

# Talking Therapies Courses

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

## Ministry of Health 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.

### **COUN681 Solution-focused theory and skills with individuals and groups**

*Whole Year: 19 Feb – 10 Nov 2024*

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.

### **COUN682 Focused Acceptance and Commitment Theory (FACT)**

*Summer School: 13 Nov – 17 Dec 2024*

This course introduces you to theory and practice guidelines that support an understanding of the responsibilities involved in providing Focused Acceptance and Commitment Therapy (FACT) to individuals seeking psychological support. It focuses on developing practitioners' technical and relational issues when delivering FACT in primary care and other settings.

### **HLTH430 Motivating Behaviour Change I**

*Semester 1: 19 Feb – 23 June 2024*

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

### **HLTH431 Motivating Behaviour Change II**

*Semester 2: 15 July – 10 Nov 2024*

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

### **PSYC442 Clinical Practice Guidelines and Introduction to Cognitive Behaviour Assessment**

*Semester 1: 19 Feb – 23 June 2024*

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 assessment is informed by the Hui and Powhiri processes using Maori concepts to facilitate engagement with both Maori and non-Maori and supported by bicultural practice and te Tiriti o Waitangi. The course focuses on assessing common mental health problems – depression, anxiety, and alcohol and substance use problems – including functional analysis of these problem behaviours and understanding the psychological mechanisms maintaining them. Students will learn to develop CBT formulations of client problems in preparation for planning CBT treatment.

### **PSYC443 Cognitive Behaviour Therapy Case Conceptualisation and Intervention**

*Semester 2: 15 July – 10 Nov 2024*

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 Maori and other client groups.

### **PSYC446 Frontiers of Cognitive Behaviour Therapy I**

*Whole Year: 19 Feb – 10 Nov 2024*

PSYC446 provides further opportunity to develop skills with a focus on advanced cognitive behavioural assessment, formulation, and intervention skills. You will gain critical appraisal skills about process issues and enhancing motivation in CBT. Bicultural practice is emphasised, along with increasing skills in working with Pasifika peoples. The course includes CBT for working with children and adolescents and with groups, and working with clients with more complex presentations when comorbid mental health disorders are present and using a trauma-informed approach.

## 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](http://www.canterbury.ac.nz/study/academic-study/qualifications)

## Ministry of Health funding

For the 2024 academic year, UC has secured funding from the Ministry of Health to 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 you may be eligible for funding.

If you meet the criteria below 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 DHB or Ministry of Health Manatū Hauora funding.
- Preference will be given to those working in a mental health and addiction services.

## 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](mailto:studyhealth@canterbury.ac.nz)

For Psychology courses, please contact the Cognitive Behaviour Therapy team, email: [cbtprogramme@canterbury.ac.nz](mailto:cbtprogramme@canterbury.ac.nz)

## Contact

Faculty of Health  
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