

# Postgraduate Diploma 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 an 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 the Postgraduate Diploma in Cognitive Behaviour Therapy (120 Points) in CBT.

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

## 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 with access to CBT supervision and opportunities to use CBT and complete CBT-focused clinical assignments.

## AT A GLANCE

### Start dates

February each academic year

### Months to complete

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

### Scholarship

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/).

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	S1 & S2
PSYC447 Frontiers of Cognitive Behaviour Therapy II	30	S1 & S2



## What careers can this lead to?

This qualification will equip you with the skills to use CBT to assist people with mental health and addiction issues. It is ideal for current health professionals wanting to upskill and add to their existing skill set.

Suitable for people in the following roles:

- mental health professionals  
nurses, counsellors, social workers
- 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 close on 30 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)

## 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
- Te Puna Pūtaiao Ioio  
Speech-Language Lab

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

Dedicated career support unit