

Courses in Brief Intervention Psychological Therapies

CPTI, in collaboration with Napier University is offering a series of stand-alone modules in various time limited and evidence based

- **Counselling & Motivational Interviewing**
- **Cognitive Behavioural Therapy (CBT)**
- **Interpersonal Therapy (IPT)**
- **Cognitive Analytic Therapy (CAT)**
- **Mindfulness Based Practices**
- **Transactional Analysis and Solution Focussed Therapy (SFT)**

CPTI and Napier offer these courses both for professionals, who wish to add to their knowledge and skill base by studying specific modalities, and for those wishing to obtain a qualification in counselling. Basic modules carry dual outcome award credits at undergraduate and masters level, the applied modules, research and supervised practice at masters level. For those seeking a qualification, a Post Graduate Certificate, a Post Graduate Diploma or an MSc degree will be awarded on successful completion of a required number of core and optional modules together with practise hours and other professional and academic requirements.

Course Entry

Entry to the courses is by application in which applicants are required to demonstrate their capability for study at the appropriate level. For those undertaking an award, a commitment to personal development is an important part of training and personal

The Masters Degree and Intermediate Awards

In the first year, students entering for an award choose three modules from Counselling and Motivational Interviewing, Cognitive Behavioural Therapy (CBT), Cognitive Analytic Therapy (CAT) and Interpersonal Therapy (IPT), Mindfulness or Transactional Analysis (TA) with Solution Based Therapy (SBT). Counselling and Motivational Interviewing is a requirement for applicants without prior counselling training. The second year offers a choice of application

counselling modalities. Students choose from the following list. A number of modules will be offered in each academic year:

- **Applied CBT**
- **Applied CAT**
- **Applied IPT**
- **Applied TA**
- **Research Methods**
- **Supervised Practice Module**

The structure for the qualifications is outlined below. Students sign up for individual modules, or they enter for an award; students entering for a certificate can option to continue to a diploma or MSc. Exit points are a post graduate certificate in one year, a post graduate diploma in two years or an MSc based on a dissertation written in the third year. The award of certificate, diploma or MSc requires a practice element within the training; this must be completed at each stage together with supervision and personal counselling for diploma and MSc students. The Certificate alone is not a qualification to practise counselling.

counselling is a requirement for those entering for the certificate, diploma or MSc. The entry requirements for an MSc include a first degree or the equivalent and life experience commensurate with becoming a counsellor.

modules in these modalities. Unless an exemption has been obtained, the Research Methods module is obligatory in this year for MSc entrants. The masters degree is completed by the writing and submission of a dissertation in the third year. The Supervised Practice module is completed in the second year by diploma students and in the third year by masters students. Diploma and MSc entrants are required to enter personal counselling and supervised practice.

Validation

The degree, diploma and certificate are offered subject to validation by Napier

University, Edinburgh; this is in the process of completion.

Entry with Recognised Prior Learning (RPL)

Holders of a recognised counselling diploma, an equivalent qualification or completion of

an equivalent module may obtain recognition for their prior learning.

Qualifications

The course is designed to provide a masters degree in three years; alternatives are a post graduate certificate in one year or a post graduate diploma in two years. Award of the MSc by Napier University adds an academic

recognition in the form of a post graduate degree. In many fields this opens opportunity for advancement and promotion. These awards are subject to validation by Napier University, Edinburgh.

Accreditation

Completion of this course will contribute towards a counsellor's application for accreditation by COSCA or BACP. See the

information sheet "Qualification, Accreditation and Validation".

Assessing Training in Counselling

In making the judgement as to whether counselling training is the right path, we recommend that all prospective students get information on different courses and be thorough in assessing the commitment and cost.

In assessing what is offered by CPTI, we invite you to study our training prospectus, information sheets and the FAQs; for other information, review the Napier web site at www.napier.ac.

Lecturers

All course lecturers with CPTI and Napier are appropriately qualified to teach the specific module or subject. Lecturers are practitioners in the modality taught or a closely allied

modality. Supervision is provided for the practice element of each application module. Generic supervision is provided for the Supervised Practice module.

Administration and Support

CPTI considers that the support of students by a knowledgeable and experienced administration staff is essential to the successful provision of training. Students always have access to staff by email,

telephone and, where appropriate by personal meeting. The first resource for students is with a Student Adviser. CPTI offices are open five days a week and include library and computer facilities for trainees.

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See other CPTI Training Information Sheets for detailed descriptions of the training programme and the available qualifications. Training Information Sheets are downloadable from www.cpti.info in PDF format or can be requested as emails from our office.

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