

## **Access to CBT Award FAQs**

### **For whom is the course intended?**

This course is an ideal first step for people keen to learn how to incorporate CBT interventions into their counselling, social care, or nursing work. The course is also suitable for people interested in embarking upon a career in psychotherapy. Whilst the course will provide sufficient academic input for you to have a good intellectual understanding of the underlying theory and principles of CBT, our emphasis is upon helping you to gain useful, practical skills which you can employ in your work.

### **What will the course enable you to do?**

The course will give you an orientation in mental health. It will enable you to generate simple case conceptualisations and effective, first step CBT interventions.

### **What are the entry requirements?**

You should be competent in the use of interpersonal and counselling skills. You should be working with people in a nursing, care, or social work environment in either a paid or voluntary capacity. You should be able to study at least at first year undergraduate level.

### **Is the course BABCP recognised?**

We intend to apply for BABCP course recognition in time, and all our tutors are BABCP Accredited practitioners. It is important to recognise that course accreditation is not the same as practitioner accreditation. Practitioners are accredited on the basis of how many hours they have studied and practiced CBT. You can use this course to provide the first steps towards practitioner accreditation, or you may already be an accredited practitioner in some related field and simply want to add CBT skills to your portfolio of competences. For information on BABCP practitioner accreditation, refer to the BABCP web site: [www.babcp.com](http://www.babcp.com).

### **What is the time commitment?**

Course attendance is 60 hours and we expect students to set aside a further 60 hours for private study. We think it is important that all students come to sessions ready to discuss what they have learned in their private study as this creates a vibrant learning environment for everyone. We ask you not to enrol unless you are able to make this commitment.

### **How is the course assessed and what recognition will you achieve for course completion?**

There will be opportunities for observed, supervised practice during classes. Assessment for the Access to CBT Award will be made if you can demonstrate sufficient competence during the supervised practice and through your private study work. The private study work will involve some recording of your using CBT skills, and also written commentary on these sessions. We encourage all students to submit a portfolio for the award but students who do not wish to do this can apply for a certificate of attendance.

### **Where can I take the course?**

Please contact Access to CBT for further details on dates, venue and costs.