

Programme Specification

PGDip Evidence-Based Psychological Treatment (High Intensity) (full-time) PFTZEBPTHIHD

For students entering in 2027/28

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	PGDip Evidence-Based Psychological Treatment (High Intensity) (full-time) - 12 months
Accreditation	British Association for Behavioural and Cognitive Psychotherapies (BABCP) - Level 2
Programme Start Dates	September and March (full-time); September (part-time)
QAA Subject Benchmarking Group	N/A

Programme information and content

This programme has the overarching aim of introducing you to the theory and practice of collaboratively delivering evidence-based, high-intensity cognitive behavioural therapy (HI CBT). It is expected that you will be employed within partnership services (mainly NHS but also some voluntary sector/local authority) and be training to provide HI CBT assessment, formulation and intervention to individuals experiencing common mental health difficulties. Most students are funded by NHS England (NHSE), though some are funded through their employer direct or self-funded with self-arranged placements. Throughout the programme, you will be working within your respective employing/placement services, delivering CBT.

The aims of this programme are closely tied to the aims of the Government's programme to expand the Talking Therapies delivery (previously known as 'Improving Access to Psychological Therapies' (IAPT) scheme). The overall aim of this national programme is to up-skill the Talking Therapies workforce, so as to maximise their efficiency and effectiveness, and ensure that their outcomes are measurable.

This programme follows a well-specified national NHSE curriculum. As our delivery of the curriculum also meets the high-quality minimum training standards for the BABCP level II award, University of Reading graduates from this programme will be highly employable as BABCP-accredited cognitive behavioural therapists.

The programme is available as a full-time route (12 months) or a part-time route (24 months). NHS England funded Trainees within the full-time route will be employed by their NHS service for 1.0 FTE (includes course attendance). Part-time trainees will be employed at 0.7 - 0.8 FTE (includes course attendance).

Programme Learning Outcomes

-PGDip Evidence-Based Psychological Treatment (High Intensity) (full-time)

During the course of the Programme, you will have the opportunity to develop a range of skills, knowledge and attributes (known as learning outcomes) For this programme, these are:

LEARNING OUTCOMES

1	Demonstrate skills in working with cultural humility, working with difference through curiosity and openness to varying lived experiences.
2	Engage effectively with individuals with a range of mental health difficulties. This involves cultural humility and anti-discriminatory practice, working with difference through curiosity and openness to varying lived experiences.
3	Demonstrate clinical skills in assessing individuals presenting with anxiety disorders, obsessive compulsive disorder, post-traumatic stress disorder and depression
4	Collaboratively develop and deliver formulations, treatment plans and interventions for individuals with anxiety disorders, obsessive compulsive disorder and post-traumatic stress disorder and depression
5	Reflect on therapy experiences using reflective practice models, supervision and routine outcome measures
6	Demonstrate robust knowledge of the evidence-based theory and research in CBT, to promote a critical approach to the subject and how the knowledge base is applied
7	Meet the minimum training standards for BABCP accreditation
8	Demonstrate effective and context sensitive written and spoken communication skills in communicating information, advice, instruction and professional opinion to service users, their relatives and carers, colleagues and others.

You will be expected to engage in learning activities to achieve these Programme learning outcomes. Assessment of your modules will reflect these learning outcomes and test how far you have met the requirements for your degree.

To pass the Programme, you will be required to meet the progression or accreditation and award criteria set out below.

Module information

The programme comprises 120 credits, allocated across a range of compulsory and optional modules as shown below. Compulsory modules are listed.

Compulsory modules

Module	Name	Credits	Level
PYMANX	Theory and Practice for Anxiety Disorders	40	M
PYMDEP	Theory and Practice for Depression	40	M
PYMFUN	Fundamentals of Evidence-Based Treatments (CBT)	40	M

Part-time or flexible modular arrangements

The part-time route involves students working at 0.7 - 0.8 FTE rather than full time. Module completion is planned as follows:

Year 1: PYMFUN Module including all assignments is completed. Within teaching content, student attend up to 80% of the teaching hours for PYMANX and PYMDEP. All PYMFUN assignments are also completed within this year.

Year 2: PYMANX and PYMDEP teaching is completed. The remaining PYMANX assignments (Presentation, Extended Case Report and Recording) and PYMDEP assignments are completed (Extended Case Report and Recording and Portfolio). The majority of clinical hours are completed within this year.

This will run alongside the full-time course (and span two full time HI cohorts, running up to a 24-month period) to allow for the part time route to be viable.

For NHSE funded students, this is typically a 1-year programme and these students may have contractual arrangements with their employer that mean programme requirements must be met within this timeframe (students should check with their employing services).

For students not funded by NHSE, extensions to coursework can be arranged to facilitate more time to accrue the necessary clinical hours.

Placement opportunities

The programme consists of a taught component delivered via the University and also an active contribution to service delivery within Talking Therapies services. There are no opportunities for study abroad or alternative placements within the programme. NHSE funded students must be employed within a CWI partnering service for the duration of the workplace-based learning of the programme; these students may change employers during the programme but to continue the programme, the new employer must also be a partnering service in support of the student continuing their studies and their new role must also involve appropriate clinical work.

For students not funded by NHSE, they are responsible for arranging their own placements which must meet the programme requirements with regards to clinical and information governance (details provided/evidenced in a 3-way meeting with the programme director, the student and their clinical supervisor/line manager, which is arranged after successful interview).

Study abroad opportunities

N/A

Optional modules

There are no optional modules.

Teaching and learning delivery

You will be provided with a mixture of modular teaching and work-based learning. You 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 your knowledge through a variety of on-campus and work-based activities.

The CWI is committed to maintaining and promoting diversity in its curriculum (e.g., including teaching regarding the historic and ongoing oppression faced by minority groups

within mental health care) and teaching materials (e.g., videos of clinical skills illustrated using diverse practitioners as well as diverse clients). We also work hard to ensure accessibility for students is prioritised.

As part of coursework assessment, students are required to bring recordings of their practice for review within group supervision sessions and students are encouraged to develop their feedback skills through evaluating one another's practice.

Elements of your programme will be delivered via digital technology (in line with BABCP guidelines it will be no more than 50%). Based on student feedback, clinical training literature, and our NHS/NHSE stakeholders, most of the face-to-face delivery will occur early on in the programme.

The scheduled teaching and learning activity hours and amount of technology enhanced learning activity for your programme will depend upon your module combination. In addition, you will undertake some self-scheduled teaching and learning activities, designed by and/or involving staff, which give some flexibility for you to choose when to complete them. You will also be expected to undertake guided independent study. Information about module study hours including 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.

Accreditation details

This programme is accredited by the British Association for Behavioural and Cognitive Psychotherapy (BABCP) at Level 2.

Assessment

Assessments will be by a variety of methods, including: (a) formative tapes of therapy sessions, rated by student and supervisor; (b) summative therapy tapes rated by markers and self-rated by students; (c) students' written reflective analyses of therapy skills; (d) written assignments on literature and on case studies, (e) case presentations, (f) and the completion of an accreditation portfolio marked by programme team members. Further information is contained in the individual module descriptions.

On the programme, students have the right to resubmit all coursework on one occasion (with marks capped at the pass mark for classification purposes). However, as this is a clinical programme and assessments involve real patients/clients, there is a programme limit of two pieces of coursework that can be granted 'third attempts' (known as alternative assessments) in exceptional circumstances. As a clinical programme, the University has expectations from students' employing organisations, NHSE, and professional accrediting bodies to ensure clinical competence standards are met. If there are exceptional circumstances which are likely to affect the student across a number of assessments, they are able to suspend studies, for a cumulative maximum of 2 years, in accordance with the University suspension policy.

Progression
Part-time and modular progression requirements
N/A

For Postgraduate Diploma
The following conditions must be satisfied for the award of a Postgraduate Diploma Evidence-Based Psychological Treatment (High Intensity): i. an overall weighted average of 50% or more over 120 credits ii. Within each module: • every summative assessment must be passed with a mark of 50% or more (any 'auto-fails' on skills-based assessments will cause the assessment to be marked as 0 and will mean a failure of the assessment); and • all portfolio assignments must be passed (marked as Pass/Fail and includes a requirement for students to have attended at least 80% of the teaching days in each module). Please note: For NHSE funded students, completion of studies is dependent on employment within an NHS commissioned partnering service. Students must successfully pass all modules of the training programme and no alternative exit award is available, as this programme is nationally recognised by NHSE. For all students, the programme completion is dependent on access to a clinical caseload and appropriate supervision. Therefore, a student's studies may be terminated if they are no longer working in an appropriate service and no longer have access to a clinical caseload or access to BABCP accredited supervision. In addition to the threshold conditions for the award of a Postgraduate Diploma, the following further conditions must be satisfied for a classification of Distinction or Merit: Distinction An overall weighted average of 70% or more over 120 credits OR an overall weighted average of 68% or more over 120 credits and marks of 70% in at least 60 credits. AND No marks below 40%.

Merit

An overall weighted average of 60% or more over 120 credits

OR

an overall average of 58% or more over 120 credits and marks of 60% in at least 60 credits.

AND

No marks below 40%.

Details of the classification method is given in detail in the [Assessment Handbook](#) under:

- Section 19: Awards: Postgraduate Master's, Postgraduate Diploma, Postgraduate Certificate

Please note that there may be a specific version for your year of entry.

Additional costs of the programme

NHSE funded students are not expected to meet programmes costs; these would typically be covered by the student's employer; however, this detail will be outlined by students' employers.

For students not funded by NHSE, students may be required to cover their own travel expenses, recording equipment and/or protocol resources; however, this detail will be outlined in individual students' employment contracts.

Costs are indicative and may vary according to optional modules chosen and are subject to inflation and other price fluctuations. Estimates were calculated in 2026.

Students may consider purchasing a laptop to help support their learning. Information on recommended device specifications can be found on the [DTS Student Hub](#).

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.

PGDip Evidence-Based Psychological Treatment (High Intensity) (full-time) for students entering in session 2027/28

7 August 2026

© The University of Reading 2026