

# MSc Cognitive Behavioural Psychotherapies

## Why choose this course:

The University of Bolton MSc Cognitive Behavioural Psychotherapies provides you with a unique opportunity to:

- Expand your knowledge through specialising on your chosen area within CBT;
- Acquire skills through supervised practice by tutors and supervisors experienced in psychology and CBT;
- Enjoy full support as you conduct high quality research;
- Be encouraged to highlight the links between your research and clinical practice and publish your findings;
- Equip yourself with the knowledge and skills needed for further PhD study or an academic career;
- Benefit from a small-group, learner-centered, supportive learning environment responsive to individual needs and expectations.

## What you will learn:

Upon completion of the MSc Cognitive Behavioural Psychotherapies students will have:

- Developed critical knowledge and understanding of the theory and practice in CBT and research literature relating to CBT;
- Acquired practical competency in CBT for common psychiatric disorders such as depression and anxiety;
- Developed therapeutic competence and have completed 200 hours of supervised practice in CBT;
- The ability to design research and employ research methods; and
- The knowledge and skills to carry out, analyse and report an original empirically based research study.

## What you will study:

- Psychological Principles of Cognitive Behavioural Therapy
- Professional Practice, Skills and Attitudes
- Applications of CBT 1; CBT2; CBT3
- Supervised Practice 1 and Practice Portfolio Preparation
- Supervised Practice 2; Supervised Practice 3
- Principles and Concepts in Research Design
- Dissertation

## What career opportunities:

The course is designed to enhance practice and facilitate employment and career progression in psychology and therapy, research and teaching, the helping or health professions, social work, education, private practice and management roles where working with people is the prime focus.

## At a Glance:

**Award:** MSc

**Duration:** 24 months Part-Time

**Start date(s):** January

**Entry requirements:** A good honours degree, or equivalent, in psychology or a related area. Graduates from other disciplines are welcome to apply.

A good standard of English (IELTS 6.5 or a recognized equivalent).

An interview is required to consider applicants suitably.

**Assessment:** Modules are assessed through essays, evaluative reviews, case reports, process reports, therapy tape rating, practical reports, presentations, research proposal and a Dissertation.

**Application Procedure:** The Admissions Team is available to help with questions about application to the University of Bolton, fees, and financial assistance, as well as to arrange a meeting with the Academic Programme Leader.



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## Module Indicative Content

### **Psychological Principles of Cognitive Behavioural Therapy:**

This module aims to provide the opportunity to review and enhance knowledge of psychological theories underpinning CBT and explore different strategies and techniques derived from these theories.

### **Professional Practice, Skills and Attitudes**

This module aims to allow discussion and development of professional skills and attitudes; promote a well-developed understanding of professional and ethical issues; provide students with a range of techniques for working with clients; enhance participants' ability to provide professional, ethical and skilled practice; and promote effective delivery of treatment interventions.

### **Supervised Practice 1, 2, 3 and Practice Portfolio Preparation**

These modules aim to prepare students for placement; assist students in finding and completing placement; enable them to apply theoretical learning with modifications reflecting clinical research findings and practice demands; develop competence via supervised practice using a CBT model; fulfill requirements for the practice portfolio; explore issues of value, attitude and belief in relation to self and clients and common mental health problems; consider the application of CBT strategies within our own lives; and promote effective delivery of treatment interventions.

### **Applications of CBT 1; CBT2; CBT3**

These modules aim to provide the necessary knowledge and skills for treatment for: CBT1: depression (adults and children), panic disorder, anxiety and children, specific phobia, generalized anxiety disorder, and anger AND in CBT2: hopelessness, suicidal ideation, self-harm, shame, guilt, self-attacking, anxiety, perfectionism, problems of self-esteem and PTSD; AND CBT3: OCD, Health Anxiety, Chronic Fatigue Syndrome, Body Dysmorphic Disorder, Loss and Bereavement and PTSD; explore CBT models for the above; promote the acquisition of specific behavioural and cognitive techniques and the understanding of how and when to use these in the treatment of the above; and promote effective delivery of treatment interventions.

### **Principles and Concepts in Research Design**

This module provides students with a working knowledge of the principles and practice of research design within the social sciences so that they are equipped to plan and undertake independent research at an advanced level.

### **Dissertation**

The Dissertation for the MSc CBT must be in an area relevant to the subject area of CBT and it normally consists of a study in a clearly defined area involving both a theoretical and an empirical component. The maximum length for the dissertation is 10,000 words in the main text (excluding references and appendices).