Postgraduate Diploma in Cognitive Behaviour Therapy (PGDipCBT – 120 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 Diploma 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 Diploma in Cognitive Behaviour Therapy a student must be credited with a minimum of 120 points from Schedule C to these regulations.

4. Admission to the qualification

To be admitted to the Postgraduate Diploma 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 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 60 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

Students with a B average or above who wish to advance to Master of Science or Master of Arts in Psychology may apply to the relevant Amo | Dean for entry.

A student who has not met the requirements for the PGDipCBT or who wishes to transfer to the Postgraduate Certificate in Cognitive Behaviour Therapy may apply to the Amo Matua, Pūtaiao | Executive Dean of Science or delegate for admission.

11. Limitation of Entry

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

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

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

Course Code	Course Title	Pts	2026	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.
PSYC446	Frontiers of Cognitive Behaviour Therapy I	30	W	Campus	P: Subject to the approval of the Programme Director.
PSYC447	Frontiers of Cognitive Behaviour Therapy II	30	W	Campus	P: Subject to the approval of the Programme Director.