Placement Requirements for applicants of the MSc Cognitive Behavioural Psychotherapy course

Students need to complete 200 hours of supervised CBP practice working with at least eight clients under supervision over the duration of the programme. These cases must cover at least 3 different presenting problems. This requirement is intended to ensure that students have the opportunity to put into practice the knowledge and skills that are learnt on the course. The following guidelines must also guide the work they do relating to the course:

- The work with clients needs to be **contracted psychotherapy, not support work, advice work or other types of work**. This means that the client needs to have agreed to see the student practitioner as a trainee counsellor/psychotherapist, and that there are specified times agreed to meet for this purpose. Drop-in or help-line work is not suitable.

- The student should have only one relationship with the client i.e. as a counsellor/psychotherapist. It is difficult to maintain clear counselling boundaries if there is a dual role with clients.

- The course does not teach adaptations of CBP for work with children. **Supervised practice needs to be with clients aged 18 or over.**

- Similarly, the course teaches one-to-one counselling, and so supervised practice logged for the course should involve individual work rather than couple, group or family work. We also do not accept counselling sessions where there is more than one counsellor in the room with the client.
• We do **not** accept telephone counselling as part of the 200 supervised hours required. Exceptions may be made for students who have disabilities.

• Counselling sessions normally last for 50 minutes to 1 hour. The 200 hours of supervised practice should be made up of 200 separate counselling session, not sessions of 1 hour 20 minutes, and 1 hours 40 minutes adding up to 3 hours counselling.