

## **IICP College: Certificate in CBT with Children & Adolescents** **(<https://www.activelink.ie/node/109823>)**



### **QQI Level 9 Certificate in CBT with Children & Adolescents**

**\*\*\*Subject to validation by QQI\*\*\***

**Award:** QQI (<http://www.qqi.ie/>) L9 Certificate (subject to validation)

**Start Date:** 2024-2025 Academic Term – Dates TBC

**Language requirement:** If English is your second language you are required to submit an IELTS (International English Language Testing System) cert at Level 6.5, or equivalent. For more information, please click [HERE](https://www.iicp.ie/courses/useful-information/)  
(<https://www.iicp.ie/courses/useful-information/>)

**Course Fees:**€975.00 [A deposit of €292.50 secures your place]

### **Who Should Apply**

This course will be of interest to those who are working in a supportive capacity with children and adolescents i.e. counsellors, psychotherapists, social workers, social care workers, keyworkers, mental health nurses, guidance counsellors, SNAs, teachers etc.

- Applicants are required to evidence attainment of a minimum of Level 8 in counselling and/or psychotherapy or a minimum of a Level 8 Degree in cognate discipline, or equivalent.
- Applicants are required to be able to demonstrate relevant experience in working with people in a responsible and caring role.
- Applicants must be in a work setting or role which will provide them with opportunities to implement their learning from this module, such as paid or voluntary work with children within the helping professions, counselling support services, psychological settings, social care settings and /or project / youth /community work.

### **Course Structure**

In this module, learners will engage in formal didactic lectures, skills practice, group discussion, reflective exercises and experiential exercises related to the following:

- (a) The historical development of CBT (Ellis & Beck).
- (b) Theoretical Underpinnings – Ellis.
- (c) Theoretical Underpinnings – Beck.
- (d) Case Formulation in CBT.
- (e) An exploration of the CBT model.
- (f) The therapeutic process & alliance in CBT.
- (g) Skills Development.
- (h) The ABC Approach of REBT.
- (i) Understanding Emotion from a CBT Perspective.
- (j) Identifying and challenging Irrational Beliefs.
- (k) Differentiating between Irrational Beliefs and Inferences.
- (l) Supporting the development of rational belief.
- (m) Facilitating Psychological Understanding of CBT Concepts with Children and Adolescents.
- (n) Facilitating Acceptance and Coping.

- (o) Facilitating Change: Behavioural Techniques.
- (p) Facilitating Change: Cognitive Technique.
- (q) Homework in CBT.

A key focus of the module will involve consideration of the application of CBT theory and practice with children and adolescents, taking their developmental context into consideration.

## **Delivery**

The Certificate in CBT with Children & Adolescents is delivered using blended learning. This consists of a rotational module, where learners attend onsite classes and online classes. We do not utilise hybrid approaches, therefore onsite classes are integral to the programme.

## **Student Benefits & Support**

We hold that it is not enough to simply teach the skills of CBT. Learners are given the space to learn, practice and be supported as they integrate CBT into their professional practice, in their particular context.

## **Work Based Learning**

Prior to commencing on the programme, learners must be working or volunteering in a setting where they are actively supporting children and/or adolescents. The programme requires that you evidence a minimum of 20 hours of practice where CBT is integrated into your professional practice, in your specific context. This must be supervised at a ratio of 1:5, so one supervision session should occur for every 5 hours of practice.

## **Assessment**

Case Study Assignment (100% of Module Grade): Learners are required to submit a comprehensive case study of a case where CBT was used as an intervention. Learners will commence the assignment with a literature review that analyses the theoretical and clinical underpinnings to the CBT approach (this can include exploration of the efficacy of CBT with the presenting issue inherent in the case). A critical evaluation of CBT interventions in complex clinical settings should be included in the review. In the case study, learners will demonstrate ability to prepare a CBT based case formulation, and will showcase their ability to engage, using CBT, with a client. The case study should demonstrate appropriate integration and application of cognitive and behavioural interventions with a child or adolescent.

## **Validation & Accreditation of Award**

This Certificate is awarded as a Minor Award at Level 9 on the NFQ and is subject to validation by QQI.

## **Credits**

10 ECTS

## **Protection for Enrolled Learners**

This programme is covered by arrangements under section 65 (4) of the Qualifications and Quality Assurance (Education and Training) Act 2012 whereby, in the event of IICP College ceasing to provide the programme for any reason, enrolled learners may transfer to a similar programme at another provider, or, in the event that this is not practicable, the fees most recently paid will be refunded. Current PEL arrangements consist of a 2% levy on course fees. IICP do not pass the cost of this on to learners.

**For further information visit our website [QQI Level 9 Certificate in CBT with Children & Adolescents - IICP College \(https://www.iicp.ie/validated-accredited-courses/qqi-l9-cert-in-cbt-with-children-adolescents/\)](https://www.iicp.ie/validated-accredited-courses/qqi-l9-cert-in-cbt-with-children-adolescents/)**

or contact:

**IICP Office** – [0879055330 \(tel:0879055330\)](tel:0879055330)

**Email:** [admissions@iicp.ie \(mailto:admissions@iicp.ie\)](mailto:admissions@iicp.ie)

**Region**

Dublin 24 / Blended

**Date Entered/Updated**

26th Jul, 2024

**Expiry Date**

26th Sep, 2024

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