Training in CBT
What is the right course for me?

New to CBT?

- Yes
  - Looking for an introduction to CBT to see if it’s for me?
    - Yes
      - Consider Introduction to CBT Informed Clinical Practice
    - No
      - Want to work towards becoming a CBT therapist?
        - Yes
          - Consider PWP or assistant psychology posts prior to further PG training; seek CBT experience and supervisor
        - No
          - Already an accredited CBT therapist?
            - Yes
              - Consider PG Cert (Advanced) if wanting to specialise e.g. in psychosis, personality issues or anxiety and depression
            - No
              - Have significant experience?
                - Yes
                  - Start with Introduction to CBT Informed Clinical Practice and then consider applying for PG Dip in CBT
                - No
                  - Consider PG Dip (IAPT) training post or PG Dip (Level 1) to work towards CBT accreditation

Please contact us to discuss any of our courses: AdmissionsPGT.ELS@soton.ac.uk or visit our website: www.southampton.ac.uk/CBT