



**University of  
Reading**



**CharlieWaller**  
INSTITUTE  
Evidence-Based Psychological Treatment

University of Reading  
Charlie Waller Institute

**POST-GRADUATE CERTIFICATE**  
in  
**EVIDENCE-BASED**  
**PSYCHOLOGICAL TREATMENT**

COURSE PROSPECTUS  
2018

Website: [www.reading.ac.uk/charliewaller](http://www.reading.ac.uk/charliewaller)

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## **The Charlie Waller Institute for Evidence-Based Psychological Treatment**

The Charlie Waller Institute, based at the School of Psychology and Clinical Language Sciences, was founded in 2007. Situated at the University of Reading, one of the top 200 universities in the world, the institute is a leading provider in evidence-based psychological treatments.

The Charlie Waller Institute of Evidence Based Psychological Treatments (EBPT) is the product of collaboration between the University of Reading, Berkshire Healthcare NHS Foundation Trust and the Charlie Waller Memorial Trust ([www.cwmt.org](http://www.cwmt.org)). This collaboration began with the appointment of the UK's first chair in Cognitive Behavioural Psychotherapy (Professor Roz Shafran) in 2007. The aim of the Institute is to engage in high quality research and dissemination of EBPT. This includes providing high quality workshops in addition to short and long courses in EBPT. The workshops and courses will be delivered by nationally and internationally recognized clinical academics who are leaders in the field. Certificate and Diploma courses in EBPT began in January 2008.

## **Background to the Certificate in Evidence-Based Psychological Treatment**

The Charlie Waller Institute offers the UK's first Diploma and Certificate in Evidence-Based Psychological Treatment. The Department of Health continues to emphasise the importance of an evidence base when clinicians are considering appropriate psychological interventions. The National Institute of Health and Clinical Excellence (NICE) produces guidelines which are aimed at informing clinicians of the current best practice based on the evidence available to date. Within the area of psychological therapies, guidelines have been published on the treatment of a number of mental health problems: depression, anxiety, eating disorders, posttraumatic stress disorder, chronic fatigue syndrome, bi-polar disorder, schizophrenia, obsessive compulsive disorder and body dysmorphic disorder. Cognitive behaviour therapy (CBT) is the form of psychological therapy most frequently recommended within the NICE guidelines, and consequently our programme has an emphasis on CBT interventions. However, the programme will only include CBT for disorders where there is an evidence base for this intervention.

Other forms of psychological therapy do have an evidence base and are recommended by the NICE guidelines. Accordingly, we aim to incorporate such interventions into the teaching programme, such as family therapy for psychosis.

## **Entry Requirements**

Entrants to the Certificate programme are normally required to have both:

- An Honours degree in a discipline connected to mental health.
- A post-graduate qualification in mental health.

Applicants without these qualifications but with clinical experience in mental health will be considered on an individual basis. Please contact us directly for further information.

## **Course Team**

### **Course Director of Postgraduate Diploma Programmes (adults)**

Dr Katherine Simons  
School of Psychology and Clinical Language Sciences  
University of Reading  
RG6 6AL

### **Director of Clinical Studies, CWI**

Pam Myles-Hooton  
School of Psychology and Clinical Language Sciences  
University of Reading  
RG6 6AL

## **COURSE AIMS**

- To keep the content of the course up to date and to make modifications when new evidence becomes available, or when NICE publish new recommendations.
- To provide knowledge and confidence to clinicians accessing the most appropriate form of psychological intervention for a range of presenting conditions.
- To provide training in the theory and practice of cognitive-behavioural therapy for those conditions for which it is recommended.
- To provide teaching by leaders in the field who, have been involved in the clinical work which has contributed to the current evidence base.

## **COURSE STRUCTURE**

This course consists of up to 16 days of teaching. You must attend 14 days as these will be assessed, and they will be comprised of Module 1 (4 days), Module 2 (5 days) and Module 3 (5 days). You will also be able to choose 2 extra days teaching, non-assessed, from any of the modules. Most workshops will take place on Wednesdays. The course begins with an intensive four day training module (Module 1) aimed at introducing the student to evidence-based psychological treatments in general, and teaching the framework of cognitive behavioural therapy in particular. This will be take place in January 2018.



## Taught Component

Module 2 – Treatments and Models 1 – PYMTM1 (5 days)

Module 3 – Treatments and Models 2 – PYMTM2 (5 days)

The following external presenters have been confirmed for 2018.

<b>Cognitive therapy for social anxiety disorder</b>	<b><i>Professor David Clark University of Oxford</i></b>
<b>CBT for PTSD: the evidence-based way</b>	<b><i>Professor Anke Ehlers University of Oxford</i></b>
<b>CBT for specific phobia</b>	<b><i>Professor Lars-Göran Öst Stockholm University</i></b>
<b>Cognitive therapy for complicated depression</b>	<b><i>Professor Steve Hollon Vanderbilt University USA</i></b>
<b>The fundamentals of working with older people</b>	<b><i>Professor Ken Laidlaw University of East Anglia</i></b>
<b>CBT approaches with older people</b>	<b><i>Professor Ken Laidlaw University of East Anglia</i></b>

These training events are commercially open to a limited number of individuals.

## **ASSESSMENT**

In order to be awarded a Certificate in Evidence-Based Psychological Treatments, students must pass a written assessment for each module.

The Introductory module assessment takes the form of a 90 minute exam. The assessments for the remaining two modules are electronic essay submissions selected from a choice of topics.

## **LOCATION**

The teaching events are held either at the University of Reading or at an alternative venue local to Reading.

## **FEES**

Fees for the 2017 intake was £2095; 50% of the fees are payable before commencing the course in January. Fees for 2018 will not be dissimilar.

Payment can be made in 3 instalments.

## **TERM DATES**

Holiday/terms dates generally follow West Berkshire school dates.

Introduction to evidence-based psychological treatment and CBT: will take place late January 2018.

## APPLICATION PROCESS

Please see our website:

[www.reading.ac.uk/charliewaller](http://www.reading.ac.uk/charliewaller)

to download the University of Reading postgraduate application form.

Please return your form to [cwadmin@reading.ac.uk](mailto:cwadmin@reading.ac.uk). Places will be allocated on the basis of application form alone. On receipt of application we commit to responding within 3 weeks. Should an offer be made this can be secured by means of a non-returnable deposit.

For more information please ring 0118 378 7491 or email [cwadmin@reading.ac.uk](mailto:cwadmin@reading.ac.uk).