

Programme Specification

PGCert Psychological Wellbeing Practitioner Training (full-time) PFTZPWPTL7HC

PGCert Psychological Wellbeing Practitioner Training (part-time) PPTZPWPTL7HC

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	PGCert Psychological Wellbeing Practitioner Training (full-time) - 12 months PGCert Psychological Wellbeing Practitioner Training (part-time) - 18 months
Accreditation	The course is accredited by the British Psychological Society (BPS) and completion of the training means graduates are eligible for individual registration as Psychological Wellbeing Practitioners (PWPs) with the BPS and the British Association of Behavioural and Cognitive Psychotherapies (BABCP)
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 providing you with training in the theory and practice of evidence-based, Low-Intensity Cognitive Behavioural Therapy (LICBT) with adults. You will be expected to be employed within partnership services (mainly NHS but also some voluntary sector/local authority) and will be trained to provide LI CBT assessments and interventions to individuals experiencing common mental health difficulties. Most students are funded by NHS England (NHSE), though some are self-funded with self-arranged placements.

The aims of this programme are closely tied to the aims of the Government's plan to expand the 'Improving Access to Psychological Therapies' (IAPT) scheme, now named Talking Therapies. 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 NHS England national curriculum and graduates from this programme will be highly employable as Qualified Psychological Wellbeing Practitioners (PWP). Across the programme, through supervised clinical work within your employing service, you will develop your LI CBT practice, learn to reflect on these experiences using standardised assessment measures, and will develop your skills in

implementing the protocols taught within the programme.

This programme is available as a full-time route (12 months) or a part-time route (18 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 0.6 FTE (includes course attendance).

Programme Learning Outcomes

-PGCert Psychological Wellbeing Practitioner Training (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 knowledge of, and competence in recognising patterns of symptoms consistent with diagnostic categories of mental disorders to correctly identify presenting problems.
2	Demonstrate knowledge of, and competence in 'patient-centred' interviewing, including the use of common factor skills, appropriate risk assessment, and standardised outcome measures.
3	Demonstrate in-depth understanding of, and competence in, a range of low-intensity, evidence-based guided self-help psychological interventions to a defined standard of competency (detailed in the national curricula).
4	Demonstrate knowledge of, and competence in, responding to people's needs sensitively with regard to all aspects of diversity.
5	Meet the minimum training standards for BPS/BABCP registration as a Psychological Wellbeing Practitioner

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 60 credits, allocated across a range of compulsory and optional modules as shown below. Compulsory modules are listed.

Compulsory modules

Module	Name	Credits	Level
PYMEAA	Engagement and Assessment of Common Mental Health Problems	20	M
PYMTRT	Evidence-Based Low Intensity Treatment of Common Mental Health Problems	20	M
PYMVEC	Values, Employment and Context	20	M

Part-time or flexible modular arrangements

The part-time route involves students working at 0.6 FTE rather than full time. This will run alongside the full-time course (and span two full time PWP cohorts, running up to a 18-month period) to allow for the part time route to be viable.

In Year 1, part-time students focus primarily on the teaching content for Modules 1, 2 and 3, as well as submitting Module 1 assignments.. In Year 2, students will focus on clinical work within their service placement, which will provide them with the experiences needed to submit their Module 2 and Module 3 assignments. The final portfolio will be the last piece to be submitted, which will evidence their Clinical Practice Outcomes (CPOs).

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 on the part-time route, contractual arrangements will extend beyond 1-year. 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 the NHS. 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 in order to continue the programme, the new employer must also be a partnering service in support of the student continuing their training 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.

Elements of your programme will be delivered via digital technology (in line with BPS/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

The course is accredited by the British Psychological Society (BPS) and completion of the training means graduates are eligible for individual registration as Psychological Wellbeing Practitioners (PWP) with the BPS and the British Association of Behavioural and Cognitive Psychotherapies (BABCP).

Assessment

Assessment will include recordings of clinical work, a presentation, reflective written pieces on clinical work, a short essay, and a practice outcomes portfolio. 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, NHS England, 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

Classification

The Postgraduate Certificate is awarded at Pass or Fail.

Marks for individual assessments are interpreted 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 Postgraduate Certificate

The following conditions must be satisfied for the award of a Postgraduate Certificate:

- i. gain an overall average of 50% or more over 60 credits at level 7; and
- ii. have no Significant Weakness.

Significant Weakness

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 cannot leave with an alternative exit award 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 appropriate supervision.

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.

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7 August 2026

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