

Ad Hoc Professional Development in Evidence-Based Psychological Treatments For students entering in 2017/8

Awarding Institution:	University of Reading
Teaching Institution:	University of Reading
Relevant QAA subject Benchmarking group(s):	N/A
Programme length:	4 years
Date of specification:	15/Mar/2018
Programme Director:	Dr Hannah Whitney Ms Pam Myles
Board of Studies:	
Accreditation:	This programme may contribute towards individual accreditation with the British Association for Behavioural and Cognitive Psychotherapies (BABCP)

Summary of programme aims

This programme provides flexible professional development training in evidence-based psychological treatment. Students may accumulate credits over time in accordance with their needs (e.g., to supplement their expertise for accreditation purposes) and the requirements of their employment. Students who pass certain combinations of modules will be eligible for the award of a postgraduate Certificate or Diploma qualification, but this is optional: any combination of modules may be taken that suits the student's aims, as long as either the APEL or Introductory module are passed with a mark of at least 50%.

The aims of this programme are (1) to train clinicians in evidence-based psychological treatments as recommended by the National Institute for Health and Care Excellence (NICE), and (2) to train clinicians so that they optimise outcomes for their patients. Students are introduced to topics of relevance to evidence-based psychological theories and treatments, with an emphasis on current research data.

Transferable skills

During the course of their studies at Reading, all students will be expected to enhance their academic and personal transferable skills in line with the University's Strategy for Learning and Teaching. In following this programme, students will have had the opportunity to develop such skills, in particular relating to communication, interpersonal skills, learning skills, numeracy / measurement, self-management, use of IT, and problem-solving, and will have been encouraged to further develop and enhance the full set of skills through a variety of opportunities available outside the curriculum.

The transferable skills will depend on the number and type of modules selected by the students. However, it is anticipated that the following transferable skills will have been obtained:

- Ability to use database/library resources
- Ability to evaluate interventions
- Writing skills: writing of papers, abstraction of others' work from written and oral material
- Working to a defined level of competency in the treatment of common mental health problems in children and adolescents
- Working within a team to provide constructive criticism around difficult clinical issues

Programme content

<i>Code</i>	<i>Module title</i>	<i>Credits</i>	<i>Level</i>
<i>Either</i>			
PYMIN1	Introduction to CBT and evidence-based psychological treatments	20	7
<i>Or</i>			
PYMIN3	Introduction to CBT and evidence-based psychological treatments (AP(E)L route)	20	7
<i>AND any combination of the following modules over the 4 year period. Not all modules are guaranteed to run every year.</i>			
PYMTM1	Treatments and models 1	20	7
PYMTM2	Treatments and models 2	20	7
PYMTM3	Treatments and models 3	20	7
PYMCT1	Focused Clinical Training and Supervision: Basic Level	20	7

PYMCT2 Focused Clinical Training and Supervision: Complex problems and Dissemination	20	7
PYMBWT Foundation skills for working with trauma and PTSD	20	7
PYMAWT Advanced Skills for Working with Trauma and PTSD	20	7

Part-time or modular arrangements

This will be run as a part-time course.

Progression requirements

PYMIN1 or PYMIN3 must be completed and passed (at 50%) prior to credits being awarded for other modules. Students will normally register in the first instance for an ad hoc programme. They will transfer to the specific postgraduate programme (Certificate or Diploma) at the point at which they register for module(s) which would give them sufficient credits to attain that qualification.

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

A student who accepts the award of Postgraduate Certificate may be permitted to return to the University at a later date in order to complete further credits to qualify for a higher award (Postgraduate Diploma). In this case, students must return their original qualification to the University, and must complete the further credits within a timeframe so that the entire period of registration for the award does not exceed the maximum period indicated above.

A student who fails a module at the second attempt may be permitted to substitute another module in its place, subject to the approval of the Programme Director. A student who fails more than one module at the second attempt will not be permitted to take further modules, and will be required to leave the programme.

Summary of Teaching and Assessment

Teaching will use didactic materials, video and role-play illustrations of key therapeutic techniques and experiential learning.

Assessments will vary depending on which modules are taken, but may include: in-class tests, essays, case reports, ratings of video recordings of therapy sessions and case presentations.

All students will be awarded Certificates of Completion for any modules passed. Students who pass modules totalling 60 credits at level 7 may be considered for the award of Postgraduate Certificate; students who pass modules totalling 120 credits at level 7 may be considered for the award of Postgraduate Diploma.

To qualify for the award of Postgraduate Diploma or 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. Within each module, every skills-based assessment must be passed with a mark of 50 or more, and every written academic assessment must be passed with a mark of 50 or more. Any autofails on skills-based assessments will be marked as 0. In addition, in order to pass, students must have attended 80% of the teaching days in each module of the programme.

The Postgraduate Certificate is awarded on a Pass/Fail basis only.

If further criteria are met as specified in the University's *Marking Criteria and Classification Framework for Taught Postgraduate Programmes*, the Diploma may be awarded with Merit or Distinction.

The University's taught postgraduate marks classification is as follows:

Mark Interpretation

70 - 100% Distinction

60 - 69% Merit

50 - 59% Good standard (Pass)

Failing categories:

40 - 49% Work below threshold standard

0 - 39% Unsatisfactory Work

Further information on the classification conventions, including borderline criteria, is available at

<http://www.reading.ac.uk/web/FILES/exams/PGclassification-post-2008.pdf>

Admission requirements

Entrants to this programme are normally required to have obtained an Honours degree in a discipline connected to mental health (e.g., psychology, neuroscience, nursing) and a further mental health qualification (e.g., in clinical psychology). Applicants without these qualifications will be required to pass a preliminary standardised 'Knowledge and Skills' assessment. All applicants should have gained a degree class equivalent of 2(1) or better (i.e., 60%+ [or international equivalent, e.g. B+ US letter grade]). Applicants holding 2(2) degrees may

apply and each case will be considered on its own merits. We discourage applications from holders of Third Class degrees. Applicants whose academic qualifications do not meet these formal standards but who have substantial clinical experience will be considered on an individual basis.

Admissions Tutor: Dr Katherine Simons

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, In-session English Support Programme, the Study Advice and Mathematics Support teams and IT Services. 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 the Support Centres. If a student has a general enquiry and is unsure where to seek help, they should visit their Support Centre. There are five Support Centres across the University, including one based at the London Road Campus. The Support Centre will be able to advise on matters such as extenuating circumstances, module selection, suspensions, withdrawals, timetable queries and transferring programme. The Support Centre will also be able to signpost students to Carrington building where other University services related to disability, financial support, counselling and wellbeing, accommodation and careers can be found. More information on what student services are available can be found here: <http://student.reading.ac.uk/essentials>.

Career prospects

Graduates will have sought-after skills in that by completing the training, they will have demonstrated strong clinical skills and knowledge (depending on modules chosen). It is likely that these skills will be in much demand and will facilitate progression within their specific career structure.

Opportunities for study abroad or for placements

The University will attempt to facilitate the opportunity for a placement if required, but offers no guarantees. There are no opportunities for study abroad or alternative placements within this programme.

Programme Outcomes

Knowledge and Understanding

A. Knowledge and understanding of:

1. CBT and the importance that it occupies in the provision of therapeutic services.
2. The role of the National Institute of Health and Clinical Excellence.
3. Applicability of cognitive behavioural theory and therapy to different populations i.e., older people and those with physical health problems.
4. Key therapeutic strategies such as the use of personalised formulation, thought diaries, activity scheduling and behavioural experiments.
5. The interface between research, clinical practice and the policies endorsed by the National Health Service.
6. Evidence-based protocols for treating and supervising the treatment of psychological disorders

Teaching/learning methods and strategies

Methods include lectures, group discussions and small group work. The methods are further supported by practical experience, including supervision. 'Homework assignments' also facilitate learning e.g., producing a cognitive behavioural formulation for a patient, keeping personal thought records and to design and implement behavioural experiments.

Assessment

1-6 will be formally assessed by in-class tests or coursework (variable depending on modules chosen). The precise assessment will depend on the module.

Skills and other attributes

B. Intellectual skills - *able to*:

1. Critically evaluate CBT and understand the resultant level of recommendation by the National Institute for Health and Care Excellence
2. Identify leading psychological treatments for specific disorders
3. Constructively discuss and appraise the clinical work of themselves and others presented in small discussion groups
4. Understand advanced evidence-based psychological theories.
5. Use advanced evidence-based psychological treatments in their own clinical setting
6. Apply what they have learned to current patients

C. Practical skills - *able to*:

1. Use thought records to identify personal difficulties and design ways to overcome these
2. Conduct personalised formulations and behavioural experiments, and to use thought records when appropriate
3. Implement a protocol-driven evidence-based psychological treatment under constraints (e.g., with older people.)
4. Constructively discuss and appraise the clinical work of themselves and others presented in small discussion groups
5. Deliver CBT to a high level of competency
6. Acquire the specific competencies described for the effective delivery of CBT.

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.
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
9. Give constructive feedback

Teaching/learning methods and strategies

Lectures/small group work; audio and video-tape; role-play exercises and discussion; 'homework assignments' to produce a cognitive behavioural formulation for a patient, to keep personal thought records and to design and implement behavioural experiments; case material preparation and presentation.

Assessment

1-6 will be formally assessed by in-class tests or coursework (variable depending on modules chosen). The precise assessment will depend on the module.

Teaching/learning methods and strategies

Direct discussion of theoretical material relevant to patients within supervision context; clinical placements; 'homework'; to plan intervention for next therapy session, seminars. Details of supervised clinical practice and case mix will be recorded in a training log. Supervision. Workshops/small group work; audio and video-tape; role-play exercises and discussion; 'homework' case material preparation and presentation.

Assessment

1-6 will be assessed by (i) case reports (ii) Formal assessment of assessment and treatment sessions with patients, (iii) ability to reflect on those sessions, (iv) exams (v) essays (vi) presentation. The precise assessment will depend on the module.

Teaching/learning methods and strategies

Transferable skills are integrated in subject based teaching. 1 is learned, with formative Feedback and other written assignments. 2 is included in supervision sessions. 3 is part of all of the compulsory workshops. 4 and 5 are emphasized throughout the course and are necessary to obtain good patient outcomes. Similarly 6, 7 and 8 pervade all aspects of the course. 9 is supported by formative feedback on case presentations written up by the student.

Assessment

1, 2, 4, 6 and 8 are formally assessed as coursework. An adequate standard in 3, 5, 7, and 9 is required to pass the course.

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.