

Postgraduate Certificate in CBT for Severe Mental Health Problems Commissioned by NHS England





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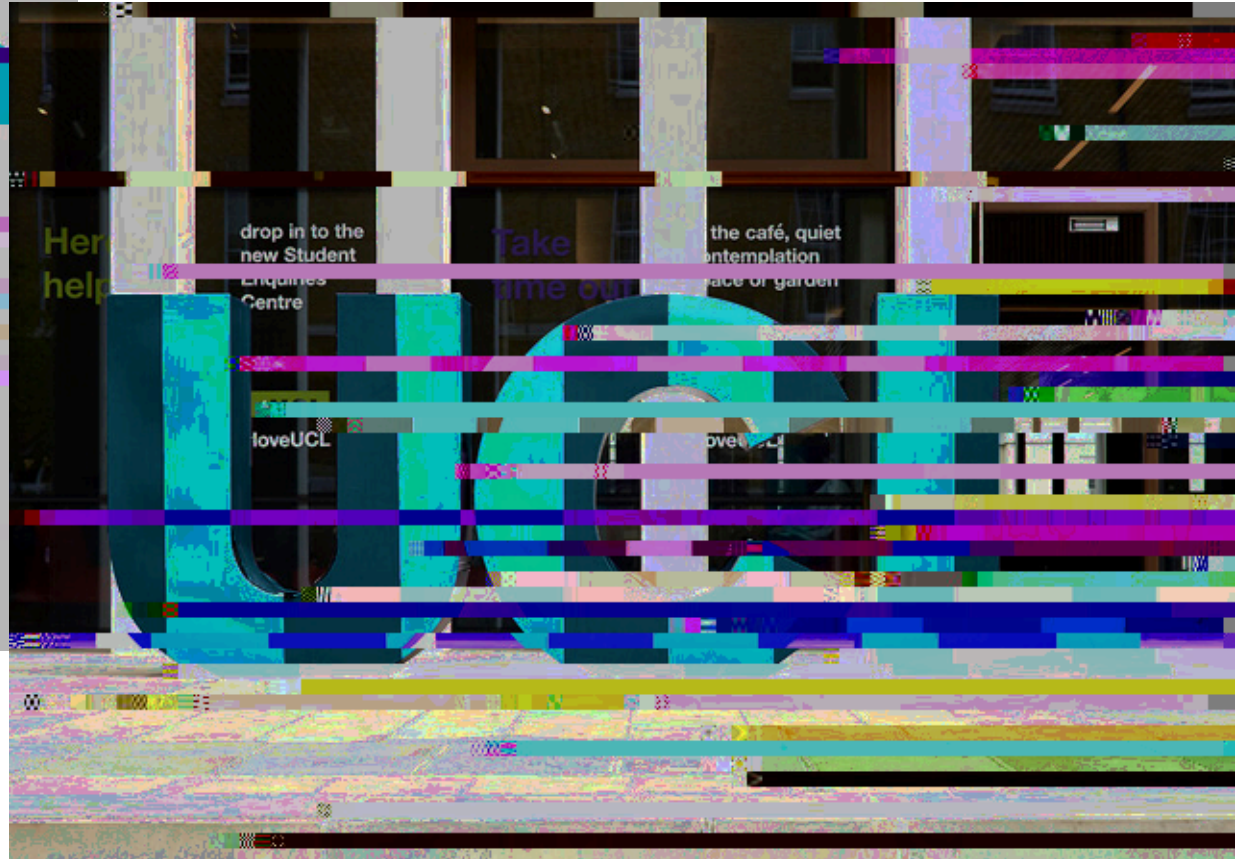
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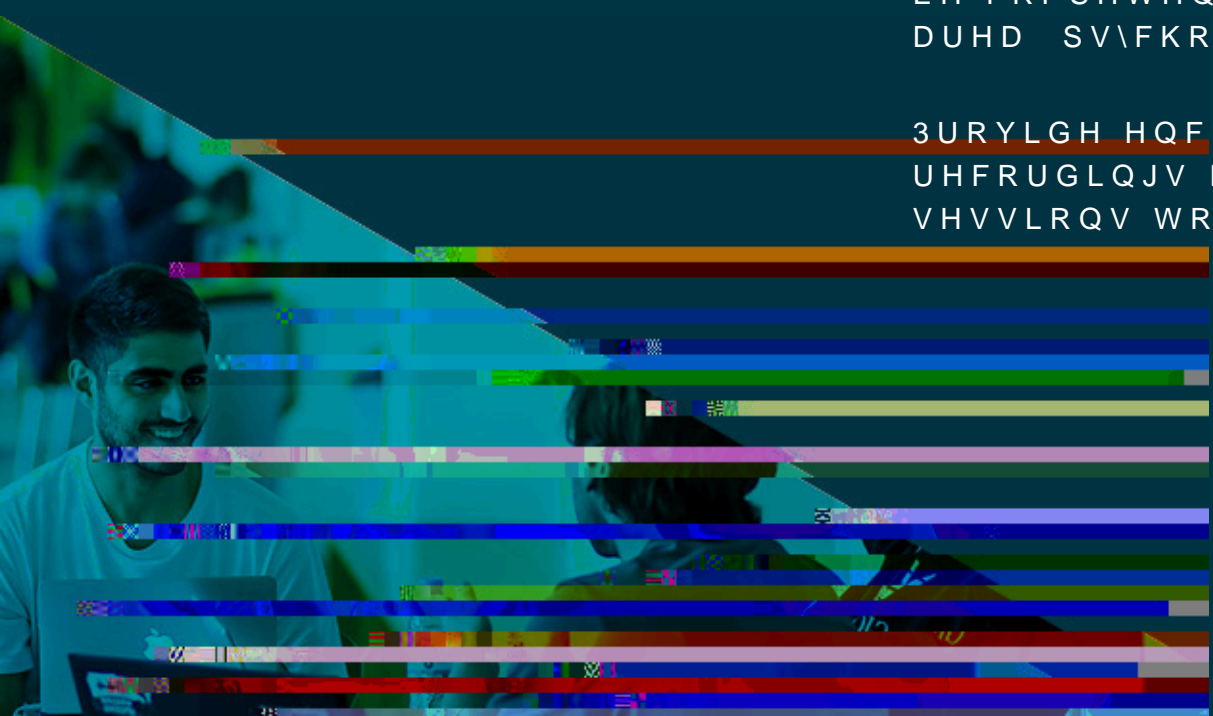
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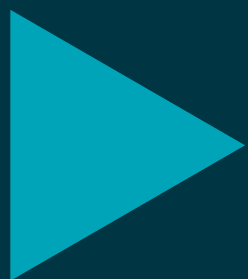
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Glossary

CBT: cognitive behavioural therapy

SMHP: severe mental health problems

PBP: psychosis and bipolar disorder

ED: eating disorder

PD: personality disorder

Clinical Supervisor: a qualified CBT therapist whose role is to support and guide trainees in their clinical work

Intervention: a therapy skill or procedure that is used to help a client in therapy

Client/Service user/ Patient: We recognise that there is not a current consensus agreement about which term is most appropriate, but we aim to use the term to refer to a person who is actively receiving psychological therapy and may themselves have their own views about which is the most appropriate term.



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As of the end of 2022 PG Dip CBT-SMHP programmes were successfully Level 2 accredited with BABCP. This means that when trainees pass the course, they are guaranteed to become an accredited BABCP CBT Therapist. Trainees finishing the programme will need to wait until their marks have been ratified at the exam board, which takes place end of February/March the following year. Once this has been completed, they can make their application to BABCP. All details are on the BABCP website.

The programme has also received Level 1 accreditation for the PG Certificates, which means that the course meets BABCP's quality of training criteria i.e. the quality of the training delivered and CBT qualifications of the trainers.



