

Programme Regulations: 2026/27

Postgraduate Diploma in Cognitive Behavioural Therapy: Code: 3549F (NHS-funded)

Postgraduate Diploma in Cognitive Behavioural Therapy: Code: 3550F (Self-funded)

Postgraduate Diploma in Cognitive Behavioural Therapy: Code: 3549P (NHS-funded)

Postgraduate Diploma in Cognitive Behavioural Therapy: Code: 3550P (Self-funded)

Notes

- (i) These programme regulations should be read in conjunction with the University's Taught Programme Regulations.*
- (ii) A core module for learning outcomes is a module which a student must pass.*
- (iii) A core module for PSRB accreditation is a module a student is required to obtain accreditation.*
- (iv) A compulsory module is a module which a student is required to study.*
- (v) All modules are delivered in Linear mode unless stated otherwise as Block, eLearning or distance learning.*
- (vi) Trainees will be required to undergo appropriate DBS and Healthcare checks as stipulated in University and School policies and fulfil all requirements for placements (including clinical access) as dictated by the relevant Care Quality Commission Regulated provider.*
- (vii) The University has an overriding duty of care to ensure that all students graduating from the programmes not only meet the academic requirements but are also physically and mentally fit to practise and are of good character. The case of any student whose fitness for professional practice is a matter for concern shall be considered under the University's Fitness to Practise Procedure.*
- (viii) The Post Graduate Diploma in CBT is an attendance-based programmes and is principally delivered face to face at the Newcastle City campus and associated clinical locations. Although some teaching and structured guided learning may be delivered online, due to the clinical and integrated structure of the programme, sessions planned for face-to-face delivery cannot be substituted by other forms of delivery, including blended, online and remote.*

1. Programme structure

- (a) The programmes are available for study in full and part-time mode
- (b) The period of study for the full-time and part-time routes shall commence in October and be delivered as follows:
 - a. one academic year for the Postgraduate Diploma (Full-time Routes- 3549F and 3550F)
 - b. Eighteen months for the Postgraduate Diploma (Part-time Route-3549P and 3550P)

- (c) Trainees will undertake work related to the programmes whilst providing Cognitive Behavioural Therapy with suitable patients in their normal workplace
- (d) The programme comprises credits to the value of:
- a. 120 credits for the Postgraduate Diploma
- (e) All trainees completing the full-time Postgraduate Diploma (3549F and 3550F) shall take the following compulsory modules:

Full-time Postgraduate Diploma

<i>Code</i>	<i>Descriptive title</i>	<i>Total Credits</i>	<i>Credits Sem 1</i>	<i>Credits Sem 2</i>	<i>Credits Sem 3</i>	<i>Level</i>	<i>Core for PSRB Accreditation</i>	<i>Core for learning outcomes</i>	<i>Mode</i>
PSY8090	Fundamentals of CBT	20	20			7	✓	✓	
PSY8091	CBT for Anxiety Disorders	40	8	16	16	7	✓	✓	
PSY8094	CBT for Depression	40	8	16	16	7	✓	✓	
PSY8097	CBT Practice	20	4	8	8	7	✓	✓	

- (f) All trainees completing the part-time Postgraduate Diploma (3549P and 3550P) shall take the following compulsory modules over 2 years:

Part-time Postgraduate Diploma – Year One

<i>Code</i>	<i>Descriptive title</i>	<i>Total Credits</i>	<i>Credits Sem 1</i>	<i>Credits Sem 2</i>	<i>Credits Sem 3</i>	<i>Level</i>	<i>Core for PSRB Accreditation</i>	<i>Core for learning outcomes</i>	<i>Mode</i>
PSY8090	Fundamentals of CBT	20	20			7	✓	✓	
PSY8092	CBT for Anxiety Disorders 1	20	4	8	8	7	✓	✓	
PSY8095	CBT for Depression 1	20	4	8	8	7	✓	✓	
PSY8098	CBT Practice 1	10	2	4	4	7	✓	✓	

Part-time Postgraduate Diploma - Year Two

<i>Code</i>	<i>Descriptive title</i>	<i>Total Credits</i>	<i>Credits Sem 1</i>	<i>Credits Sem 2</i>	<i>Credits Sem 3</i>	<i>Level</i>	<i>Core for PSRB Accreditation</i>	<i>Core for learning outcomes</i>	<i>Mode</i>
PSY8093	CBT for Anxiety Disorders 2	20	10	10		7	✓	✓	
PSY8096	CBT for Depression 2	20	10	10		7	✓	✓	
PSY8099	CBT Practice 2	10	5	5		7	✓	✓	

2. Assessment methods

Details of the assessment pattern for each module are explained in the module outlines.

3. Progression and Assessment

- (a) Candidates must pass each component of assessment.
- (b) The Postgraduate Diploma may be awarded with Pass, Pass with Merit or Pass with Distinction in line with the standard University criteria for awards (average marks across modules: Pass 50-59%, Pass with Merit 60-69%, Pass with Distinction 70+).
- (c) Candidates for the Postgraduate Diploma (Full and Part-time routes) will be required to provide evidence of completion of a minimum of 200 hours of supervised clinical practice and 70 hours of clinical supervision with a BABCP accredited supervisor to achieve the award. Details of the practice-based requirements are included in the PSY8097 Module Handbook for full-time candidates and the PSY8098 and PSY8099 Module Handbooks for part-time candidates.
Candidates on 3459F may transfer to 3549P within the first six months of the award at the discretion of the DPD. Candidates on 3550F may transfer to 3550P within the first six months of the award at the discretion of the DPD. It is not possible for students on the part-time awards (3549P and 3550P) to transfer to the equivalent full-time award.
- (d) Candidates on 3549F and 3550F who have successfully completed 60 credits may be eligible for the exit award of Postgraduate Certificate in CBT Studies provided that the following combinations of modules have been achieved: PSY8090 plus PSY8091 or PSY8094.

Candidates on 3549P and 3550P who have successfully completed 60 credits may be eligible for the exit award of Postgraduate Certificate in CBT Studies provided that the following combinations of modules have been achieved: PSY8090 plus PSY8092 and PSY8093 OR: PSY8090 plus PSY8095 and PSY8096.

4. Exemptions to the University's Taught Programme Regulations

(a) Module Hours

Due to the clinical work included in the Cognitive Behavioural Therapy Practice modules PSY8097, PSY8098 and PSY8099 the total hours exceed the normal hours of 10 or 20 credit modules. In the event of any inconsistency between the programme and University regulations in relation to the above exemption, the programme regulations take precedence over the University regulations.

(b) Modular Start and End Dates

The suite of Cognitive Behavioural Therapy programmes has an exemption from the University's Taught Programme Regulations in relation to modular start and end dates, approved by the Faculty Education Committee. In the event of any inconsistency between the programme and University regulations in relation to the above section, the programme regulations take precedence over the University regulations.