

**PG Certificate in Evidence Based Psychological Treatments (IAPT Pathway)  
For students entering in 2015/6**

Awarding Institution:	University of Reading
Teaching Institution:	University of Reading
Relevant QAA subject Benchmarking group(s):	N/A
Faculty:	Life Sciences Faculty
Programme length:	1 year
Date of specification:	25/Aug/2015
Programme Director:	Ms Pam Myles
Programme Advisor:	Prof Shirley Reynolds
Board of Studies:	Evidence-Based Psychological Treatment
Accreditation:	Training will count towards individual accreditation by the British Association for Behavioural and Cognitive Psychotherapies (BABCP)

**Summary of programme aims**

The aims of this programme accord with the Department of Health programme 'Improving Access to Psychological Therapies' (IAPT). They are (1) to train Low Intensity Psychological Therapy workers (to be known as Psychological Wellbeing Practitioners - PWP) to engage and assess patients with common mental health problems; (2) to enable the students to provide evidence-based low intensity treatment for common mental health problems; (3) to expose students to the concept of diversity, inclusion and multi-culturalism and equip workers with the necessary knowledge, attitudes and competencies to operate in an inclusive values-driven service; (4) to enable workers to understand the employment, social and healthcare context in which they are working. It will facilitate the understanding of the complexity of people's health, social and occupational needs and the services which can support people to recovery. It will develop workers' decision-making abilities and enable them to use supervision and to recognise when and where it is appropriate to seek further advice, a step up or a signposted service. Students are exposed to a variety of teaching methods and practical experience, culminating in the assessment of both the theoretical and skills aspects of the modules.

**Transferable skills**

The University's Strategy for Teaching and Learning has identified a number of generic transferable skills which all students are expected to have developed by the end of their degree programme. In following this programme, students will have had the opportunity to enhance their skills relating to career management, communication (both written and oral), information handling, numeracy, problem-solving, team working and use of information technology.

**Programme content**

*Compulsory modules:*

<i>Code</i>	<i>Module title</i>	<i>Credits</i>	<i>Level</i>
PYMEAA	Engagement and assessment of common mental health problems	20	7
PYMTRT	Evidence-based low intensity treatment of common mental health problems	20	7
PYMVEC	Values, Employment and Context	20	7

Students who do not have an Honours degree may be permitted to take the compulsory modules at level 6 in order to qualify for a Graduate Certificate - please see the separate programme specification for the Graduate Certificate.

Modules PYMEAA and PYMTRT cover Modules 1 and 2 respectively of the IAPT National Curriculum for Psychological Wellbeing Practitioners; module PYMVEC covers Module 3 (Values, Policy, Culture and Diversity) and Module 4 (Working within an Employment, Social and Healthcare Context).

It is expected, in accordance with national guidelines, that students will take on clinical cases after successful completion of Modules 1 and 2.

**Part-time or modular arrangements**

N/A.

**Progression requirements**

All modules are compulsory. There are no prerequisites.

Students will normally be permitted a maximum of two years in which to complete sufficient credits to qualify for the award of Postgraduate Certificate.

### **Summary of Teaching and Assessment**

Assessments will include role-plays, reflective commentaries, class tests, clinical session recordings, a case report, a presentation and a practice outcomes portfolio.

To be awarded the Postgraduate Certificate, students must gain an average mark of 50 or more for the programme as a whole, and a mark of at least 50 in every module (PYMEAA, PYMTRT and PYMVEC). Within modules PYMEAA, PYMTRT and PYMVEC, every skills-based assessment must be passed with a mark of 50 or more with no auto fails (marked as a Pass / Fail) and every written academic assessment must be passed with a mark of 50 or more. In addition, in order to pass, students must have attended 100% of the teaching days in each module of the programme. The Postgraduate Certificate is awarded on a Pass / Fail basis only.

Students are encouraged, where possible, to meet BABCP (British Association for Behavioural and Cognitive Psychotherapies) accreditation requirements upon graduation from the programme (i.e. to have accrued 80 clinical hours, attended 25 hours of case management supervision and 25 hours of clinical skills supervision). Please note: Completion of studies is dependent on employment within an IAPT service and access to an IAPT clinical caseload. Students must successfully pass all modules of the PWP (Psychological Wellbeing Practitioner) training programme. Therefore a student's studies may be terminated if they are no longer working in an IAPT service and no longer have access to an IAPT caseload.

Further information on the classification conventions, including borderline criteria, is available at [www.reading.ac.uk/web/FILES/exams/PGclassification-post-2008.pdf](http://www.reading.ac.uk/web/FILES/exams/PGclassification-post-2008.pdf).

### **Admission requirements**

Entrants to this programme will be those selected by the IAPT service provider and University of Reading. Criteria are set out in the IAPT National Implementation Plan. For those entrants to this programme with an Honours Degree, it is expected that they will have gained a degree class equivalent of 2(2) or better (i.e., 50%+). Those holding Third Class Honours may apply and each case will be considered on its own merits. Those without an Honours degree, or those holding Third Class Honours who are not accepted onto this Postgraduate Certificate programme, may be considered for admission onto the Graduate Certificate in Evidence-Based Psychological Treatment (IAPT Pathway).

**Admissions Tutor:** Pamela Myles

### **Support for students and their learning**

University support for students and their learning falls into two categories. Learning support is provided by a wide array of services across the University, including: the University Library, the Careers, Placement and Experience Centre (CPEC), In-session English Support Programme, the Study Advice and Mathematics Support Centre teams, IT Services and the Student Access to Independent Learning (S@il) computer-based teaching and learning facilities. There are language laboratory facilities both for those students studying on a language degree and for those taking modules offered by the Institution-wide Language Programme. Student guidance and welfare support is provided by Personal Tutors, School Senior Tutors, the Students' Union, the Medical Practice and advisers in the Student Services Centre. The Student Services Centre is housed in the Carrington Building and offers advice on accommodation, careers, disability, finance, and wellbeing, academic issues (eg problems with module selection) and exam related queries. Students can get key information and guidance from the team of Helpdesk Advisers, or make an appointment with a specialist adviser; Student Services also offer drop-in sessions and runs workshops and seminars on a range of topics. For more information see [www.reading.ac.uk/student](http://www.reading.ac.uk/student)

### **Career prospects**

Graduates will have sought-after skills in that by completing the course, they will have demonstrated strong clinical skills and excellent patient outcomes for the treatment of depression and anxiety at Step 2. It is likely that these skills will be in much demand and will facilitate progression within their specific career structure, particularly given the Government investment in Improving Access to Psychological Therapies (IAPT).

### **Opportunities for study abroad or for placements**

The IAPT pathway consists of a taught component delivered via the University and also an active contribution to service delivery within the NHS. There are no opportunities for study abroad or alternative placements within the programme.

## Programme Outcomes

### Knowledge and Understanding

#### A. Knowledge and understanding of:

1. Engagement and assessment of people with common mental health problems
2. Treatment of people with common mental health problems
3. Issues relating to values, culture, policy and diversity for people with common mental health problems
4. Working within an employment, social and healthcare context.

#### Teaching/learning methods and strategies

Knowledge will be gained through a combination of lectures, seminars, discussion groups, guided reading, problem-based learning, clinical skills supervision sessions and independent study. Skills based competencies will be developed through a combination of self-reflection/self-practice, clinical simulation in small groups working intensively under close supervision with peer and tutor feedback and supervised practice through supervised direct contact with patients in the workplace.

#### Assessment

1-4 will be assessed by (i) role-play, (ii) reflective analysis (iii) in class tests, (iv) presentation (v) successful completion of Practice Outcomes.

### Skills and other attributes

#### B. Intellectual skills - able to:

1. Understand the difference between low and high intensity treatments for common mental health problems
2. Understand the scientific basis of the therapies that they are delivering
3. Understand how the interventions will vary according to relevant cultural issues, and issues relating to values and diversity
4. View the interventions in the wider context of health and social care.
5. To apply what they have learned to current patients

#### Teaching/learning methods and strategies

Knowledge will be gained through a combination of lectures, seminars, discussion groups, guided reading, problem-based learning, clinical skills supervision and independent study. Skills based competencies will be developed through a combination of self-reflection/self-practice, clinical simulation in small groups working intensively under close supervision with peer and tutor feedback and supervised practice through supervised direct contact with patients in the workplace.

#### Assessment

1-5 will be assessed by (i) role-play, (ii) reflective analysis (iii) In class test, (iv) presentation (v) successful completion of Practice Outcomes.

#### C. Practical skills - able to:

Psychological Wellbeing Practitioners will acquire a wide range of competencies described in the National Curriculum and also in the 'Job Description for Workers Providing Low-Intensity Interventions'. These competencies include the following:

- Engagement and assessment of people with common mental health problems (including an assessment of risk)
- Provision of support so that people can self-manage their recovery
- Facilitation of recovery and social inclusion - including return to work, meaningful activity or other occupational activities.

#### Teaching/learning methods and strategies

Knowledge will be gained through a combination of lectures, seminars, discussion groups, guided reading, problem-based learning, clinical skills supervision and independent study. Skills based competencies will be developed through a combination of self-reflection/self-practice, clinical simulation in small groups working intensively under close supervision with peer and tutor feedback and supervised practice through supervised direct contact with patients in the workplace.

#### Assessment

1-4 will be assessed by (i) role-play, (ii) reflective analysis (iii) in-class tests (iv) presentation (v) successful completion of Practice Outcomes.

#### **D. Transferable skills - able to:**

1. Communicate concisely
2. Give oral presentations of patients
3. Work with a group
4. Plan and implement an intervention/referral to appropriate sources
5. Solve practical problems
6. Use IT to write, to present information visually, to communicate, and to find information
7. Manage time
8. Condense complex orally delivered information

#### **Teaching/learning methods and strategies**

Knowledge will be gained through a combination of lectures, seminars, discussion groups, guided reading, problem-based learning and independent study. Skills based competencies will be developed through a combination of self-reflection/self-practice, clinical simulation in small groups working intensively under close supervision with peer and tutor feedback and supervised practice through supervised direct contact with patients in the workplace.

#### *Assessment*

1, 2, 4, 6 and 8 are formally assessed as coursework. An adequate standard in 3, 5 and 7 is required to pass the programme.

**Please note - This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the learning outcomes, content and teaching, learning and assessment methods of each module can be found in the module description and in the programme handbook. The University reserves the right to modify this specification in unforeseen circumstances, or where the process of academic development and feedback from students, quality assurance process or external sources, such as professional bodies, requires a change to be made. In such circumstances, a revised specification will be issued.**