



PROSPECTUS Winter session 2021

POSTGRADUATE CERTIFICATE IN COGNITIVE BEHAVIOURAL THERAPIES – (PgCertificate CBT),

Name of the course: Postgraduate Certificate in Cognitive Behaviour Therapies (PgCertificate CBT)

Patron: Professor MAhmud Aurangzeb, Dean Khyber Medical College Peshawar Pakistan.

Program Director: Prof Dr. Bashir Ahmad, Head of Psychiatry Department KTH, accredited Cognitive Behaviour Therapist.

Duration: Six months

Venue: Khyber Medical College Peshawar /Khyber Teaching Hospital Peshawar Pakistan.

Secretariat: Psychiatry Department Khyber Medical College Peshawar

FACULTY:

1. **Professor Dr. Mowadat Hussain Rana**, MBBS, MCPS, FCPS, DCPS-HPE, MCPS-HPE, D-CBT (Oxford), MRCPsych (UK), FRCPSych (UK).
2. **Prof. Dr. Bashir Ahmad**, MBBS, DPM, FCPS, Postgraduate Diploma in Cognitive Behaviour Therapies, Institute of Psychiatry at Maudsley, King's College London University; Certified Medical Educationist from Brookes University Oxford, Specialist Associate Royal College of Psychiatrist England. (**Program Director**).
3. **Dr. Imran Khan**, MBBS, FCPS, PgCertificate CBT, MCPS Family Medicines, MHPE (course). Assistant Professor Psychiatry department Khyber Teaching Hospital Peshawar.
4. **Ms. Robina Sarwar**, MSc, M Phil, PgCertificate CBT. clinical Psychologist Psychiatry Department Khyber Teaching Hospital Peshawar

Overseas Faculty:

5. **Professor Dr. Axel Würz**, Consultant Psychiatrist, Postgraduate Diploma in Cognitive Behaviour Therapies, Institute of Psychiatry at Maudsley, King's College London University.

BACKGROUND:

Cognitive behavioural therapy is a talking therapy that can help patient manage his problems by changing the way he thinks and behaves. It is evidence based and has proven efficacy in broad range of psychiatric and psychological disorders. CBT is most commonly used to treat Depression and anxiety disorders, but it has been found to be useful for various other mental and physical health problems for example life issues, which may include work stress, difficulties with relationships, excessive pain, irritable bowel syndrome, self-esteem issues, bereavement, stress and anger.

CBT deals with the current problems, rather than focusing on issues from the past and it looks for practical ways to improve patient's state of mind on a daily basis.

The Postgraduate Certificate course is a specialist-training programme offered in collaboration with the Khyber Medical College and is affiliated with Khyber Medical University. After successful completion students are awarded a Postgraduate Certificate from the Khyber Medical University Khyber Pukhtunkhwa.

RATIONALE:

At present there is no postgraduate training programme in Cognitive Behavioural Therapies in Pakistan while there is an increasing need for having such a programme.

NEED ASSESSMENT:

Psychological therapies are alternatives to pharmacological treatment and in fact it is the preferred choice in those patients who do not like medication, have developed side effects to medication, or are resistant to medication. Research shows that not all depressed patients respond to medication. The best estimates indicate that only about 60 to 65% show improvement to antidepressant drugs. Methods must be developed to help the 35 to 40% of depressed people who are not helped with an antidepressant drug. Cognitive behaviour therapy can provide evidence based alternative intervention for this group of patients.

VISION:

To provide the best evidence based treatment to public by excelling the field of psychotherapies especially cognitive Behaviour therapies

MISSION:

- To train professionals in Cognitive Behaviour Therapies to be able to provide state of the art therapies not only in tertiary care hospitals but also in remote areas of the country.

CORE VALUES:

- Respect for cultural, religious and traditional values
- Personal and Professional development
- Sustainability and continuous improvement of the CBT program

PROGRAMME AIMS AND OBJECTIVES:

The course aims to equip practitioners with the Cognitive Behaviour Therapy skills necessary to implement evidence-based treatment for the most common psychological disorders.

General objectives:

By the end of cognitive Behaviour Therapy course students would be able to:

- Assess patient suitability for CBT
- Develop CBT case formulations
- Devise and implement individual treatment programmes and evaluating its effects.

PROGRAMME STRUCTURE AND EVALUATION:

The Course begins with a 3-day contact session followed by two further contact sessions 3 days each at 3 months' intervals. Students are expected to carry out CBT with at least two suitable patients and receive one and a half hours of small group supervision weekly (9.30am - 11.00am).

Reading and completion of written assignments will be undertaken in addition to the teaching days outlined below. Many students find it effective to set aside six to seven hours a week for self-reading.

Further details of the teaching programme and teaching methods are given in the TOS below.

Table of specifications (TOS) (10 CH certificate course)

Contact sessions	Learning outcomes	Course codes	Contents	Credit hours	MITs	Assessment & Evaluation
Contact session 1	<p>1. Demonstrate theoretical concepts underpinning depression and anxiety.</p> <p>2. Select suitable candidates for therapy</p> <p>3. Initiate structured Cognitive Behaviour Therapy session with patients</p>	CBT-01	<p>Basic concepts and skills</p> <p>a) Comparison of CBT with other forms of Psychotherapies</p> <p>b) Beck's cognitive model of emotional disorder</p> <p>c) CBT assessment and formulation</p> <p>d) The structure of CBT (agenda setting, goal setting, pacing, homework etc.)</p> <p>e) The style of CBT (collaboration, explicitness, feedback)</p> <p>f) Socratic methods</p> <p>g) Identifying and evaluating dysfunctional belief system (core beliefs, assumptions and Automatic thoughts)</p> <p>h) The role of behavioural experiments</p> <p>i) Introduction to supervision Modes of supervision What to discuss in supervision.</p> <p>j) CBT Suitability Criteria: Selecting Patients for treatment:</p> <p>k) Planning 1st CBT session</p> <p>l) Follow Through and Ending CBT</p>	1.5	<p>Lectures</p> <p>Small group discussions</p> <p>Group exercises</p>	Assignment
Contact session 2	<p>1. Formulate patient's problems in Cognitive Behaviour Therapy context</p> <p>2. Assess schema and automatic thoughts</p>	CBT-02	<p>Special applications</p> <p>a) Dysfunctional beliefs system: Exploring Core beliefs, assumptions and Automatic Thoughts</p> <p>b) Socratic Questioning Socratic interview techniques</p> <p>c) CBT Case Conceptualization Understanding of the patient's problems by</p>	1.5	<p>Lectures</p> <p>Small group discussions</p> <p>Video clips</p> <p>Individual and group exercises</p> <p>Role play</p>	Assignment Practical-OSPE

			formulating evidence from childhood, adolescence, adulthood and onwards using Judith Beck model d. CBT for other conditions, panic anxiety, phobic anxiety, PTSD,OCD.			
Contacts session 3	1.Treat patients using structured CBT format. 2.Address and resolve problems faced in therapy. 3.Practical Examination	CBT-03	Special Applications a) Cognitive Restructuring b) Working with imagery, role-play and other non-verbal methods c) Facing problems in therapy; Stuck points, Resistance, transference, counter-transference c) Closing therapy d) Relapse Prevention Strategies- Therapy blue print	1.5	Lectures Small group discussions Video clips Individual and group exercises Role play	Practical - OSPE

One contact session: **Total 24 contact hours =1.5 Credit Hours**

Multiplied by 3 = **72 contact hours= 4.5 Credit Hours**

Direct contact with patient: **Total hours 32 = 2 Credit Hours**

Watching training videos: **Total hours 16 = 1Credit Hour**

Guided self-reading: **Total hours 24 = 1.5 Credit Hours**

Supervision= **Total 16 hours= 1 Credit Hour (candidates would attend weekly group supervision on their patients)**

Total teaching and training hours: 160= 10 Credit Hours

EVALUATION:

Evaluation would be done on the basis of assignments and practical examination.

Formative assessment:

Candidates submit one case conceptualization – before the start of 2nd contact session. Detailed feedback would be provided to the candidate. This would not be scored and would not count towards final assessment

Summative assessment (Theory Examination)

Candidates would submit one case report (writing salient features of CBT sessions completed with a patient).

Candidates would submit one Essay of 2000 words on a topic provided by the course organizers within 8 weeks of the last contact session. (Case report and essay are the theory part of examination; would be marked by two examiners independently independently, rating the score as distinction, merit, pass and fail)

Practical Examination:

Objective Structured Practical Examination (OSPE) would be used to assess practical and problem-solving skills at multiple stations. There would be 10 stations, each assessing a mixture of different skills. Marking would be done as distinction, merit, pass and fail.

Khyber Medical University (KMU) would award certificates to successful candidates.

ANNUAL REVIEW PROCESS:

Course syllabus and evaluation process would be reviewed annually for improvement and sustainability.

COURSE FEE AND OTHER DUES:

Tuition fee for the entire course is Rs. 50000.00 (fifty thousand)

Khyber Medical University Enrolment & certification fee is Rs. 1800.00 (eighteen hundred rupees) payable as per KMU fee policy.

ADMISSION TO CERTIFICATE COURSE FOR THE YEAR 2021:

Applications last date: 30th November 2021

Interviews: 6-7th December 2021

Course Start date: 1st January 2022

QUALIFICATION:

At the end of the training course the university will award “PgCertificate CBT” qualification to candidates upon successful completion of course assignments and clearing OSPE examination.

ADMISSION CRITERIA AND PROCEDURE:

Places are available for a maximum of 20 students who are expected to be:

1. Psychiatric trainees having at least one-year post FCPS part 1 experience of working in psychiatry department.
2. Psychiatry Registrars/MCPS trainees with at least two years' experience of working in psychiatry department.
3. Clinical psychologists preferably having postgraduate diploma in clinical psychology with at least one-year clinical experience of working in psychiatry department of a recognized Teaching Hospital.
4. Qualified psychiatrists of all grades

In addition, all applicants are expected to:

- a. Have some knowledge of cognitive behavioural therapies. They do not need to have extensive practical experience of CBT, however, preference is given to candidates who can demonstrate some knowledge and experience of CBT approaches.
- b. Be competent in general clinical skills, such as forming a therapeutic relationship and communicating effectively. The Course provides specialized training in CBT and does not focus on developing the basics of good clinical practice; therefore, a foundation of basic clinical competencies is an important prerequisite.
- c. Should demonstrate commitment to developing CBT skills for use in clinical practice.
- d. Have access to treatment settings with regular clinical and CBT supervision where cognitive behavioural therapy skills can be practiced and refined on a regular basis.

Exceptions to these criteria are at the discretion of the course organizers.

SUGGESTED READING LIST:

1. **Cognitive Therapy: Basics and Beyond 2nd Edition** by Judith S Beck
2. **Cognitive Therapy of Depression** by Beck, Shaw, Rush, Emery, Guilford publishers
3. **Mind over Mood**, Christine Padesky
4. **Oxford guide to behavioural experiments in Cognitive Therapy** by James Bennett-levy, Gillian Butler, Melanie fennel
5. **Feeling Good**, by David D burns, Robinson publishers
6. **Overcoming low self Esteem** by Melanie Fennel, AVON Health publishers