

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 Adds to your existing expertise in mental health and addiction treatment
- 4 Includes bicultural practice
- 5 Flexible, part-time and distance study



What does the programme cover?

Cognitive behaviour therapy (CBT) is a 'gold standard' evidence-based, psychologically informed talking therapy. It has proven effectiveness in treating substance misuse, and common mental health issues including depression and anxiety.

UC offers two postgraduate degrees in CBT:

- Postgraduate Certificate in Cognitive Behaviour Therapy (60 points)*
- Postgraduate Diploma in Cognitive Behaviour Therapy (120 points).*

The degrees are delivered by UC's Te Kura Mahi ā-Hirikapo | School of Psychology, Speech and Hearing. Kaupapa Māori is integrated into the degrees, and there is a strong emphasis on addressing Māori and Pasifika mental health and wellness.

* subject to Te Pūkai Tara | Universities New Zealand CUAP approval

Courses	Points	Semester
PSYC442 Introduction to Cognitive Behavioural Assessment	30	S1
PSYC443 Introduction to Cognitive Behaviour Therapy Case Conceptualisation	30	S2
PSYC446 Frontiers of Cognitive Behaviour Therapy I	30	S1 & S2
PSYC447 Frontiers of Cognitive Behaviour Therapy II	30	S1 & S2

Programme includes:

- taught classes
- student presentations
- written assessments
- oral assessments
- practical assessments
- clinical supervision.

What are the entry requirements?

- A bachelor's degree in psychology or a related degree with a B- grade point average.
- Concurrent employment of at least .5FTE in a clinical health related field and access to CBT supervision.

AT A GLANCE

Start Dates

February each academic year

Months to Complete

Certificate..... 1-2 years part-time

Diploma..... 3-4 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 wellbeing are

embedded into clinical practice

Scholarships

For more information on scholarships go to www.canterbury.ac.nz/future-students/fees-and-funding/scholarships-at-uc



What careers can this lead to?

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, such as Programme Facilitators within the Department of Corrections
- mental health practitioners working in non-governmental organisations.

Enrolment information

How to apply

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

When to enrol

Applications need to be in by 30 November 2020

Who to contact

Te Kura Mahi ā-Hirikapo | School of Psychology, Speech and Hearing

www.canterbury.ac.nz/science/schools-and-departments/psyc-speech-hear/

Email: cbtprogramme@canterbury.ac.nz

This information was correct August 2020.

AT A GLANCE

Why te Whare Wānanga o Waitaha | University of Canterbury?

- QS ranked 231
- Specialised clinics including The Psychology Centre
- Home to research institutes and centres including:
 - Rose Centre for Stroke Recovery & Research
 - The Psychology Centre
 - Child Language Research Group
 - NZ Institute of Language, Brain and Behaviour
 - Speech-Language Lab | Te Puna Pūtaiao Ioio
- State-of-the-art facilities including four on-campus laboratories
- Dedicated career support unit