

Programme Specification

PG Certificate in Evidence-Based Psychological Treatments (part-time) PPTEVBPSYTC

For students entering in 2021/22

This document sets out key information about your Programme and forms part of your Terms and Conditions with the University of Reading.

Awarding Institution	University of Reading
Teaching Institution	University of Reading
Length of Programme	PG Certificate in Evidence-Based Psychological Treatments (part-time) - 1 years
Accreditation	Attendance at this programme can count towards individual accreditation by the British Association for Behavioural and Cognitive Psychotherapies (BABCP) as all tutors are BABCP accredited.
Programme Start Dates	March

Programme information and content

PG Cert in Evidence-Based Psychological Treatments is a part-time programme with the overarching aim of introducing students to the theory and practice of evidence-based cognitive-behavioural therapy (CBT). It is often used as an introductory programme for those students who want to pursue a clinical training programme in the future. This programme is non-clinical as whilst the topics are clinical, there is no practical skills component to the coursework and so clinical competence is not assessed.

By the end of the programme, students will:

- Have developed a robust knowledge base of theory and research in CBT, to promote a critical approach to the subject.
- Be able to describe core tenets of evidence-based psychological treatment and the application of cognitive behaviour therapy, a leading psychological treatment.

Have a greater understanding of careers and services which involve the delivery of CBT to clinical populations across the lifespan.

Module information

The programme comprises of 60 credits, allocated across a range of compulsory and optional modules. Compulsory modules are listed.

Compulsory modules

Module	Name	Credits	Level
PYMAXY	Treatments and Models of Anxiety	20	M
PYMDPN	Treatments and Models of Depression	20	M

Students must select either:

Module	Name	Credits	Level
PYMICT	Introduction to CBT and evidence-based psychological treatment	20	7
Or			
PYMINT	Introduction to CBT and evidence-based psychological treatment (RP(E)L route)	20	7

Part-time or flexible modular arrangements

Programme must be undertaken part-time. Students have a maximum of three years in which to complete credits to qualify for the award of Postgraduate Certificate.

Additional costs of the programme

N/A

Optional modules

N/A

Placement opportunities

N/A

Study abroad opportunities

N/A

Teaching and learning delivery

Students on this programme will be provided with the best possible curricular delivery and personal development opportunities through a mixture of modular teaching and work-based learning. Students will receive scheduled and self-scheduled teaching and learning activities at the forefront of the discipline, informed by current practice, scholarship, and research, and will work with other students to develop their knowledge through a variety of interactive in-lecture activities.

The Charlie Waller Institute (CWI)'s equality, diversity and inclusion working group are supporting all programmes in de-colonising the curricula work (e.g., including teaching regarding the historic and ongoing oppression faced by minority groups within mental health care), diversifying the teaching materials (e.g., videos of clinical skills illustrated using diverse practitioners as well as diverse clients), and ensuring accessibility is prioritised.

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

Teaching is strongly tied to current research and modern clinical practice. Academics teaching on this programme are experienced in their discipline and all currently practise in clinical settings to maintain their own accreditation status. The aim is to provide students

with the ability to critique CBT literature, particularly with regards to how it applies to their own caseloads, and to develop comprehensive high-quality clinical skills.

Total study hours for this programme will be 1200 hours. An average for a typical set of modules on this programme is approximately 650 hours. In addition to the scheduled contact hours, students will be expected to undertake guided independent study. Information about module contact hours and the amount of independent study which a student is normally expected to undertake for a module is indicated in the relevant module description.

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Assessment

Assessments will be by a variety of methods, including: a) in-class tests and b) essays.

Progression

Part-time and modular progression requirements

INT or ICT are pre-requisite for AXY/DPN.

Classification

The Postgraduate Certificate is awarded at Pass or Fail.

Assessment marks are classified in accordance with the University's taught postgraduate marks classification:

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

For PG Certificate

To qualify for a **Postgraduate Certificate**, students must

- i. gain an overall average of 50 or more over 60 credits; and
- ii. students must not have any mark below 50.

Within each module, every skills-based assessment must be passed with a mark of 50% or more.

For further information about your Programme please refer to the Programme Handbook and the relevant module descriptions, which are available at <http://www.reading.ac.uk/module/>. The Programme Handbook and the relevant module descriptions do not form part of your Terms and Conditions with the University of Reading.

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20 February 2023

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