

Flexible Professional Development courses in Evidence-Based Psychological Treatment



The award-winning Charlie Waller Institute of Evidence-Based Psychological Treatment at the University of Reading is renowned for its high calibre training delivered by the world leaders. It currently provides a variety of Diploma and Certificate Courses, including those associated with the Government's 'Improving Access to Psychological Therapies' (IAPT) programme.

It is planned that from September 2010 onwards, mental health workers will be able to attend specific courses ('modules') according to their individual professional needs. If the candidate successfully passes an exam or coursework, they will be awarded the relevant University credits. If 60 credits are completed, the student will receive a Certificate from the University of Reading, and if 120 credits are completed, the student will receive a Diploma. The number of taught hours and supervision requirements vary for each module and more information is available by contacting cwi@reading.ac.uk.

Planned modules:

- Introduction to evidence-based psychological treatment (20 credits)
- Theory and practice of evidence based psychological treatment part 1: (20 credits)
- Theory and practice of evidence based psychological treatment part 2: (20 credits)
- Advanced theory and practice (20 credits)
- Focused clinical training and supervision basics (20 credits – requires supervision)
- Focused clinical training and supervision – complex problems and dissemination (20 credits – requires supervision)

From existing IAPT Psychological Wellbeing Practitioner (PWP) courses

- Low intensity interventions (20 credits)
- Assessment and engagement in low intensity interventions (20 credits)
- Culture, values, diversity, employment (20 credits)

From existing IAPT High Intensity (HI) courses– all modules require field supervision

- Fundamentals of CBT (40 credits)
- CBT for anxiety (40 credits)
- CBT for depression (40 credits)

New modules

- Supervision training for PWP and HI therapists (20 credits)
- The interface between physical and mental health (20 credits)
- CBT for older people (20 credits)
- CBT for older people – advanced (20 credits)

The University will accredit prior learning on a case-by-case basis. Applicants will usually be required to have obtained an Honours degree in a discipline connected to mental health and a further mental health qualification. Applicants without these qualifications will be required to pass a preliminary standardized 'Knowledge and Skills Assessment'.

**For further information email cwi@reading.ac.uk or call 0118 378 6668
www.reading.ac.uk/charliewaller**



Berkshire Healthcare 
NHS Foundation Trust

