



Postgraduate
Diploma



Cognitive Behaviour Therapy (CBT)

What careers can this lead to?

Mental health has long been identified as one of the most important factors in a healthy growing society. The Aotearoa New Zealand Manatū Hauora | Ministry of Health is responding to mental health services demand with plans to increase access to talking therapies across the country, leading to more employment opportunities for our graduates.

You will find your knowledge and skills needed in a variety of settings, for example with primary health care providers, mental health providers, and schools.

Through this degree, you can directly change lives and improve mental health within Aotearoa.

Enrolment information

How to apply

Apply online through myUC:
<https://myuc.canterbury.ac.nz>

When to enrol

Applications close on 1 November.

Who to contact

Te Kura Mahi ā-Hirikapo | School of Psychology, Speech and Hearing

www.canterbury.ac.nz/science/schools/psyc-speech-hear/

Email: cbtprogramme@canterbury.ac.nz



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Science
Pūtaiao



Cognitive Behaviour Therapy (CBT)

Key facts about the programme

- 1 For current health/mental health professionals
- 2 Designed to meet health sector demand for CBT
- 3 Add to your existing expertise in mental health and addiction treatment
- 4 Includes bicultural practice
- 5 Māori models of wellbeing are embedded into clinical practice
- 6 Flexible, part-time and distance study

What does the programme cover?

Cognitive behaviour therapy (CBT) is an evidence-based, psychologically informed talking therapy. It has proven effectiveness in treating substance misuse, and common mental health issues including depression and anxiety.

UC offers the Postgraduate Diploma in Cognitive Behaviour Therapy (120 Points) in PGDipCBT.

The Diploma is delivered by UC's Te Kura Mahi ā-Hirikapo | School of Psychology, Speech and Hearing. Kaupapa Māori is integrated into the Diploma, and there is a strong emphasis on addressing Māori and Pasifika mental health and wellness.

Programme includes:

- taught classes
- student presentations
- written assessments
- oral assessments
- practical assessments
- clinical supervision.

Courses	Points	Semester
PSYC442 Clinical Practice Guidelines and Introduction to Cognitive Behaviour Assessment	30	S1
PSYC443 Cognitive Behaviour Therapy Case Conceptualisation and Intervention	30	S2
PSYC446 Frontiers of Cognitive Behaviour Therapy I	30	Whole Year
PSYC447 Frontiers of Cognitive Behaviour Therapy II	30	Whole Year

PSYC442 and PSYC443 must be completed before PSYC446 and PSYC447 can be undertaken.

PSYC446 and PSYC447 will be offered in alternate years, and can be taken in either order.

What are the entry requirements?

- A bachelor's degree in psychology or a related degree with a B- grade point average.
- Currently working at least 0.5FTE in a clinical health related field with access to CBT supervision and opportunities to use CBT and to complete CBT-focused clinical assignment.