

DISTANCELEARNING

POSTGRADUATE



WELLINGTON

Postgraduate Certificate in Health Sciences endorsed in Cognitive Behaviour Therapy



Postgraduate Certificate in Health Sciences
endorsed in Cognitive Behaviour Therapy COBE 401
Cognitive Behaviour Therapy

A training course for mental health professionals

This postgraduate course in Cognitive Behaviour Therapy (CBT) is offered by the Department of Psychological Medicine at the University of Otago, Wellington.

Specifically designed for health professionals who wish to extend their existing skills and qualifications, it leads to a Postgraduate Certificate in Health Sciences endorsed in Cognitive Behaviour Therapy.

The course is both practical and applied, so participants develop skills that enable them to use CBT in their workplace. Initially establishing a firm theoretical knowledge base, it shows how CBT is used as a framework for assessing and gaining understanding of a patient's psychological distress, and then formulating and implementing an intervention based on that conceptualisation. The primary focus for the course is on using CBT with adults, including young adults 18 years and above.

The course content covers applications of CBT to common mental disorders, including anxiety disorders, depression, substance use disorders, and the use of CBT with psychotic disorders. There is a strong emphasis on culturally responsive CBT throughout the course, with input from speakers with expertise from within and beyond the university.



Course content

During the academic year, course participants must attend three week-long teaching blocks. The block teaching format allows those who do not live in Wellington to attend the course.

Additional theoretical work and assignments are based around the implementation of CBT in participants' usual clinical casework. An integral part of the course is individual supervision by clinical psychologists with expertise in CBT.

The course is taught by clinical psychologists who have considerable experience in CBT. They attend national and international workshops that enable them to keep abreast of the latest developments in CBT.

What is CBT?

Cognitive Behaviour Therapy, also known as Cognitive Therapy, is a short-term, structured psychotherapy, developed by Aaron Beck and colleagues in the 1960s. It helps people solve life problems and view problem situations realistically.

CBT focuses on the way thoughts, actions, feelings and body sensations interact. It emphasises how a person's thinking affects their mood, physiology and behaviour. Based on an ever-evolving formulation and conceptualisation of a person's problems, it emphasises a collaborative and sound therapeutic alliance.

Its ultimate aim is that people learn the skills to conceptualise and respond to their own problems in the future.

Venue

The course is run by the University of Otago, Wellington. Venue/s to be confirmed. Attendance at all block weeks is compulsory.

Programme – Block dates to be confirmed

Block 1: March

Introduction to CBT.

Applications of CBT in a bi-cultural context.

Assessment, conceptualisation and treatment of depression.

Block 2: June

Assessment, conceptualisation and treatment of anxiety disorders.

Block 3: August

Assessment, conceptualisation and treatment of substance abuse.

Assessment, conceptualisation and treatment of psychotic disorders.

Additional zoom tutorials will be offered in the months between teaching weeks.

Final exam: End of October (date to be confirmed)

Qualifying criteria

Applications are invited from:

- Registered health professionals with a minimum of two years clinical experience.
- Applicants employed by a Ministry of Health funded DHB, NGO or PHO mental health service.
- Applicants must be working at least 0.6 full-time equivalent in a mental health setting, or a health setting with a mental health component.
- Applicants must be New Zealand citizens or hold a permanent residency permit.
- Applicants must have access to ongoing work with clients.
- Availability of an on-site supervisor (clinical psychologist) with CBT experience is essential.
- Applicants need to have prior approval/support from their service manager.

Admission to the course will be on the basis of academic performance, references, curriculum vitae and verification process.



Course fees

The course fees are fully funded by Te Pou "Skills Matter". Acceptance to the course secures funding, with no further application required.

How to apply (if you meet all the qualifying criteria)

Applications usually open early September each year.

- 1) Go to: otago.ac.nz/courses/qualifications/apply and apply online to register your interest.
- 2) Look out for an email response from the Wellington CBT Admin Team with an online verification form, and online declaration for your manager. Complete and submit your application.
- 3) Get your manager to complete an online declaration confirming support for your attendance.

We will be in touch with the outcome of your application by mid-December.

Applications close 31 October each year.

For further information:

Please email cbt.uow@otago.ac.nz

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