

DEFINITIVE COURSE RECORD

Course Title	MSc Cognitive Behaviour Therapy
Awarding Bodies	University of Suffolk
Level of Award ¹	FHEQ Level 7
Professional, Statutory and Regulatory Bodies Recognition	The course is designed in alignment with the British Association for Behavioural and Cognitive Psychotherapies' (BABCP's) Minimum Training Standards (MTS) and will be applying for full course accreditation with the BABCP.
Credit Structure ²	180 Credits at level 7
Mode of Attendance	Mainly in-person with some online attendance (this will be monitored against updates in the BABCP requirements)
Standard Length of Course ³	2 years part-time, which includes integrated clinical practice and supervision across both years to support progressive competence development.
Intended Award	MSc Cognitive Behaviour Therapy
Named Exit Awards	PG Certificate Cognitive Behaviour Therapy Studies PG Diploma Cognitive Behaviour Therapy (NB: these exit awards will not confer eligibility for therapist accreditation with the BABCP)
Entry Requirements ⁴	<ul style="list-style-type: none"> • Typical Offer: Bachelors Honours degree 2:2 (or equivalent). • DBS check. • Core profession (as defined by BABCP) or evidence of eligibility for the KSA pathway. KSA applicants must evidence KSA mapping at entry. • Students will also need student membership with the BABCP for the duration of the course. <p>This course is not open to visa sponsored students (those students sponsored by the University under the student route)</p>
Delivering Institution	University of Suffolk

¹ For an explanation of the levels of higher education study, see the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2024\)](#)

² All academic credit awarded as a result of study at the University adheres to the [Higher education credit framework for England](#).

³ Where the course is delivered both full-time and part-time, the standard length of course is provided for the full-time mode of attendance only. The length of the part-time course is variable and dependent upon the intensity of study. Further information about mode of study and maximum registration periods can be found in the [Framework and Regulations for Taught Postgraduate Awards](#).

⁴ Details of standard entry requirements can be found in the [Admissions Policy](#) and further details about Disclosure and Barring Checks (DBS) can be found on the [University's DBS webpage](#).

DEFINITIVE COURSE RECORD

This definitive record sets out the essential features and characteristics of the MSc Cognitive Behaviour Therapy course. The information provided is accurate for students entering level 7 in the 2026-27 academic year⁵.

Course Summary

This MSc Cognitive Behaviour Therapy provides a postgraduate level training in cognitive behaviour therapy (CBT). Students will usually complete the course in two years, and during their period of studies will undertake 200 hours of supervised clinical placement using CBT in an approved setting, supported by structured clinical supervision from appropriately qualified supervisors.

The curriculum is designed and delivered in alignment with the BABCP Minimum Training Standards (MTS) to prepare graduates for eligibility for individual therapist accreditation with BABCP on completion of the post-qualification requirements. Entry is open to applicants with a BABCP core profession, or to those evidencing eligibility to complete the Knowledge, Skills and Attitudes (KSA) portfolio pathway; both routes are considered at interview with guidance provided on the most suitable path to BABCP accreditation.

Course Aims

- To promote the development of reflective, flexible, independent learners with transferable skills for employment in the talking therapies generally and cognitive behaviour therapy specifically.
- To enable students to develop a high level of self-awareness, autonomy and self-direction as a foundation for originality, initiative, integrity and ethical judgement in the professional practice settings in which they work.
- To develop a critical and robust understanding of the scientific and theoretical foundations of cognitive behaviour therapy for a variety of common mental health problems.
- To develop the knowledge, skills and competences necessary to practice safely and effectively as cognitive behaviour therapists.
- To prepare students for eligibility for therapist accreditation with the BABCP.
- To promote open mindedness, inclusion and cultural competence in engagement with all aspects of professional practice and the diverse environments in which this takes place.
- To equip students with appropriate knowledge and skills that meet local, regional, and national employment needs and the relevant professional and regulatory body standards.
- To provide students with a working knowledge of the significance of national guidelines, NHS structures and commissioning bodies and inter-professional practice, and the ability to apply this knowledge within an operational context.
- To develop students' range of intellectual and academic skills reflecting both the ethos of lifelong learning and the rigour and advanced scholarship required at master's level.

⁵ The University reserves the right to make changes to course content, structure, teaching and assessment as outlined in the [Admissions Policy](#). The University also reserves the right to make changes to course content, structure, teaching and assessment to ensure that the course remains in alignment with the standards, expectations and requirements of the BABCP.

DEFINITIVE COURSE RECORD

Course Learning Outcomes

The following statements define what students graduating from the MSc Cognitive Behaviour Therapy course will have been judged to have demonstrated in order to achieve the award. These statements, known as learning outcomes, have been formally approved as aligned with the generic qualification descriptor for level 7 awards as set out by the UK Quality Assurance Agency (QAA)⁶.

The learning outcomes are mapped to the BABCP Minimum Training Standards and the CBT Competence Framework (Roth & Pilling, 2007), ensuring graduates meet the knowledge, skills, and professional competences expected for individual accreditation.

Knowledge and Understanding

1. Demonstrate a thorough knowledge of the phenomenology, diagnostic classifications, and epidemiological features of common mental health problems.
2. Demonstrate an in-depth and robust knowledge of the scientific and theoretical foundations of cognitive and behaviour theories for common mental health disorders.
3. Demonstrate a knowledge of the fundamental competences and skills that underpin the effective delivery of cognitive behaviour therapy.
4. Demonstrate an ability to identify own assumptions, beliefs and values and how to apply the principles and methods of CBT to their own lives for the purposes of enhancing self-awareness, self-management and self-care.
5. Demonstrate a critically reflective awareness of contemporary issues, dilemmas and debates in therapy practice generally and cognitive behaviour therapy specifically.

Intellectual skills

6. Demonstrate an ability to identify, interpret and critically evaluate a variety of relevant information, theories and evidence within a professional practice context.
7. Demonstrate a robust understanding of the wide range of interventions that cognitive behaviour therapists use when working with common mental health problems.
8. Systematically recognise the role of individual, social and cultural differences in psychological functioning and human behaviour and know how to adapt practice to ensure sensitive, inclusive practice and equitable access.
9. Systematically understand ethical, policy and legal issues and justify practice-based decisions in light of this understanding.
10. Systematically understand how to explore and apply research principles and methods to address questions of relevance to the theorisation and practice of contemporary cognitive behaviour therapy for common mental health problems.
11. Demonstrate a 'scientist-practitioner mindset' for the purposes of reflecting critically on evidence-based practice and its relevance to the development and delivery of cognitive behavioural therapy.

Professional Practice/Subject Specific Skills

12. Demonstrate the ability to translate the scientific and theoretical foundations of CBT into practice with individuals experiencing common mental health difficulties.

⁶ As set out in the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2024\)](#)

DEFINITIVE COURSE RECORD

13. Demonstrate the ability to apply the fundamental competences of cognitive behaviour therapy to clients with a diverse range of common mental health problems.
14. Demonstrate an ability to assess client suitability for cognitive behaviour therapy and to collaboratively prioritise and agree problem areas, therapeutic aims and goals and appropriate therapeutic contracts.
15. Demonstrate the ability to build, maintain, and end therapeutic relationships with clients using cognitive behavioural theories, principles and methods.
16. Demonstrate the ability to assess risk factors and implement practical strategies and plans for the management of risk where necessary.
17. Demonstrate the ability to formulate, design, deliver and evaluate interventions that are grounded within an appropriate treatment protocol and/or evidence base.
18. Demonstrate the ability to adapt practice to the individual needs of clients in ways that are sensitive to issues of diversity, difference and culture.

Transferable skills

19. Demonstrate the ability to adhere to the BABCP's Standards of Conduct, Performance & Ethics in all areas of practice and professional conduct.
20. Demonstrate the ability to analyse and manage own personal and professional learning needs.
21. Demonstrate the ability to draw upon relevant academic, research and clinical literatures to support the development of independent judgement and action in all areas of professional practice.
22. Demonstrate the ability to use clinical supervision effectively, including an openness to feedback and a willingness to use feedback to inform own learning and development.
23. Demonstrate the ability to manage own workload to establish appropriate work timelines and meet deadlines, including for coursework.
24. Demonstrate the ability to communicate appropriately and effectively in all verbal, written and electronic formats with clients, colleagues, university staff, clinical services and other stakeholder groups.
25. Demonstrate an ability to make sound and creative clinical decisions in the context of situations of uncertainty and where knowledge is unclear, partial or contested.

Course Design

The design of this course has been guided by the following QAA Benchmarks, Professional Standards/BABCP requirements and the relevant competence framework as follows:

- Framework for Higher Education (2024)
- The Minimum Training Standards of the BABCP for eligibility for accreditation as a cognitive behaviour therapist
- CBT Competence Framework (Roth & Pilling, 2007)
- Relevant ethical, legal, and policy frameworks governing professional CBT practice.
- QAA Master's Degree Characteristic Statement Feb 2020

DEFINITIVE COURSE RECORD

Course Structure

The MSc Cognitive Behaviour Therapy comprises modules at level 7.

Module specifications for each of these modules is included within the course handbook and are available to students on-line at the beginning of each academic year.

	Module	Credits	Module Type ⁷
Level 7			
1	Fundamentals of Theory and Practice in Cognitive Behaviour Therapy	15	M
2	Clinical Foundations and Introductory Practice in Cognitive Behaviour Therapy	15	M
3	Cognitive Behaviour Therapy for Anxiety Disorders	30	M
4	Cognitive Behaviour Therapy for Mood Disorders	30	M
5	Adaptations for Comorbid and Complex Presentations	30	M
6	Dissertation	60	M
7	Clinical Placement	0	M

Awards

On successful completion of the course, students will be awarded a MSc Cognitive Behaviour Therapy. Students who exit the course early may be eligible for a PG Certificate in Cognitive Behaviour Therapy Studies on successful completion of 60 credits or a PG Diploma in Cognitive Behaviour Therapy on successful completion of 120 credits and a completed clinical portfolio that documents their placement activity.

Course Delivery

The course is delivered at our Ipswich Campus. Students studying for the MSc Cognitive Behaviour Therapy will receive a minimum of 200 hours of tutor-lead contact over the two years. The contact hours will be a mix of lectures, classroom-based discussions, seminar, practical activities including role plays or guided learning activities.

In addition, each student completes 200 hours of supervised clinical practice and a minimum of 40 hours of formal supervision.

Students will be expected to find their own placement with support from the course team.

Students will normally be expected to undertake 12 hours of independent study per week but should be prepared for this to vary based on assignment deadlines and class exercises.

Course Assessment

A variety of assessments are used to ensure that students can demonstrate the knowledge, clinical skills and competences required by the BABCP's MTS. The assessment methods used are appropriate to the learning outcomes of each module. Assessments include case

⁷ Modules are designated as either mandatory (M), requisite (R) or optional (O). For definitions, see the [Framework and Regulations for Taught Postgraduate Awards](#)

DEFINITIVE COURSE RECORD

reports, video recorded therapy sessions with clients with a range of mental health issues, self-practice self-reflection tasks and group work as well as a 60-credit dissertation. Students also need to complete a clinical portfolio as part of the Clinical Placement module which details their placement activity and how this meets in full the clinical requirements specified in BABCP's MTS.

Special Features

On successful completion of the MSc Cognitive Behaviour Therapy students will be eligible to apply for therapist accreditation with the BABCP.

Course Team

The academic staff delivering this course are drawn from a team that includes teaching specialists and current practitioners. All staff are qualified in their subjects with their own specialist knowledge and areas of expertise. They are accredited with the appropriate professional bodies.

Course Costs

Students undertaking the MSc Cognitive Behaviour Therapy will be charged tuition fees as detailed below.

Student Group	Tuition Fees
Part-time UK	£1,665 per 30 credit module
Part-time International	£2,670 per 30 credit module

Payment of tuition fees is due at the time of enrolment and is managed in accordance with the Tuition Fee Policy.

Students are likely to incur additional costs for their supervision, and for student membership of the BABCP, which is a requirement of both the course and of the BABCP.

Academic Framework and Regulations

This course is delivered according to the Framework and Regulations for Taught Postgraduate Awards and other academic policies and procedures of the University and published on the [website](#).