

Year 1 Syllabus 2016-2017

BCTC Year 1 Syllabus 2016/2017

Training: 9.00 – 4:30 p.m.

15 min. break: 10:30am

Lunch: 1.00 – 1:30 p.m.

15 min. break: 3.00p.m.

Date	A.M./ P.M.	Topic
1.Mon 05/09/16		Intro. Background to the Course. Research in CBT.
2. Tues. 06/09/16		Introduction to Anxiety Disorders: Panic Disorder: Part 1
3.Wed. 14/09/16		Year 1 assignments discussed with recent graduates Panic Disorder: Part 2 To include 5-PM training
4.Wed. 21/09/16		Specific Phobia, inc. 5PM
Wed 28 Sept – Home Study Day		
5. 05/10/16		Social Phobia
6. 12/10/16		Behavioural Experiment training, with emphasis on social anxiety
7. 19/10/16		Election of Trainee Reps Posttraumatic Stress Disorder (PTSD), to include ATR training
8. 26/10/16		PTSD: Part 2 and Acute Stress Disorder (ASD) to include ATR training
Mon 02 November 2016 – 1st Term Break		

Date	A.M./ P.M.	Topic
9. 09/11/16		Attachment and NCEs
10. 16/11/16		Core Beliefs (CBs)
11. 23/11/16		Underlying Assumptions (UAs)
12 30/11/16		Why is case formulation (CF) so important?
13 07/12/16		Case Formulation <i>contd.</i> and 4,000 word Personal Essay Prep

14 14/12/16		Mood Disorders: Part 1
21 & 28 December 2016 & 4 & 11 January 2017 – Christmas and New Year Break		
15 18/01/17		Mood Disorders: Part 2, to include ATR training on depressive NATs
16 25/01/17		LSE / CFT, with second years. Personal Essay Talk.
17 01/02/17		LSE / CFT (with second years)
18 08/02/17		Viva Training (a.m.) and Legal and Ethical Issues. Intro to BACP Ethical Framework.
Wed 15 & 22 February 2017 - Half Term Break		
19 01/03/17		5-PMs and ATRs, inc learning from Essay 5PMs
20 08/03/17		ATRs, including learning from Essay ATRs
VIVA RECORDINGS Sat 11 & Sun 12 March 2017		
21 15/03/17		Behavioural Experiments (BEs) inc. learning from Essay BEs NB: Pease bring Oxford Guides to class

22 22/03/17		Skills training and revision
<u>NB</u>: VIVA ASSIGNMENT TRANSCRIPT EMAILED TO ALL MEMBERS OF YOUR VIVA GROUP AND TO YOUR VIVA ASSESSOR ON OR BEFORE FRIDAY 24 MARCH AT 5:00PM		
23 29/03/17		Trainee small group Viva Presentations
24 05/04/17		Trainee small group Viva Presentations
Wed 12, 19 & 26 April & 3 May – Easter Break		
25 10/05/17		Copy of Class Test / BEs (Oxford Guide) and generic skills
26 17/05/17		Obsessive Compulsive Disorder (OCD)
27 24/05/17		Skills Revision and discussion of last year’s class test.
28 31/05/17		Class Test. (P.M. Off)
29 07/06/17		Placement preparation and competency advice
Summer Weekend Training - Saturday 24th & Sunday 25th June 2017: Dr James Hawkins M.D. BABCP Acc. (Saturday) Research and CBT – How does research make us better therapists? (Sunday) What factors predict which therapists will have the best outcome?		

Year 2 Syllabus 2016-2017

YEAR II SYLLABUS 2016/ 2017

All afternoon sessions, excepting September, are small group supervision

Nigel: Can you cut one day of each two week half term break. Then

Session	Date	Topic
1	Thursday 08/09/16	AM Second Year Handbook Intro. Placement and client work queries Election of trainee reps
2	Friday 09/09/16	Large Group Applied Training: Client Casework
3	12/09/16	Large Group Applied Training: Client Casework
4	19/09/16	Year Two assignments: Advice from a graduate Large Group Applied Training: Client Casework
Mon 26 Sept – Home Study Day		
5	03/10/16	NCEs, CBs and UAs (revision) using current client cases
6	10/10/16	CF and Treatment Plans using current client cases
7	17/10/16	The Course of Therapy: Agenda, goal setting, over talking and other common difficulties
8	24/10/16	5-PMs in client work practice
Mon 31 October 2016 – 1st Term Break		
9	07/11/16	ATRs in client work practice <i>Please bring Oxford Guide to BEs next week</i>
10	14/11/16	BEs – Oxford Guide
11	21/11/16	Working with CBs – continuums, CB logs and psychodrama
12	28/11/16	Working with CBs - Vicious and Virtuous Flowers

13	05/12/16	Generalised Anxiety Disorder (GAD) :Part 1
14	12/12/16	Generalised Anxiety Disorder (GAD) :Part 1 CTS-R and Small Group Training
19 & 26 December 2016 & 2 & 9 January 2017 – Christmas & New Year Break <i>NB: Email two page Essay synopsis and CF with (one) client work problem where you believe your own CBs etc are 'getting in the way' of your client work to your facilitator by 2nd Jan for PPD</i>		
15	16/01/17	Generalised Anxiety Disorder (GAD) :Part 2
16	23/01/17	LSE/CFT: Low Self Esteem, including Compassion Focused Therapy (with Year Ones)
17	30/01/17 <u>Please note next training on Mon 30/01</u>	LSE/CFT: Low Self Esteem, including Compassion Focused Therapy (with Year Ones)
18	06/02/17	Introduction to Personality Disorders
Mon 13 & 20 February 2017 – Mid Term Break		
19	27/02/17	CT for less pervasive Personality Disorders: Anxious and Avoidant
20	06/03/17	Personal and Professional Development (PPD)
21	13/03/17	Personal and Professional Development (PPD)
22	20/03/17	CT for Mood Disorders in client work (revised)
23	27/03/17	PTSD revision - reliving and scripting upsetting memories
24	03/04/17	Complex PTSD, including comprehensive assessment tools
Mon 10, 17 & 24 April & 1 May 2017 – Easter Break		
25	08/05/17	Downward Arrow Technique (DAT), Socratic Dialogue and Relapse Prevention
26	15/05/17	CT for Anxiety Disorders revision

27	22/05/17	Further Skills Revision
28	29/05/17	<p>Trainee Led: Working with clients who have CBs: Part One</p> <p>Each trainee is asked to bring difficulties and mistakes with which you are struggling in your work with chronic problems</p>
29	05/06/17	<p>Trainee Led: Working with clients who have CBs: Part Two</p> <p>Each trainee is asked to bring difficulties and mistakes with which you are struggling in your work with chronic problems</p>