

Programme Specification

PGDip Senior Wellbeing Practitioner Training (part-time)

PPTZSWELL7HD

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 Senior Wellbeing Practitioner Training (part-time) - 2 years
Accreditation	N/A
Programme Start Dates	Semester 2
QAA Subject Benchmarking Group	N/A

Programme information and content

This two-year part-time programme has the overarching aim of introducing students to the theory and practice of evidence-based clinical supervision, and to support the enhancement of their low-intensity cognitive behavioural therapy (CBT) skills, particularly when working with clients with autism and learning disabilities. The programme aims to develop evidence-based clinical supervision skills and widen the clinical presentations that students can work with within low-intensity CBT practice. Students are employed within partnership services, primarily the NHS, and train to deliver Low Intensity supervision and enhanced clinical practice in Child and Adolescent Mental Health Services.

Throughout the programme, students will be working within their respective employing services, delivering supervision and clinical work. It is expected that by the end of the programme, students will be able to apply their knowledge of evidence-based supervision and enhanced low-intensity skills and demonstrate both in their practice.

Programme Learning Outcomes

-PGDip Senior Wellbeing Practitioner Training (part-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	Critically evaluate theory, research and implementation literature underpinning the supervision of low-intensity CBT practitioners.
2	Explain the core principles underpinning the Children and Young People's Mental Health (CYP MH) agenda and the relevance of these to supervision.
3	Demonstrate skills in cultural humility, and openness to diverse lived experiences.
4	Demonstrate competence in evidence-based supervision aligned with relevant national curricula.

5	Demonstrate skills in delivering low-intensity cognitive behavioural therapy with clients experiencing OCD and Tics / Tourette's.
6	Demonstrate competency in recognising, supporting, signposting, and delivering support for clients who have experienced trauma, are engaging in self-harm behaviour, or have school anxiety.
7	Demonstrate skills in adapting low-intensity cognitive behavioural therapy for autistic clients and clients with learning disabilities and their parents/carers.

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
PYMALI	Adapting Low-intensity Practice	20	M
PYMEME	Enhanced Practice in Early Intervention	40	M
PYMSOS	Supervisor Training for Children and Young People's IAPT II	40	M
PYMSUT	Supervisor Training for Children and Young People's IAPT I	20	M

Part-time or flexible modular arrangements

N/A

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. NHS England 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 and their new role must also involve appropriate supervisory and clinical work.

Study abroad opportunities

N/A

Optional modules
N/A

Teaching and learning delivery
Teaching is delivered through a combination of university-based teaching, digital learning, and work-based clinical practice. Teaching is research-informed and delivered by clinically active staff. Elements of your programme will be delivered via digital technology. In addition, you will undertake some self-scheduled teaching and learning activities. 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. As with all clinical training programmes in CWI, as part of coursework assessment, students are required to bring recordings of their practice for review within group supervision (of supervision) sessions and students are encouraged to develop their feedback skills through evaluating one another's practice. Work-based learning will comprise experience of applying evidence-based supervision principles within their supervisory practice. The programme supports graduates in their further career progression within NHS, local authority and voluntary sectors. Elements of your programme will be delivered via digital technology. 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
N/A

Assessment
Assessment methods include written pieces, clinical recordings, reflective work and portfolio, aligned with current national curricula. On the programme, students have the right to resubmit all coursework on one occasion (with marks capped at the pass mark). However, there is a programme limit of two pieces of coursework that could be granted 'alternative assessments in exceptional circumstances. As a clinical programme, the University has expectations from students' employing organisations, NHS commissioning bodies, and professional accrediting bodies to ensure clinical competence standards are met.

Progression
N/A

Classification
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 For Postgraduate Diploma The following conditions must be satisfied for the award of a Postgraduate Diploma: Award of a Postgraduate Diploma (i) an overall weighted average of 50% or more over 120 credits (ii) a mark of 50% or more in at least 80 credits (iii) no credits with a mark below 40% 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%. Within each module, every summative assessment must be passed with a mark of 50% or more and all portfolio assignments passed (marked as a Pass/Fail). Any auto-fails on skills-

based assessments will mean a mark of 0 and a failure of the assessment even if the total mark is over 50%. In addition, in order to pass, students must have attended 80% of the teaching days in each module of the programme.

For NHS funded students, completion of studies is dependent on employment within an NHS commissioned partnering service.

Students who successfully complete PYMSOS and PYMSUT may be eligible for the award of PGCert Evidence-based Supervision if they leave the University before completion of this PGDip Programme (please see the programme specification for that programme for details of award requirements).

For all students, the programme completion is dependent on access to appropriate supervisees, supervision and a low-intensity suitable clinical caseload. Therefore, a student's studies may be terminated if they are no longer working in an appropriate service and no longer have access to the above.

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

A range of resources to support your curriculum, including textbooks and electronic resources, are available through the library. Printing and photocopying facilities are available on campus at a cost of £0.05 per page.

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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30 July 2026

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