

Thank you for funding my attendance on the CBT certificate at Cardiff University.

CBT has a growing evidence base for its use in the treatment of adolescent mental health problems. NICE clinical guidance recommends that it is considered as a treatment across a range of disorders, including Obsessive Compulsive Disorder and Depression.

The CBT certificate at Cardiff University comprises of 14 training days, and there is a requirement that students have a minimum of five hours supervision with a BABCP accredited practitioner along side this. The teaching days I attended were:

- Theory and context
- Formulation & Advances
- Research evidence
- Assessment & Research Standards
- Depression (two days)
- Panic Disorder
- Agoraphobia
- Specific Phobias
- Social phobia
- Health Anxiety
- Obsessive Compulsive Disorder
- Generalised Anxiety Disorder
- Post Traumatic Stress Disorder

The disorder specific days briefly cover the evidence base surrounding the use of CBT, with the main part of the teaching focusing on theoretical models, the course of treatment and CBT strategies. Each teaching session incorporates a range of teaching methods, such as videos of CBT in practice, experiential activities and role plays. Students are also given comprehensive resource packs which include tools to use during therapy and a variety of rating scales.

The Cardiff University course boasts guest lectures from some of the countries most prominent therapists, including David Clarke and Ann Hackman. Although the course is aimed primarily at persons working with adults, the skills and resources you obtain are easily transferable to a younger client group, and personally I had no difficulty in finding young people to conduct my three case studies with.

Attendance on this course has given me valuable skills that I can now apply to my practice, and I am able to bring new treatment ideas to my team that may have previously not been considered. I found the lecturers on the course to be knowledgeable and dynamic in their teaching, which was well delivered. I would recommend this course to any professionals working in child and adolescent mental health who want a thorough introduction to CBT, with lots of practical applications.

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