUN682 Focused Acceptance and Commitment Therapy (FACT)

Summer: November 9 – 11 December 2026 (TBC July 2026)

This course introduces the theory and practice of Focused Acceptance and Commitment Therapy (FACT), a brief intervention model grounded in ACT principles. It focuses on developing practitioners' understanding of the responsibilities involved in delivering FACT, with emphasis on technical skills and relational aspects in primary care and similar settings.

Study pathways

UC postgraduate study provides you with specialist skills, applied experience and enhanced knowledge in topics you care about. Our programmes and research activities respond to the dynamic nature of the health sector and its workforce. Our aim is to assist you to upskill and develop expertise, so you can improve your professional practice and make a positive change to our communities.

Courses can be studied individually as professional development as part of a Certificate of Proficiency or are an ideal pathway to postgraduate qualifications including:

- Postgraduate Certificate in Health Sciences
- Postgraduate Certificate in Counselling Studies
- Postgraduate Diploma in Cognitive Behaviour Therapy
- Postgraduate Diploma in Health Sciences
- Postgraduate Diploma in Health Sciences – Taha Hinengaro Health and Wellbeing Practice for Health Improvement Practitioners
- Master of Counselling

Check out the diverse range of study options at www.canterbury.ac.nz/study/academic-study/qualifications



Ministry of Health funding

For the 2026 academic year, UC has secured funding from Health New Zealand support fees payment for talking therapies courses for some students.

If you are a health professional working with people presenting with mental health and addictions conditions or working in primary care, you may be eligible for funding.

If you meet the criteria for primary care please contact us to discuss your individual situation and eligibility:

- Hold a degree in a health-related discipline such as Occupational Therapy, Social Work, Nursing, Psychology, Medicine, Counselling.
- Meet the University of Canterbury requirements for entry to the particular qualification and/or course, including enrolment in postgraduate certificate or diploma where necessary. Check our qualification eligibility tool.
- Not be alternatively and additionally funded by Health New Zealand funding.

Health New Zealand Scholarship

- Fees scholarships are available for those working in the mental health, addiction, primary care and related areas.
- Courses can be studied individually or towards a qualification.
- Contact us to discuss your individual situation and eligibility.
- Please note courses have limited places available.

Enrolment

To enrol in a talking therapies course or study pathway you must meet the entry requirements for each course and/or qualification, including enrolment in postgraduate certificate or diploma where necessary.

For Health and Counselling courses, please contact our student advice team, email: studyhealth@canterbury.ac.nz

For Psychology courses, please contact the Cognitive Behaviour Therapy team, email: cbtprogramme@canterbury.ac.nz

Contact

Faculty of Health | Te Kaupeka Oranga
Student Advisors
Phone: +64 3 369 3333
Email: studyhealth@canterbury.ac.nz

