



## Continuing Professional Development and Postgraduate Studies



### Introduction

The CPD/Postgraduate Programme of the Health Communication Team, School of Communication, University of Ulster, offers new and important opportunities to professionals in counselling, social care, health and education. Learning is offered at a modular level to ensure that students' needs, whether they are CPD requirements or career requisites, are met via inter-disciplinary teaching. The five modules presented can be taken as stand-alone modules for which students will receive a University of Ulster Certificate of Attendance. Those undertaking the assignments are eligible to seek 15 credit points which they may use to gain exemption when applying for study on PG Dip./MSc from the School of Communication, if they have an honours degree. They may be presented to other Schools for accreditation consideration. We will add to our CPD menu on a yearly basis ensuring we continue to meet professional needs.

### What should I do now?

- [Click here to download an application form](#)
- send it in before the course's closing date with a cheque for the £100 deposit

### Cognitive Behaviour Therapy (CBT) I [\(click here for Module Guide\)](#)

The module introduces students to Cognitive Behaviour Therapy, both in terms of theoretical underpinning and foundation practice skills. The module will provide an in depth understanding of the conceptual framework in which cognitive behavioural therapy operates and an overview of the main types of therapy on offer along with a critical appraisal of the evidence base. Students will be given the opportunity to develop and reflect on the counselling skills inherent in cognitive behavioural approaches.

Dates: October 1, 15, 29, November 12, 26 and December 10 2007

Closing Date for Applications: 19th September 2007

Course Leader: Sylvia Buet BSc, MSc, BABCP Accredited Cognitive Behavioural Psychotherapist

## Cognitive Behaviour Therapy (CBT) II

The module builds on Cognitive Behaviour Therapy I and will provide in depth understanding of CBT approaches applied to specific mental health conditions. Students will be given the specifics of working with particular diagnoses along with a critical appraisal of the growing evidence base for same. The two modules will permit students the opportunity to progress towards accreditation as a cognitive behavioural therapist.

Dates: January 28, February 11, 25, March 10, 31 and April 14 2008

Closing Date for Applications: 2nd January 2008

Course Leader: Sylvia Buet BSc, MSc, BABCP Accredited Cognitive Behavioural Psychotherapist

## Clinical Supervision (click here for Module Guide)

The module introduces students to clinical supervision as a practice requirement. The module will prepare and support professionals by providing an in depth understanding of theoretical concepts, practical dimensions and experiential learning central to clinical supervision. Students will be given the opportunity to develop and reflect on supervision practice in the context of their own core discipline to enhance their professional self.

Dates: October 3, 4, October 24, 25 and November 15 2007

Closing Date for Applications: 24th September 2007

Course Leader: Dr Mary Jenkins BSc, MSc, PhD, C.Psychol, Reg.Psychol(PSI), Accred.MBACP

## Counselling Skills for Working with Adolescents and Young People.

- in Partnership with North East Institute (click here for Module Guide)

The module sets out to provide counselling practitioners/helping professionals working with adolescents key knowledge across three domains – Context, Theory and Practice. In context students will look at social and legal contexts of the work, in theory, knowledge at the cognitive, emotional and communicative capacity of young people and adolescents and in practice, the actual practical skills of helping/counselling. Experts in these areas will provide students with a solid grounding in the particular complexities of working with young people and adolescents.

Dates: May 12,13, June 9,10 and 23 2008

Closing Date for Applications: 14th April 2008

Course Leader: Dr Mary Jenkins BSc, MSc, PhD, C.Psychol, Reg.Psychol(PSI), Accred.MBACP

## Telephone Consultation (click here for Module Guide)

This module provides a range of theoretical and practical approaches to consulting with clients by telephone interaction. People who register on this module will have different motivations and backgrounds. As students you will gain theoretical knowledge and enhanced clinical communication skills, which together underpin effective telephone consultation. Additionally you will have designated time to reflect on your practice and consider a range of critical issues central to health and/or therapeutic transactions, and their application to telephone consultation.

Dates: February 25, 26, March 10,11 and April 7 and 8, 2008

Closing Date for Applications: 28th January 2008

Course Leader: Dr Diane Hazlett BSc, MSc, PhD, Cert RCSLT

## Further Information

If you require further information, please contact:

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Please note, each course has a maximum and minimum enrolment. Early applications are advisable. All applicants will receive joining instructions by email, one week prior to the course starting. In the unusual event of a course being cancelled your deposit will be refunded.

**A separate form should be completed for each course.**