**BCTC Postgraduate Diploma in Cognitive Therapy 2018 – 2019 Syllabus**

**Year I**

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| **Session** | **Date** | **Topic** |
| **1.Mon** | **12/09/18** | **Human Development, Attachment and Noxious Childhood Experiences** |
| **2.Tues** | **13/09/18** | **Development of Core Beliefs (CBs) from Noxious Childhood Experiences** |
| **3.Wed** | **19/09/18** | **Underlying Assumptions (UAs)** |
| **4.Wed** | **26/09/18** | **Introduction to Anxiety Disorders**  **CT for Specific Phobia, including First 5-Part Model** |
| **03/10/18 – Home Study Day** | | |
| **5.Wed** | **10/10/18** | **CT for Panic Disorder (Clark’s Model), including Panic Diaries and Interoceptive Exposure** |
| **6.Wed** | **17/10/18** | **CT for Social Anxiety Disorder (Clark & Wells Model), including Behavioural Experiments** |
| **7.Wed** | **24/10/18** | **CT for Post-Traumatic Stress Disorder (Clark & Ehlers Model) Pt I**  **Election of Trainee Reps** |
| **31/10/18 – Hallowe’en Break** | | |
| **8.Wed** | **07/11/18** | **CT for Post-Traumatic Stress Disorder (Clark & Ehlers Model) Pt II (including Thought Records and the PTCI-r)** |
| **9.Wed** | **14/11/18** | **CT for Mood Disorders (Beck’s Model) Pt I** |
| **10.Wed** | **21/11/18** | **CT for Mood Disorders (Beck’s Model) Pt II (including Thought Records)** |
| **11.Wed** | **28/11/18** | **Revision: Core Beliefs and Underlying Assumptions** |
| **12.Wed** | **05/12/18** | **Case Formulation**  **Personal Essay Preparation and Guidance** |
| **13.Wed** | **12/12/18** | **Diagnostic and Statistical Manual of Mental Disorders (DSM-5)** |
| **19/12/18 – Christmas and New Year Break** | | |
| **26/12/18 - Christmas and New Year Break** | | |
| **02/01/19 - Christmas and New Year Break** | | |
| **09/01/19 - Christmas and New Year Break** | | |
| **14.Wed** | **16/01/19** | **Behavioural Experiments, including Trainees’ Own Behavioural Experiments** |
| **15.Wed** | **23/01/19** | **Low Self-Esteem as a Risk Factor for Clinical Disorders** |
| **16.Wed** | **30/01/19** | **CBT for Low Self-Esteem (Fennell, 2006) Pt I – with Second Years**  **NB: next training day on Monday next week** |
| **17. Mon** | **04/02/19** | **CBT for Low Self-Esteem (Fennell, 2006) Pt II – with Second Years**  **NB: no training on Wednesday of this week** |
| **13/02/19 – Half-Term Break** | | |
| **20/02/19 – Half-Term Break** | | |
| **18.Wed** | **27/02/19** | **Viva Preparation (morning)**  **Legal and Ethical Issues and Introduction to the BACP Ethical Framework (afternoon)** |
| **19.Wed** | **06/03/19** | **Revision of 5-Part Models and Thought Records, including Learning from Personal Essay** |
| **09/03/19 and 10/03/19 – Weekend Viva Recordings** | | |
| **20.Wed** | **13/03/19** | **Revision of CT Skills** |
| **21.Wed** | **20/03/19** | **Behavioural Experiments**  **NB: Please bring Oxford Guide to Behavioural Experiments**  **Learning from the Personal Essay** |
| **22.Wed** | **27/03/19** | **Revision of CT Skills** |
| **23.Wed** | **03/04/19** | **Small Group Viva Presentations: Day I** |
| **24.Wed** | **10/04/19** | **Small Group Viva Presentation: Day II**  **Afternoon: Therapy Skills Practice** |
| **17/04/19 – Easter Break** | | |
| **24/04/19 – Easter Break** | | |
| **01/05/19 – Easter Break** | | |
| **08/05/19 – May Day Break** | | |
| **25.Wed** | **15/05/19** | **Class Test Preparation**  **Behavioural Experiments** |
| **26.Wed** | **22/05/19** | **CT for Obsessive-Compulsive Disorder (OCD) (Salkovskis Model)** |
| **27.Wed** | **29/05/19** | **Revision of CT Skills for Class Test** |
| **28.Wed** | **05/06/19** | **Class Test – 10.00am – 1.00pm**  **No tuition in the afternoon** |
| **29.Wed** | **12/06/19** | **Placement Preparation, Competency Advice and Risk Assessment** |
| **30.Sat** | **22/06/19** | **Summer Weekend Training – TBC** |
| **31.Sun** | **23/06/19** | **Summer Weekend Training – TBC**  **4.30pm – End of Year Community Meeting (all welcome – comments, concerns and suggestions for development)** |

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**Year II 2018 – 2019**

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| **Session** | **Date** | **Topic** |
| **1.Mon** | **16/07/18** | **Applied CBT Training – Placements** |
| **2.Mon** | **23/07/18** | **Applied CBT Training – Course of Therapy** |
| **3.Mon** | **13/08/18** | **Applied CBT Training – Client Casework** |
| **4.Mon** | **10/09/18** | **Advice re: Recording Clients for Assignments**  **Applied CBT Training – Beginning Client Work – Course of Therapy**  **Homework: read chapters 1 (Basic Theory) and 11 (Course of Therapy) from Oxford Intro to CBT *(including viewing video training online each week)*** |
| **5.Mon** | **17/09/18** | **Assignments 2018 - 2019: Case Study Guidance**  **Applied CBT Training – CBT Basics – Overview of CBT and Course of Therapy**  **Questions on chapters 1 (Basic Theory) and 11 (Course of Therapy)** |
| **6.Mon** | **24/09/18** | **Applied CBT Training – CF and Maintaining Factors**  **Homework: read chapter 4 from Oxford Intro to CBT (Assessment and Formulation)** |
| **7.Mon** | **01/10/18** | **Applied CBT Training – CF and Maintaining Factors**  **Questions on chapter 4 (Assessment and Formulation)** |
| **08/10/18 – Home Study Day** | | |
| **8.Mon** | **15/10/18** | **Applied CBT Training – Cognitive Techniques – 5-PMs and ATRs**  **Homework: read chapter 8 from Oxford Intro to CBT (Cognitive Techniques)** |
| **9.Mon** | **22/10/18** | **Applied CBT Training – Cognitive Techniques – 5-PMs and ATRs**  **Questions on chapter 8 (Cognitive Techniques)** |
| **29/10/18 – Hallowe’en Break** | | |
| **10.Mon** | **05/11/18** | **Applied CBT Training – Behavioural Techniques - BEs**  **Homework: read chapter 9 from Oxford Intro to CBT (Behavioural Experiments)** |
| **11.Mon** | **12/11/18** | **Applied CBT Training – Behavioural Techniques - BEs**  **Questions on chapter 9 (Behavioural Experiments)** |
| **12.Mon** | **19/11/18** | **Applied CBT Training – Revision – Case Formulation and Maintaining Factors** |
| **13.Mon** | **26/11/18** | **Applied CBT Training – Revision – Cognitive and Behavioural Skills Work** |
| **14.Mon** | **03/12/18** | **Revision – Depression – Beck and Bredemeier (2016) Unified Model of Depression** |
| **15.Mon** | **10/12/18** | **Revision – Beck and Bredemeier (2016) Model Applied to Depression Casework** |
| **Christmas and New Year Break**  **17/12/18**  **24/12/18**  **31/12/18**  **07/01/19**  **Read: Fennell, M. (2006): CBT for Low Self Esteem** | | |
| **16.Mon** | **14/01/19** | **Revision of all CBT Theory and Skills** |
| **17.Mon** | **21/01/19** | **Revision of all CBT Theory and Skills** |
| **18.Mon** | **28/01/19** | **CBT for Low Self-Esteem (Fennell, 2006) Pt I** |
| **19.Mon** | **04/02/19** | **CBT for Low Self-Esteem (Fennell, 2006) Pt 2** |
| **11/02/19 – Half-Term Break** | | |
| **20.Mon** | **18/02/19** | **CBT for Low Self-Esteem (Fennell, 2006) Pt 3** |
| **21.Mon** | **25/02/19** | **Revision of CBT Theory and Skills** |
| **22.Mon** | **04/03/19** | **CBT for Working with Core Beliefs – Overview: Continuums, Vicious and Virtuous Flowers, Core Belief Logs, Psychodrama** |
| **23. Mon** | **11/03/19** | **CBT for Working with Core Beliefs – Overview: Continuums, Vicious and Virtuous Flowers, Core Belief Logs, Psychodrama** |
| **24.Mon** | **18/03/19** | **Small Group Case Study DVD Presentations**  **(Live Case Report, Discussion, Research Evaluation)** |
| **25. Mon** | **25/03/19** | **Small Group Case Study DVD Presentations**  **(Live Case Report, Discussion, Research Evaluation)** |
| **26.Mon** | **01/04/19** | **Small Group Case Study DVD Presentations**  **(Live Case Report, Discussion, Research Evaluation)** |
| **27.Mon** | **08/04/19** | **Small Group Case Study DVD Presentations**  **(Live Case Report, Discussion, Research Evaluation)** |
| **Easter Break**  **15/04/19**  **22/04/19**  **29/04/19**  **May Day Bank Holiday**  **06/05/19** | | |
| **28.Mon** | **13/05/19** | **CBT for Health Anxiety (OCTC Model)**  **Homework: read chapter 14 from Oxford Intro to CBT (Health Anxiety)** |
| **29.Mon** | **20/05/19** | **Cognitive Therapy Scale (Revised) – Fairburn et al. (2001) CTS-r and Trainee Version**  **Questions on chapter 14 (Health Anxiety)** |
| **30.Mon** | **27/05/19** | **Revision of CBT Theory and Skills** |
| **31.Mon** | **03/06/19** | **Revision of CBT Theory and Skills** |
| **32.Mon** | **10/06/19** | **Revision of CBT Theory and Skills**  **End of Year Community Meeting – all feedback, comments and suggestions welcome** |