



Course Brochure

Postgraduate Diploma CYP-PT Therapies: Cognitive Behavioural Therapy



**Please note that CYP Mental Health training programmes are now referred nationally as CYP Psychological Training (CYP-PT)*

What does training involve?

The Postgraduate Diploma in CYP-PT Therapies, in Cognitive Behavioural Therapy (CBT) starts in January 2026 and will be completed over 12 months, finishing in December 2026. Trainees attend university teaching Mondays–Tuesdays. There are also two 'intensive' teaching weeks in May and June. Throughout the course, the remainder of the week will be spent seeing cases appropriate for learning CBT in your service.

What does the training look like?

The CBT course will increase your confidence and competence as a therapist. You will learn how to use CBT for anxiety disorders, depression, Post Traumatic Stress Disorder (PTSD), Obsessive Compulsive Disorder (OCD) and Body Dysmorphic Disorder (BDD) through a combination of workshops, watching videos of therapy, role plays and through your own supervision, including viewing your own videoed practice in small, safe and supportive practice tutor groups. We receive consistent feedback that this is a highly valuable part of the course.

The large majority of university teaching will take place **face-to-face** at the [Institute of Psychiatry, Psychology and Neuroscience](#), part of King's College London. This is a unique opportunity to receive up-to-date teaching from experts in the field, that is applicable to your work.

It is an intense year and requires a large commitment from trainees; however we receive excellent feedback each year and trainees find our course very valuable.

How many hours of CBT practice and completed cases do I need to see to complete the training?

You will need at least 200 hours of CBT practice across the year and to complete treatment with at least 8 individual cases. Each case must be seen for a minimum of six sessions; most will be seen for longer. Four of these cases will be written up as case reports for university assignments and three will include an assessment of a video recording of one of your CBT sessions. You must receive at least five hours of supervision for each of the cases you submit for your assignment at your site.

What support will I have at my new service?

You should have a minimum of 1 hour a week CBT supervision from a BABCP accredited, or accreditable supervisor. 50% of your supervision should be 'live' and involve direct observation or watching video recordings of your clinical work. If your CBT supervision is provided externally to your service, you must also have at least 1 hour a month of case management supervision within the service, to support you with identifying appropriate cases, assessments, managing risk and monitoring outcomes. Good communication between supervisors is expected.

What will I gain from the training?

Improving your CBT skills will position you to offer evidence-based therapy. In providing this more effectively, young people are likely to have more positive outcomes. Please note we are not a BABCP accredited course but the course is designed to meet the BABCP minimum training standards so that trainees who wish to gain accreditation in the future are able to do so. At course completion, you will receive a 120-credit post graduate diploma certified by KCL.

Entry Requirements

Essential

Normally a minimum of a second-class Bachelor's degree from a UK university or an overseas qualification of an equivalent standard in a relevant academic subject (e.g. Psychology, Education, Childhood Development, Social Work etc), OR any subject with further training or experience in a relevant field (e.g. Teaching/Teaching Assistance, Learning Support, Healthcare Assistance, Youth Work, Counselling etc)*

AND/OR a registerable professional qualification in a relevant subject (e.g. medicine, psychology, social work, nursing) from a UK university or overseas professional qualification of an equivalent standard

**Applicants who do not fulfil the academic criteria are encouraged to apply and may be considered on a case-by-case basis. Please contact us with queries*

At least two years' experience working therapeutically with children/young people in a mental health setting

Desirable: Previous experience of working within a CBT framework

Capability to complete academic work at postgraduate diploma level, including IELTS or equivalent to the appropriate level for students with English as a foreign language (BAND D) <https://www.kcl.ac.uk/study/postgraduate/apply/entry-requirements/english-language.aspx>

KCL Application Deadline – Tuesday 25th November 2025 Teaching will begin on Monday 19th January 2026

Next Steps

If you are interested in this training, you can find out more information [here](#).

*Please note: The CBT programme is not a standalone CYP MH training course. The programme requires potential candidates to apply for both the University led training course and the role within a participating mental health service.

Application Process

- To apply online go to <https://apply.kcl.ac.uk>
- Please do contact cyp-mh@kcl.ac.uk for any queries

"I'm truly enjoying the learning and putting it straight into practice...being a mental health nurse, this course really complements my background. Well recommend it!"

Student on the CYP-MH CBT Postgraduate Diploma, 2021



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