

Talking Therapies Courses

Talking Therapies are therapeutic interventions practised across the expanding mental health and addiction services, as well as in primary care.

Health New Zealand Scholarship

- Fees scholarships are available for those working in the mental health, addiction, primary care and related areas.
- Courses can be studied individually or towards a qualification.
- Contact us to discuss your individual situation and eligibility.
- Please note courses have limited places available.

COUN681 Solution-focused theory and skills with individuals and groups

Whole year: 17 February – 9 November 2025
Online Semester 1: 10 February – 15 June 2025
Online Semester 2: 14 July – 16 November 2025

Solution-focused therapy is a strengths-based model that emphasises clients' natural resources and successful experiences to help them bring about change and a shift toward their preferred future.

HLTH430 Motivating Behaviour Change I

Semester 1: 17 February – 22 June 2025

This course provides introductory training in motivating behaviour change, including theory, research and practice, with particular emphasis on motivational interviewing.

This course is fully subscribed with a waitlist available. Please contact us.

PSYC442 Clinical Practice Guidelines and Introduction to Cognitive Behaviour Assessment

Semester 1: 17 February – 22 June 2025

PSYC442 is the first course in the Postgraduate Diploma in CBT – an introduction to the practice and ethics of cognitive behaviour therapy (CBT) for people with mental health and addiction problems.

Teaching about CBT is informed by the hui and pōwhiri processes using Māori concepts to facilitate engagement and supported by bicultural practice and Te Tiriti o Waitangi.

PSYC443 Cognitive Behaviour Therapy Case Conceptualisation and Intervention

Semester 2: 14 July – 9 November 2025

PSYC443 is the second course in the Postgraduate Diploma in CBT and teaches cognitive-behavioural and bicultural interventions for common mental health disorders – depression, anxiety and alcohol and substance use problems. You will learn to use cognitive and behavioural interventions derived from CBT formulations of client problems, including engagement strategies for working with Māori and other client groups.

Prerequisites: Subject to approval of the Head of School, and PSYC442.

PSYC447 Frontiers of Cognitive Behaviours Therapy II

Whole year: 17 February – 9 November 2025

**Note: Very limited places are still available for this course.*

This is one of two advanced courses in the Postgraduate Diploma in CBT to provide further opportunity to develop advanced



'It's been an amazing experience as we have all the facilities for a student to flourish and enhance their skills.'

Sneha Pulapaka

Postgraduate Diploma in Health Sciences
Health Services Analyst, Hutt Valley District Health Board, Wellington
Founder and Director, The Native Loom

cognitive behavioural assessment, formulation and intervention skills. This course explores cognitive behavioural interventions for specific problems including eating problems, affective and non-affective psychosis, health-related anxiety, to enhance resilience and promote wellbeing.

Prerequisites: Subject to the approval of the Head of School, in that students have to have completed PSYC442 and PSYC443.

Study pathways

UC postgraduate study provides you with specialist skills, applied experience and enhanced knowledge in topics you care about. Our programmes and research activities respond to the dynamic nature of the health sector and its workforce. Our aim is to assist you to upskill and develop expertise, so you can improve your professional practice and make a positive change to our communities.

Courses can be studied individually as professional development as part of a Certificate of Proficiency or are an ideal pathway to postgraduate qualifications including:

- Postgraduate Certificate in Health Sciences
- Postgraduate Certificate in Counselling Studies
- Postgraduate Diploma in Cognitive Behaviour Therapy
- Postgraduate Diploma in Health Sciences
- Postgraduate Diploma in Health Sciences – Taha Hinengaro Health and Wellbeing Practice for Health Improvement Practitioners
- Master of Counselling

Check out the diverse range of study options at www.canterbury.ac.nz/study/academic-study/qualifications



Ministry of Health funding

For the 2025 academic year, UC has secured funding from Health New Zealand support fees payment for talking therapies courses for some students.

If you are a health professional working with people presenting with mental health and addictions conditions you may be eligible for funding.

If you meet the criteria below please contact us to discuss your individual situation and eligibility:

- Hold a degree in a health-related discipline such as Occupational Therapy, Social Work, Nursing, Psychology, Medicine, Counselling.
- Meet the University of Canterbury requirements for entry to the particular qualification and/or course, including enrolment in postgraduate certificate or diploma where necessary. Check our qualification eligibility tool.
- Not be alternatively and additionally funded by DHB or Health New Zealand funding.

Funding may be available to those working in mental health and addictions and primary care.

Enrolment

To enrol in a talking therapies course or study pathway you must meet the entry requirements for each course and or qualification, including enrolment in postgraduate certificate or diploma where necessary.

For Health and Counselling courses, please contact our student advice team, email: studyhealth@canterbury.ac.nz

For Psychology courses, please contact the Cognitive Behaviour Therapy team, email: cbtprogramme@canterbury.ac.nz

Contact

Faculty of Health
Te Kaupeka Oranga
Student Advisors
Phone: +64 3 369 3333
Email: studyhealth@canterbury.ac.nz

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