**BCTC Certificate Course Syllabus – SAMPLE**

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| **Session** | **Date** | **Topic** |
| **1** | **tbc** | **Introduction to Certificate Course and Assignments**  **Cognitive Behavioural Therapy and 5 Part Models** |
| **2** | **tbc** | **CT for Social Anxiety Disorder (Clark and Wells’ Model)** |
| **3** | **tbc** | **Simple Introduction to the DSM-5 (morning)**  **CT for Depression Pt I (afternoon)** |
| **4** | **tbc** | **CT for Depression Pt II (morning)**  **Negative Automatic Thoughts (NATs) – 5 Part Models for Depression (afternoon)** |
| **Break** | | |
| **5** | **tbc** | **CT for Panic Disorder (Clark’s Model)** |
| **6** | **tbc** | **Downward Arrow Technique and Socratic Questioning Revision**  **5 Part Models for Depression and Panic NATs** |
| **7** | **tbc** | **CT for Specific Phobia (Kirk & Rouf Model)** |
| **8** | **tbc** | **Non-Verbal Communication and Generic Therapy Skills**  **First Viva Preparation Session** |
| **9** | **tbc** | **5 Part Models Skills Practice for Disorders Covered to Date** |
| **Break** | | |
| **10** | **tbc** | **Course Revision**  **Second Viva Preparation Session** |
| **11** | **tbc** | **Viva Recordings** |
| **Break** | | |
| **12** | **tbc** | **Small Group Viva Assessment and Feedback** |