University of Reading
Charlie Waller Institute

POSTGRADUATE DIPLOMA
in
EVIDENCE-BASED
PSYCHOLOGICAL TREATMENT

COURSE PROSPECTUS
2018

Website: www.reading.ac.uk/charliewaller

BABCP Accredited at LEVEL 1
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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 Treatment (www.reading.ac.uk/charliewaller) is the product of collaboration between the University of Reading, Berkshire Healthcare NHS Foundation Trust and the Charlie Waller Memorial Trust (www.cwmt.org). This collaboration began with the appointment of the UK’s first chair in Cognitive Behavioural Psychotherapy (Professor Roz Shafran) in 2007. Professor Roz Shafran stood down as Chair of CWI at the end of March 2012 and the new Chair, Professor Shirley Reynolds joined CWI in April 2012.

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 are delivered by nationally and internationally recognised clinical academics who are leaders in the field. Certificate and Diploma courses in EBPT began in January 2008, and the Diploma is accredited by BABCP at level 1.
Background to the Postgraduate Diploma in Evidence-Based Psychological Treatment

The Charlie Waller Institute offers the UK’s first diploma 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 Care 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 teaching the clinical skills required to carry out CBT interventions. The subsequent teaching programme will only include CBT for disorders where there is an evidence base for this intervention.
Entry requirements

Entrants to the Postgraduate Diploma programme are normally required to have both:

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

Applicants without these qualifications but with extensive clinical experience in mental health will be considered on an individual basis.

Our students come from a range of backgrounds and include clinical psychologists, occupational therapists, registered mental health nurses, social workers, psychiatrists, counsellors, other mental health workers and therapists trained in other modalities working in public or private healthcare settings.
Course Team

Course Director of Postgraduate Diploma Programmes (adults)
Dr Katherine Simons
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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.

- To provide top quality clinical supervision by BABCP accredited therapists.
COURSE STRUCTURE

This course consists of a minimum of 22 days teaching. These comprise of Module 1 (INT; 4 days), Module 2 (TM1; 5 days), Module 3 (TM2; 5 days) and Module 4 (TM3; 4 days). In addition, a further 4 days of clinical skills days are compulsory and attendance at all supervision sessions (held every Friday 9am-2.15pm) in term time. Diploma students are also strongly encouraged to access clinical skills sessions on Friday afternoons and additional teaching that is detailed in the timetable.

The course begins with an intensive four day training module aimed at introducing the student to evidence-based psychological treatments in general, and teaching the framework of cognitive behavioural therapy in particular. This will take place in January (see timetable).

Thereafter the course will consist of formal teaching days, weekly clinical supervision and clinical skills classes. The weekly sessions are typically held on Wednesdays or Thursdays (taught days) and Fridays (supervision and clinical skills) during term time.
Workshops

All teaching is conducted by clinical academics that are leaders in their field, and have been involved in the development of the current evidence base for their specific disorder.

These training events are commercially open to a limited number of individuals. We reserve the right to amend dates and/or presenters should the need arise.

The following external presenters have been confirmed for 2018.

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

Supervision is held in pairs or threes and full length recordings are viewed and (rated by supervisors) in small groups (max 5 students per group) on Friday mornings. This enables supportive working relationships to be formed and students to benefit from the experiences of their colleagues and maximise learning potential. All supervision is led by individuals with extensive clinical and supervisory experience who are accredited as therapists by the British Association for Behavioural and Cognitive Psychotherapies (BABCP). Supervisors will assist student development through a number of active methods including case discussion, role-play, reflective practice and review of session recordings. This creates an environment in which students can refine their skills through role-play and guidance in supervision and then gain valuable feedback on their ‘live’ practice. Over the course of the Diploma, students will develop advanced skills and knowledge of CBT in practice.
ASSESSMENT

In order to be awarded the Postgraduate Diploma in Evidence-Based Psychological Treatment, students must pass assessments conducted within each aspect of the course. These include knowledge assessments, written clinical case reports and presentations, and the assessment of video-taped treatment sessions.

Clinical knowledge assessments

There will be an exam for the Introductory module and 2,500 word essay submissions for TM1, TM2 and TM3.

Clinical Case Reports and Presentation

A total of three clinical case reports are required during the course. One of these will be 2500 words in length, with two others being extended case reports of 5000 words. The extended case reports will include a critical discussion of the theory which has informed the clinical intervention within that case. They will also accompany two video recordings of treatment sessions with two different clients. In addition, students will complete one 20 minute case presentation on a client they have worked with.

Taped treatment sessions

As mentioned above, treatment session videos are required for assessment during the course. They are rated using the Cognitive Therapy (revised) Scale. Taped sessions are also used for monitoring clinical work and feedback during supervision sessions.
BABCP accreditation; minimum training standards

It is expected that most students will be keen to work towards individual accreditation with the BABCP. To meet BABCP minimum training standards (MTSs), students must engage in a minimum of 450 hours of study of which at least 250 hours must comprise of self-study (200 hours must therefore be formally received as taught hours – not all of which will be met through the EBPT non-IAPT Diploma route if you do not opt-in for additional sessions). Of the 200 taught hours, a significant proportion must be clinical skills based; this informs our teaching model here at the CWI (50% of all our in-house teaching counts as clinical skills hours).

**It should be noted that students are required to undertake additional work to be considered to meet the BABCP’s requirements.** See below for details on which BABCP MTSs are met as standard by the programme. Although students will leave the programme having conducted a significant number of supervised assessment and therapy hours, it will be almost impossible to meet the minimum 200 clinical delivery hours required by the BABCP within one academic year.

*Standard full attendance and programme pass*
Students who successfully complete the full PG Diploma in EBPT with 100% attendance (at least 18 workshops and four clinical skills sessions) will have received approximately **150 hours of the 200 hours of direct training required to meet BABCP requirements for individual accreditation.** Students who submit and pass all required coursework for the programme will have met all of the BABCP’s requirements for academic submissions. It is a programme requirement that students complete treatment with a minimum of six cases, three of which
will be ‘closely’ supervised (see Part 2 section *Error! Reference source not found.*) which meets BABCP requirements for close supervision but eight cases are required to meet the MTSs *(therefore completed therapy with 2 additional cases, each supervised for 5 hours is required by the BABCP).*

**Meeting the BABCP Minimum Training Standards**
The programme team are keen to support students in working towards BABCP accreditation. Students wishing to increase the number of standards met for accreditation purposes are encouraged to do the following:

1. attend the additional workshops that have been made optional, and free of charge, to all students completing the full PG Diploma in EBPT (does not apply to those doing the clinical modules, CT1 and CT2, only).
2. complete treatment with two more cases (under appropriate supervision; 5 hours on each).

By attending the extra teaching and completing treatment with eight cases, students will have met most of the MTSs. It will then be up to the student to continue their supervised CBT practice beyond the end of the programme until they meet the balance of the BABCP requirements for individual accreditation (e.g. 200 hours of clinical work).

Please note, a KSA needs to be completed if you do not have a core profession and you wish to apply for BABCP accreditation. As a course team, we will be able to have a look at KSA portfolios to help guide you. However, as the Diploma is accredited at Level 1 rather than Level 2, we cannot formally mark the portfolios; you will need to have your portfolio assessed by the
BABCP upon your application for accreditation. As detailed above, 200 clinical hours of supervised CBT practice are required for BABCP accreditation. The counting of these hours (by BABCP standards) cannot begin until the evidence required for KSA (or an equivalent professional training) has been completed. A portfolio can be prepared in retrospect (e.g. you may be able to demonstrate that the requirements for the 14 areas of knowledge, skills and attitudes were met prior to start of the course or half-way through for example, in which case only clinical hours supervised thereafter can be used to count towards your 200). You can book a KSA tutorial with course staff upon request.

For further information on the BABCP’s Minimum Training Standards and information about course accreditation, visit http://www.babcp.com/Accreditation/Accreditation.aspx. For further information on how to apply for individual accreditation, visit http://www.babcp.com/Accreditation/Accreditation-Process.aspx.
LOCATION

Weekly training and clinical supervision sessions are held at the University of Reading. The teaching events are held either at the University of Reading, or at an alternative venue local to Reading.

FEES

The fees for 2017 were £7300. Fees for 2018 will not be significantly dissimilar.

TERM DATES

The 4 day introductory module will take place on early in the first term. This will be held (provisionally) mid-January 2018.

APPLICATION PROCESS

Please see our website:

www.reading.ac.uk/charliewaller

to download the University of Reading postgraduate application form.

Please return your form to cwiadmin@reading.ac.uk

For more information please ring 0118 378 7491.