

Postgraduate Certificate in Cognitive Behaviour Therapy (PGCertCBT – 60 points)

These regulations must be read in conjunction with the General Regulations for the University.

1. Version

- (a) These Regulations came into force on 1 January 2021.
- (b) This Certificate was first offered in 2021.

2. Variations

In exceptional circumstances the Amo Matua, Pūtaiao | Executive Dean of Science or delegate may approve a personal programme of study which does not conform to these regulations.

3. The structure of the qualification

To qualify for the Postgraduate Certificate in Cognitive Behaviour Therapy a student must be credited with 60 points from Schedule C to these regulations.

4. Admission to the qualification

To be admitted to the Postgraduate Certificate in Cognitive Behaviour Therapy a student must:

- (a) have satisfied the Admission Regulations for admission to the University; and
- (b) have fulfilled the requirements for a Bachelor's degree in Psychology or related area with a B- Grade Point Average in relevant health-related courses at 300-level; and
- (c) be working at least 0.5 FTE in a clinical health related field, and have access to CBT supervision; and
- (d) been approved as a student for the qualification by the Tumuaki Kura, Te Kura Mahi ā-Hirikapo | Head of the School of Psychology, Speech and Hearing (or nominee) and by the Amo Matua, Pūtaiao | Executive Dean of Science or delegate.

5. Subjects

There are no majors, minors or endorsements for this qualification.

6. Time limits

The qualification adheres to the General Regulations for the University with a time limit of 24 months.

7. Transfers of credit, substitutions and cross-credits

This qualification adheres to the General Conditions for Credit and Transfer Regulations, with no additional stipulations.

8. Progression

This qualification adheres to the General Regulations for the University, which permits 30 points of course failures to qualify for the qualification, with no additional stipulations.

9. Honours, Distinction and Merit

Honours, Distinction and Merit are not awarded for this qualification.

10. Exit and Upgrade Pathways to other Qualifications

- (a) A student who has completed the requirement for the PGCertCBT with at least a B- Grade Point Average, and who has not yet graduated, may apply to the Amo Matua, Pūtaiao | Executive Dean of Science or delegate to be admitted to the Postgraduate Diploma in Cognitive Behaviour Therapy, provided they meet the regulations for that Diploma.
- (b) A student who has graduated with the PGCertCBT from Te Whare Wānanga o Waitaha | University of Canterbury, may apply to the Amo Matua, Pūtaiao | Executive Dean of Science or delegate to be admitted to the Postgraduate Diploma in Cognitive Behaviour Therapy provided they meet the regulations for that Diploma and have their Certificate subsumed in accordance with the General Regulations to the University.
- (c) There are no exit qualifications for this Certificate.

11. Limitation of Entry

This course is limited to 24 students. Special application required by 1 November. Late applications will be considered subject to the availability of places on the programme.

Schedule C: Compulsory Courses for the Postgraduate Certificate in Cognitive Behaviour Therapy

For full course information, go to courseinfo.canterbury.ac.nz

Course Code	Course Title	Pts	2025	Location	P/C/R/RP/EQ
PSYC442	Clinical Practice Guidelines and Introduction to Cognitive Behaviour Assessment	30	S1	Campus	P: Subject to the approval of the Programme Director.
PSYC443	Cognitive Behaviour Therapy Case Conceptualisation and Intervention	30	S2	Campus	P: Subject to the approval of the Programme Director.