

## Extended Training in CBT

A course for up to 12 people, providing 66-200 hours of training, depending on how you specify it. Includes exams, and projects to be completed at work, leading to appropriate APT accreditation.

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APT has been providing training in CBT since 1983, during which time we have seen the popularity and influence of the approach grow steadily to point it is at today: the most widely recommended and evidence-based therapy in the UK. This extended training in CBT is the most comprehensive training we provide, has inbuilt APT accreditation up to Level 3a, and is designed to help you meet BABCP accreditation criteria.

### People who attend this course normally fall into one of two categories:

1. Groups of professionals who see patients in 1:1 treatment settings, have a significant degree of clinical skill, and wish to become proficient in CBT applied to a range of conditions such as depression, panic, eating disorders, etc.
2. 'Whole teams' (either in inpatient or community settings) seeking to develop a unified level of proficiency in CBT.

The professional affiliations of people attending this course include: mental health/psychiatric nurses, social workers, occupational therapists, clinical psychologists, psychiatrists, and others working in a variety of settings including: Adult Mental Health, Children and Adolescents, IAPT services, and Substance Misuse.

### Background and Structure:

The latest development of our Extended Training in CBT provides you with anything from 66 to 200 hours training spread over 6 to 24 months. We bring the modules to you for a fixed fee, to save on travel and expenses costs, and to ensure you get a supportive group all up to date on the same material.

The way the system works is this: the first module covers 'key skills' and sets you up for subsequent modules covering a wide range of topics from depression through to personality disorder.

So the 'key skills' module covers topics such as: what CBT is and is not, examples of CBT techniques, how to structure CBT sessions, how to evaluate your progress, the importance of supervision and how to get it, the different types of accreditation, their relative merits, and how to go about gaining it if you wish to. In other words, all the 'across the

board' skills that are necessary no matter what problem a specific patient presents with.

There is a very wide range of subsequent modules, and you can choose as many or as few (minimum four) as you wish. The subsequent modules are either 2-days or 3-days in duration and the ones currently available are:

- CBT for Depression
- CBT for Stress and Worry
- CBT for Panic
- CBT for OCD
- CBT for Anger and Irritability
- CBT for Substance Misuse
- CBT with Personality Disorder
- CBT with Post Traumatic Stress Disorder
- A Cognitive Approach to Working with Offenders
- CBT with Self Harm
- CBT with Suicidality
- CBT for Eating Disorder

What makes Extended Training in CBT different from standard training is that after every module delegates have the opportunity to – and are expected to – do two things:

- To sit an exam. Success in this exam automatically gains delegates APT's Level 2a accreditation for that topic (CBT with depression, panic, etc).
- To write a project (2,000 - 4,000 words) describing the treatment of a patient with the condition in question. Success in this (submitting a project which obtains a pass mark or better) automatically gains APT's Level 3a accreditation.

The best way of structuring extended training is to have a gap of about 6 weeks between each module. The design of the course is intended to help delegates in their application for BABCP accreditation if they wish to pursue this.

### The Exams:

Delegates sit exam papers corresponding to each of the modules taught. The exams are designed to be a thorough test of the knowledge elements of each of the modules and therefore - in assessment terms - intended to complement the projects, which test delegates' ability to apply that knowledge.

To discuss or place an order call **0116 241 8331** or email [office@apt.ac](mailto:office@apt.ac)

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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## The projects:

### Project One: assessment and case conceptualisation.

- To write a project (2,000 - 4,000 words) describing the treatment of a patient with The assessment. This will contain all the information you have gathered, whether by interview or by examining the pre-existing notes on the person.
- The case conceptualisation. This should include a clear account of (a) how the problems evolved, (b) what is maintaining the problems and (c) what CBT elements you believe will be relevant in overcoming the problems. Subsequent projects: an account of CBT applied to each of your chosen specialist areas.

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Subsequent projects each follow the same format, namely to write up the assessment and treatment of a patient who has the problem in question (depression, or worry, or substance misuse, etc). A good piece of work will contain the following:

- A full account of the assessment interview.
- Your conceptualisation of the problem.
- Your goals.
- Your plan for achieving the goals.
- How you measure your progress in achieving the stated goals.
- A clear account of treatment sessions.
- An overall summary of how the treatment progressed.
- Reference to any relevant literature.

## Assessment and Accreditation:

Delegates obtain APT's Level One accreditation for each module they attend.

Delegates obtain Level Two accreditation in each subject they pass the exam in.

Delegates obtain Level Three accreditation in each subject for which they pass the exam and submit a project which obtains a pass mark.

### Delegates' Feedback

Average presentation rating: **95%**



Average relevance rating: **94%**



#### Written Feedback:

"I've had a number of inputs on CBT – this one clearly the best yet!!"

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