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Postgraduate Virtual Open Days

MSc Psychological
Therapies (CBT)

Dr Gillian Radford & Dr Rachel Happer



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Meet the programme team

- Programme Director: Dr Gillian Radford, Senior Lecturer & Clinical Psychologist
- Professor Liz Gilchrist
- Senior Lecturer: Dr Helen Griffiths, Clinical Psychologist
- Programme Administrator: Clara Shaw
- Centre Director: Dr Rachel Happer, Senior Clinical Fellow & Clinical Psychologist
- Clinical Fellows: Emma Clark, Lisa Esingle, Dr Corinna Panagou, Emma Roberts,
- Centre Operational Lead: Joanne Hendry

MSc Psychological Therapies student numbers

182 applicants in 2024/25

70 students on course (48 FT and 22 PT)

- UK: 43 students
- International: 27 students

Backgrounds (Undergraduate degree)

- Psychology
- Experience of working with relevant groups

Programme entry requirements

- Full time programme
- Psychology Honours degree 2 (i) (or equivalent)
- Understanding of developmental stages
- Personal suitability for talking therapy - assessed by interview
- Placement included within the programme



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Programme entry requirements

- Part time programme
- Hold a core profession as defined by BABCP e.g. nursing, social work
- Placement not included within the part-time programme
- Applicants require access to suitable clients plus clinical supervision



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Why study this programme?

- Emphasis on working with children and young people
- Opportunity to work with young adults
- Clinical skills develop over 2 years through placement experience and supervised practice
- Teaching team experience in clinical practice & supervision



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Overview of Year 1

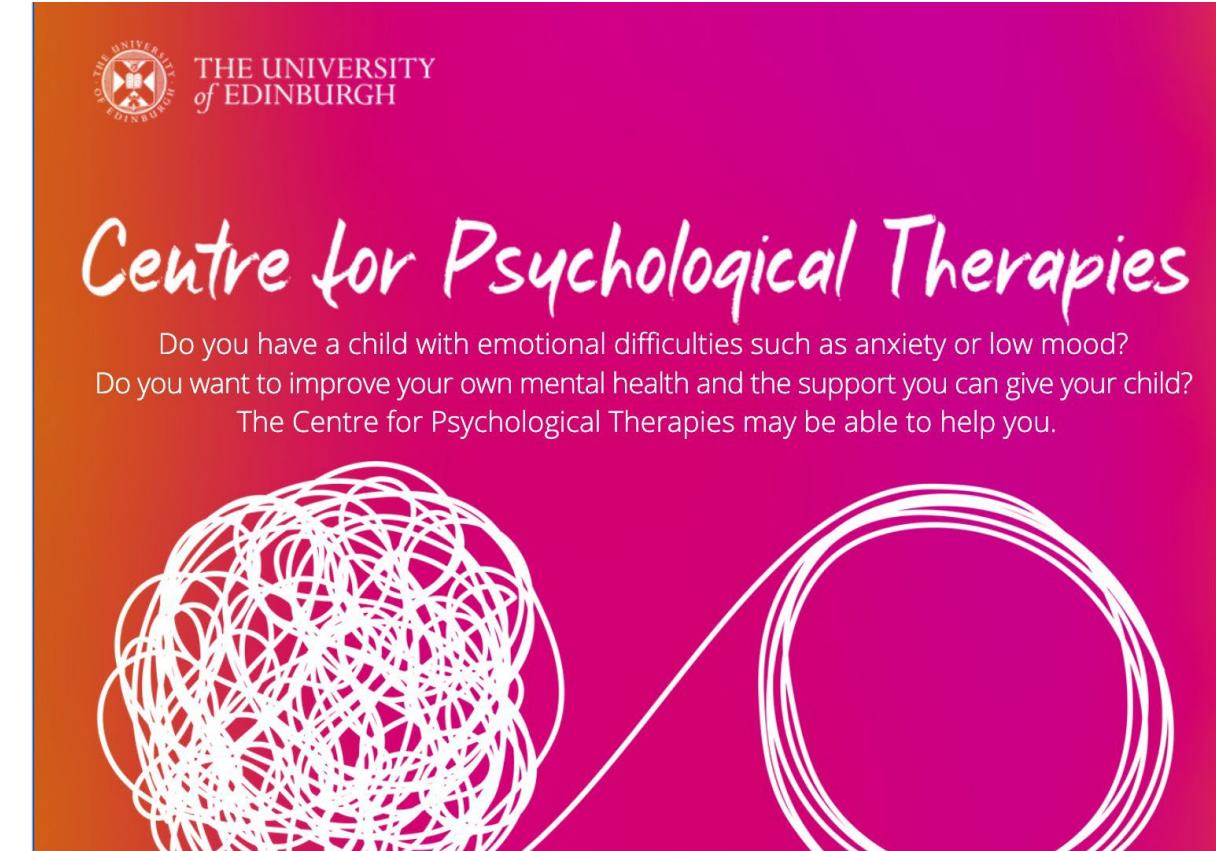
- Semester 1: Preparation for Practice
 - Assessment & Formulation
 - Psychological Skills Placement
 - Ethics & Governance
 - Common Mental Health Presentations
- Semester 2: Key skills for starting out in practice
 - Fundamentals of CBT with CYP
 - CBT for Children & Young People in Practice
 - CBT Placement 1

Overview of Year 2

- Semesters 1 & 2: Extending your practice
 - CBT for Complex Presentations
 - CBT Placement 2
 - Research Methods in Applied Psychology
 - Dissertation

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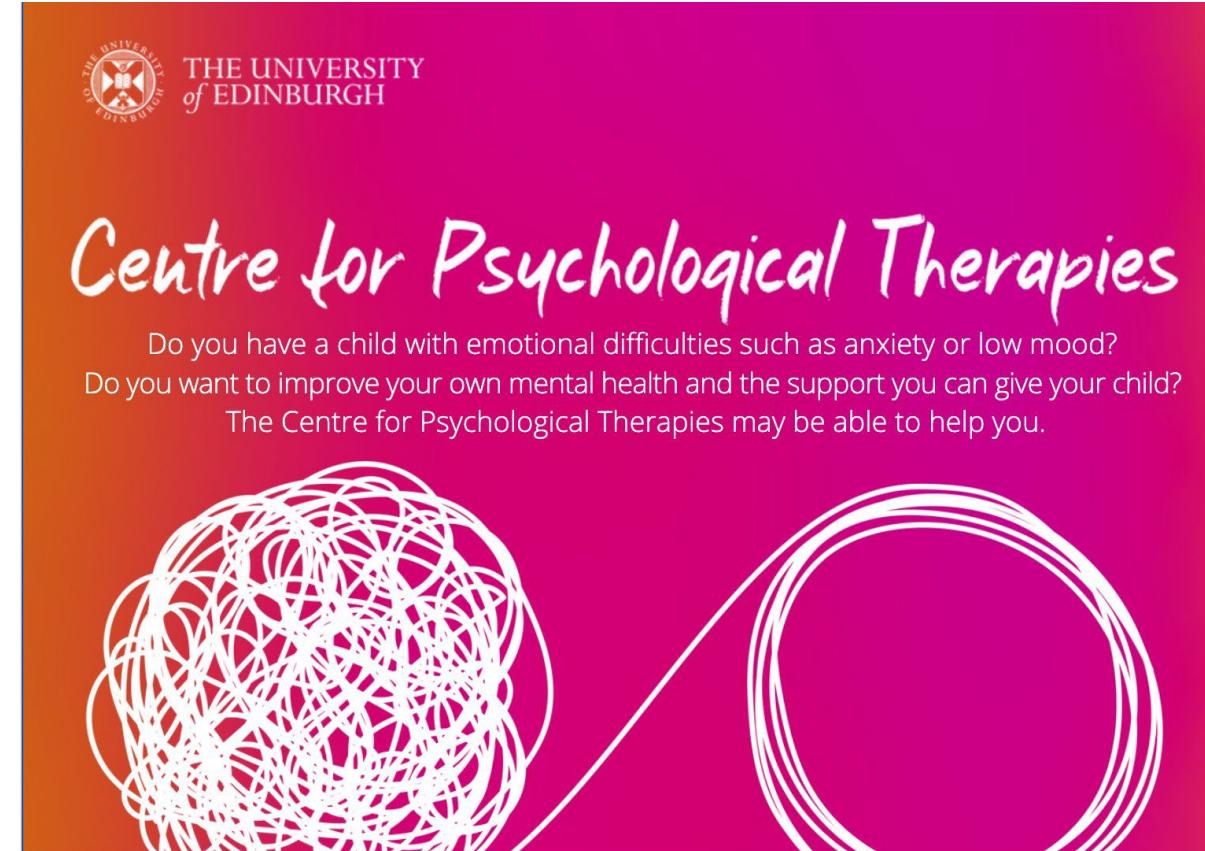
- Supporting evidence-based therapy, research & training
- On-campus clinic
- Provides evidence-based psychological therapies for the local community
- Provides face-to-face & online sessions
- Staffed team of experienced clinical practitioners & clinical learners
- Co-located with Hope Park Counselling Centre
- A stimulating learning environment
- Practical administrative support



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Placement expectations

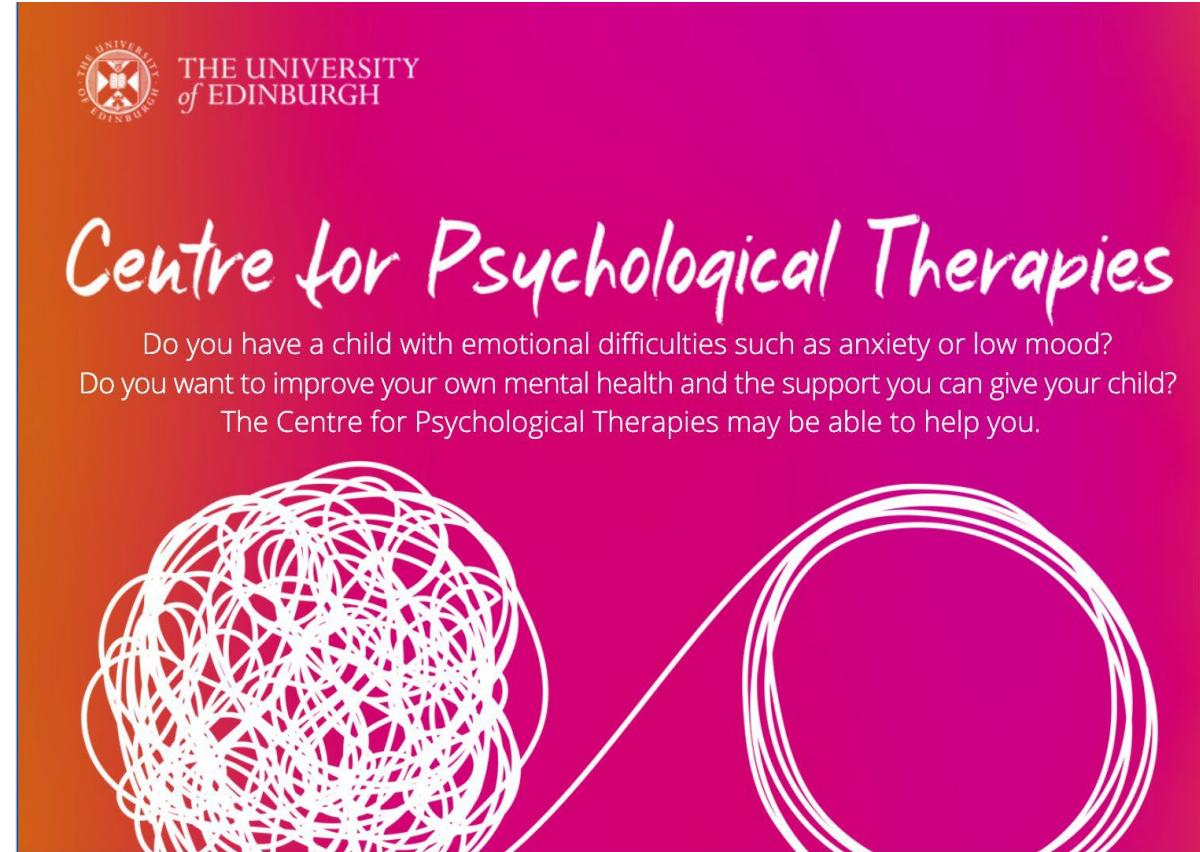
- Provision of appropriate caseload & qualified supervisor
- Regular supervision
- Practical administrative support to manage caseload & programme expectations
- Risk & Safeguarding process in place
- Placement professionalism monitored



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Practical considerations

- Commitment of a minimum of three days per week
- 3-9 hours of direct clinical contact per week depending on stage of training
- Client contact will build throughout placements
- Availability of a secure platform & a consistent confidential space required for online sessions



What a typical week looks like...

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Clinical admin & prep			Lectures	In person clinic session
Afternoon	Clinical supervision	Online therapy session	In person clinic session (Year 2)	Group supervision	Clinical admin: notes

Did you get the info you were looking for?

- Programme-specific info: <https://postgraduate.degrees.ed.ac.uk/>
- Chat to our Students: <https://edin.ac/student-chat-pg>
- Any other questions (including, Fees & Admissions) email:
futurestudents@ed.ac.uk



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Read our students' blogs at
blogs.ed.ac.uk/studentstories



Contact details for follow-up questions

- We apologise if we did not get through all of your questions in the time allotted for this session. If you have further questions that have not been answered, please email: futurestudents@ed.ac.uk
- Alternatively, you can contact the Psychological Therapies inbox: msc.therapies@ed.ac.uk



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Thank you

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