

## Modules in Brief Interventions

CPTI, in collaboration with Napier University offer a series of modules in time limited and evidence based counselling modalities. A number of modules will be offered in each academic year. CPTI and Napier offer these courses both stand-alone for professionals who wish to add to their knowledge and skill base by studying specific modalities and for those seeking a qualification in counselling. Level 1 modules carry dual outcome

- **Counselling & Motivational Interviewing**
- **Cognitive Behavioural Therapy (CBT)**
- **Interpersonal Therapy (IPT)**
- **Cognitive Analytic Therapy (CAT)**
- **Transactional Analysis (TA) & Solution Focused Therapy (SFT)**

*Note: the Applied Modules, Research and Supervised Practice are credited at master's level (SCQF 11); all other modules carry dual credits at SCQF 9 & 11.*

### Description of Level 1 modules

#### **Counselling and Motivational Interviewing**

You will have the opportunity to learn and practise a range of counselling and motivational skills applicable to brief interventions. You will become aware of the principles and strategies of counselling and motivational interviewing in order to recognise resistance and ambivalence. This module will introduce you to the underlying

credits at both undergraduate and 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 modules together with practice hours and other professional and academic requirements. The structure for the qualifications is outlined below. Students choose from the following list of modules:

- **Mindfulness Based Practices**
- **Applied CBT**
- **Applied CAT**
- **Applied TA**
- **Research Methods**
- **Supervised Practice Module**

#### **Cognitive Behavioural Therapy (CBT)**

This module will introduce you to the underlying values, principles and concepts of Cognitive Behavioural Therapy (CBT). The module aims to

ethical principles of counselling and the application of these skills and how to apply them to your areas of work. You will practise and develop reflective and non directive skills, with a focus on brief intervention. The skills and knowledge will integrate motivational and core counselling skills to enable behavioural change

equip you with a range of skills and knowledge to enable effective therapeutic work with clients.

#### **Cognitive Analytic Therapy (CAT)**

This module provides you with an introduction to Cognitive Analytic Therapy, its history and development as an integration of several other theories and models of therapy. You will learn and develop skills in the use of CAT tools in therapy. You will also explore and discuss the applicability and the limitations of CAT. You will learn that CAT is fundamentally a 'relational'

therapy, focusing both on relationships the client has, and on coping strategies or patterns of relating that the client wants to change. You will develop the skills to explore the client's past and the origins of current problems which is an important part of CAT therapy work. You will also consider research in CAT.

#### **Interpersonal Psychotherapy (IPT)**

This module will provide you with an introduction to the IPT model of psychotherapy. You will learn how to apply the IPT approach to patients or

clients with depression, and explore its use within other areas.

#### **Mindfulness Based Practices**

In this module you will develop an experiential and theoretical understanding of the ways in which

mindfulness has applications in our personal and professional lives. You will participate in the

mindfulness practices taught on the 8 week Mindfulness Based Stress Reduction and Mindfulness Based CBT Courses. Drawn from Buddhist practice and combined with evidence based therapeutic techniques, it has become part of the new wave of cognitive therapies and is shown

to be helpful with a wide range of client groups whether in a health care, social care or an education setting, and with particular relevance to working with issues including depression, anxiety and pain.

### **Transactional Analysis and Solution Focused Therapy (TA and SFT)**

This module will introduce you to the underlying principles, values, theoretical concepts and techniques of both Transactional Analysis (TA) and Solution Focused Therapy (SFT). This

module can equip you with a range of skills and knowledge to enable you to work effectively with a range of clients in brief therapy settings. See other CPTI information sheets for more on TA.

## **Description of Level 2 (Applied) modules**

### **Applied Cognitive Analytic Therapy (CAT)**

You will learn about and explore the use of CAT to help in therapy, focusing on eating disorders, mixed/borderline/narcissistic personality disorders, deliberate self-harm, chronic physical health problems, and psychosis. You will develop

skills in applying CAT. You will also learn about the adaptability of CAT and its applied use in non-therapeutic settings, such as in the workplace and in organisations.

### **Applied Cognitive Behavioural Therapy (CBT)**

This module will continue to build upon the underlying values, principles and concepts of Cognitive Behavioural Therapy (CBT). There is an increasing evidence base to support the use of CBT with a range of mental health disorders that

is supported by recent government health and social policy initiatives. The module aims to equip you with a range of skills and knowledge to enable effective therapeutic work with clients presenting with diverse issues.

### **Applied Transactional Analysis (TA)**

You will learn about advanced applications of transactional analysis in psychological therapy. The emphasis will be on the use of TA in facilitating change, and understanding the person and the therapeutic relationship. You will learn

about case formulation, diagnosis, contracting and treatment planning using TA, and a range of TA interventions to facilitate change and growth. You will also learn about the application of TA in organisational and educational development.

**Other Modules:** In addition there are Research and Supervised Practice Modules.

### **Alternative Qualification**

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. For

those intending to use the qualifications other than as counsellors there are alternative awards of a PG Certificate, a PG Diploma or an MSc in Brief Intervention Professional Practice

### **Validation & Qualifications**

The awards are offered subject to validation by Napier University, Edinburgh; this is in the process of completion. 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.

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*See other CPTI Training Information Sheets for detailed descriptions of all CPTI training programmse and the available qualifications. Training Information Sheets are downloadable from [www.cpti.info](http://www.cpti.info) in PDF format or can be requested as emails from our office.*

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