

# POSTGRADUATE STUDY IN COGNITIVE BEHAVIOUR THERAPY (CBT)

## Key facts about the programme

- 1 For current health/mental health professionals
- 2 Designed to meet health sector demand for CBT
- 3 Add to your existing expertise in mental health and addiction treatment
- 4 Facilitates bicultural practice
- 5 Māori models of health and wellbeing are embedded into training
- 6 Flexible, part-time study
- 7 In-person block teaching by a Clinical Psychologist



## What does the programme cover?

These qualifications will equip you with the skills to use CBT to assist people with mental health and addiction issues. They are ideal for current health professionals—including nurses, counsellors, mental health professionals and social workers—wanting to upskill and add to their existing skill set.

Suitable for people in the following roles:

- allied Health Professionals and practitioners
- programme facilitators within the Department of Corrections
- mental health practitioners working in non-governmental organisations.

## Programme includes:

- taught classes
- written assessments
- oral assessments
- practical assessments
- clinical supervision in your workplace by an approved CBT supervisor.

## What are the entry requirements?

- a bachelor's degree in psychology or a related degree with a B- grade point average.
- currently working at least 0.5FTE in a clinical health related field with access to an approved CBT supervisor and opportunities to use CBT in your work and to complete CBT-focused clinical assignments.

Courses	Points	Semester
PSYC442 Clinical Practice Guidelines and Introduction to Cognitive Behaviour Assessment	30	S1
PSYC443 Cognitive Behaviour Therapy Case Conceptualisation and Intervention	30	S2
PSYC446 Frontiers of Cognitive Behaviour Therapy I	30	Whole Year
PSYC447 Frontiers of Cognitive Behaviour Therapy II	30	Whole Year

PSYC442 and PSYC443 must be completed before PSYC446 and PSYC447 can be undertaken.

PSYC446 and PSYC447 are whole year courses that can be taken in either order or simultaneously.

## Programme details

### START DATES

February each academic year

### MONTHS TO COMPLETE

Certificate ..... 1 year part-time

Diploma ..... 2–3 years part-time

### FEATURES

- strong demand for CBT skills
- delivered in block courses
- trained by clinical psychologists
- work-integrated learning – train while you work
- Māori models of health and wellbeing are embedded into clinical practice training

### SCHOLARSHIPS

For more information on scholarships go to [www.canterbury.ac.nz/future-students/fees-and-funding/scholarships-at-uc/](http://www.canterbury.ac.nz/future-students/fees-and-funding/scholarships-at-uc/).



## Why train in Cognitive Behaviour Therapy (CBT)?

Mental health is one of the most important factors in a healthy growing society. The Aotearoa New Zealand Manatū Hauora | Ministry of Health is responding to mental health services demand by increasing access to talking therapies across the country, leading to more employment opportunities for our graduates.

You will find your knowledge and skills needed in a variety of settings, for example with primary health care providers, mental health providers, and schools.

Through this qualification, you can directly change lives and improve mental health within Aotearoa.

## Enrolment information

### How to apply

Apply online through myUC:  
<https://myuc.canterbury.ac.nz>

### When to enrol

Applications close on 1 November.

### Who to contact

Te Kura Mahi ā-Hirikapo | School of Psychology, Speech and Hearing  
[www.canterbury.ac.nz/science/schools/psyc-speech-hear/](http://www.canterbury.ac.nz/science/schools/psyc-speech-hear/)  
Email: [cbtprogramme@canterbury.ac.nz](mailto:cbtprogramme@canterbury.ac.nz)

*This information was correct September 2025*

## AT A GLANCE

### Why Te Whare Wānanga o Waitaha University of Canterbury?

261<sup>st</sup> in the 2025 QS World University Rankings

Specialised clinics including The Psychology Centre

Home to research institutes and centres including:

- Rose Centre for Stroke Recovery & Research
- Child Language Research Group
- NZ Institute of Language, Brain and Behaviour
- Te Puna Pūtaiao Ioio Speech-Language Lab

State-of-the-art facilities including four on-campus laboratories

Dedicated career support unit



**Science  
Pūtaiao**