

Level 5

# Diploma in Cognitive Behavioural Therapeutic Skills and Theory

39 credits (CBT-L5)

## Is this qualification for you?

If you want a cost-effective way to gain a valuable extension to your skills and knowledge our *Diploma in Cognitive Behavioural Therapeutic Skills and Theory* is the ideal qualification for you.

To benefit from this training you should already be a counselling practitioner or hold a CPCAB *Level 4 Diploma in Therapeutic Counselling* (or its RPL equivalent) and currently use - or intend to use - CBT as an integral part of your counselling work.

This qualification is 120 Guided Learning Hours (GLH)/39 credits. Candidates are required to work with their clients using CBT.

[www.cpcab.co.uk](http://www.cpcab.co.uk)

"The UK's leading provider of  
counselling qualifications"

## What will YOU gain from this training?

The *Diploma in Cognitive Behavioural Therapeutic Skills and Theory* enables you to:

- › work safely using the CBT framework
- › work within the structure of the CBT relationship
- › work with difference and diversity within the CBT framework
- › provide user-centred therapy
- › work with self-awareness
- › work with CBT theory and skills in the therapeutic process
- › work reflectively as a CBT practitioner.
- › apply research findings to CBT work.

The training also provides:

- › a focused evidence-based training which, following the recent Layard Report on psychological therapies, is in great demand within the NHS
- › an opportunity to gain valuable CPD points
- › part of the Open University Foundation Degree pathway.

# The CPCAB practitioner

## model integrates:

- › the latest research findings on the principles of effective counselling
- › a framework for levels of counselling and psychotherapy services that fits with the latest Department of Health mental health strategy
- › a generic framework of therapeutic methods that accommodates the broad range of different theoretical approaches within the field.

CPCAB qualifications enable counsellors to:

- › provide effective services that are research-informed
- › play a central role in the promotion of mental health and well-being and contribute to the latest Department of Health 10-year strategy
- › provide modality-specific services that have been assessed against generic national standards.



“CPCAB qualifications incorporate **the latest research findings** on effective counselling”



the only awarding body

run by counsellors

for counsellors

\*ELSK-L2, LSK-L2, USM-L2 or ICSK-L2 as marked by the dotted line are not a mandatory requirement for any subsequent qualifications.