Training in CBT
What is the right course for me?

New to CBT?

YES

Looking for an introduction to CBT to see if it’s for me?

YES

Consider Introduction to CBT Informed Clinical Practice

NO

Want to work towards becoming a CBT therapist?

YES

Consider PWP or assistant psychology posts prior to further PG training; seek CBT experience and supervisor

NO

START with Introduction to CBT Informed Clinical Practice and then consider applying for PG Dip in CBT

Have significant experience?

YES

Already an accredited CBT therapist?

YES

Consider PG Cert (Advanced) if wanting to specialise e.g. in psychosis, personality issues or anxiety and depression

NO

Consider PG Dip (IAPT) training post or PG Dip (Level 1) to work towards CBT accreditation

NO

Please contact us to discuss any of our courses: AdmissionsPGT.ELS@soton.ac.uk or visit our website: www.southampton.ac.uk/CBT