

Cognitive Behavioural Therapy Level 4



Course Code:	LNMD3/4
Enrolment Fee:	£345.00
Format:	Online & Paper
Award:	Level 4
Accreditation:	NCFE
Study Time:	100 Hours
Experience:	No Entry Requirements

Enrolment Fee ~~£345.00~~

Enrol today and pay

only £285.00/£315.00

A Distance Learning Course is the ideal way to gain a qualification without having the worry of trying to fit your studies around your everyday life. You can complete your studies in your own time and we are on hand seven days a week to help you plan your future.

Course Description

If you are currently working in the mental health sector or are wishing to follow this career path, you need to know about and understand Cognitive Behavioural Therapy (CBT). Nurses, Counsellors, Prison Officers, Probation Workers, Psychotherapists and other Mental Health Workers will all find this course invaluable when considering therapeutic interventions.

What is CBT?

Cognitive behavioural therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave. CBT cannot remove your problems, but can help you manage them in a more positive way. It encourages you to examine how your actions can affect how you think and feel. Talking and changing your behaviour can change how you think (cognitive) and what you do (behaviour). This can make you feel better about life.

When is CBT used?

CBT has been shown to be particularly helpful at tackling problems such as anxiety, depression, post-traumatic stress disorder (PTSD), eating disorders and drug misuse.

Unlike other types of talking treatments, such as psychotherapy, CBT deals with your current problems, rather than focusing on issues from your past. It looks for practical ways to improve your state of mind on a daily basis.

CBT can also be used to treat people with long-term health conditions, such as arthritis and irritable bowel syndrome (IBS). CBT cannot cure the physical symptoms of these health conditions, but can help people cope better with them.

The Cognitive Behavioural Therapy course is open to anyone with a genuine and positive attitude to the subject matter, and no prior knowledge is needed. However, as this is a Level 4 NCFE course, you will require a good standard of literacy and general education to progress and absorb the course concepts and materials. GCSE at grade C or above is therefore suggested as a general guideline. Although the course is at Level 4, you don't need counselling experience to be eligible.

Membership of the Counselling Society

This is UNIQUE: Students of this course will be awarded 30 points towards accreditation with the National Counselling Society. This is a really "big deal" for anyone committed to a career within the profession. Membership of NCS requires 75 points, so this course fulfils almost half of that requirement. Full accreditation requires 150 points, so completion of the course gets you well on the way, and is a real stepping stone on your career path.

We strongly advise you to join the National Counselling Society as they are the most forward-thinking Counselling organisation in the UK.

Previous Knowledge Required

You do not need any prior learning knowledge or experience to take this course. This course is openly available to anyone who wishes to take part in a highly rewarding home study course, although you would be expected to have a reasonable standard of literacy. You have the freedom to start the course at any time and continue your studies at your own pace for a period of up to 12 months from initial registration with the full support of your Tutor.

Support

You will receive the entire package of course materials in a single dispatch together with dedicated Tutor Support for 12 months. All assignments are marked by one of our professional Tutors who will offer regular feedback and guide you through your course. You will be provided with the telephone number for your dedicated Student Support Team who will be available for any other queries that you may have whilst completing your course. You can be assured that you will receive unlimited support for your home study course, so there is no need to struggle or feel isolated during your studies.

Assessment

You must successfully complete a series of activities and assessments. Once all assessments and activities have been completed, you will then be awarded your certificate. The good news is there is no final exam.

Modules

Unit **1**
What is CBT?

Unit **2**
Automatic Thoughts

Unit **3**
What can a Client expect in CBT Treatment?

Unit **4**
The Importance & Significance of Dreams in CBT

Unit **5**
Schema Therapy

Unit **6**
Socratic Questioning

Unit **7**
The Use of Medication

Awarding Organisation

This course has been accredited under NCFE IIQ Licence. At the end of this course successful learners will be awarded a certificate of achievement by NCFE. The training courses have been designed specifically to meet the needs of learners who prefer to study from home. The course measurable learning outcomes have been benchmarked at Level 4 (using Ofqual's Qualification and Credit Framework (QCF) level descriptors) to allow you to consider the depth of study, difficulty, and level of achievement involved.

LearnNow

Embracing Distance Learning

Enrolment/Instalment Agreement Form

Post your completed form to:
Learn Now
Hillhead House
Dartmouth Road
Kingswear
TQ5 0EX

Email: enrolments@learnnow.org.uk

Fax: 08435 240 521

Student Details

Title	First Name	Last Name
Home Tel. No.	Mobile No.	Date of Birth

Email Address

Billing Address – Please provide address card is registered at

Postcode

Delivery Address (if different from above)

Postcode

Course Name	Course Code

Will you be paying in full or by instalments (Please tick ✓) Payment in Full ☐ Instalments ☐

If paying by instalments, please choose method (Please tick ✓) Credit/Debit Card ☐ Paypal ☐

N.B. Not available to International Students

Deposit £	Monthly Instalment £	Term of Instalments

UK Delivery - Free ☐	Delivery to Europe - £40.00 ☐	Delivery to Rest of the World - £65.00 ☐

Payment method for payment in full (Please tick ✓) Credit/Debit Card ☐ Paypal ☐ Cheque ☐

For payment by credit/debit card, complete card details below. If you wish to pay by paypal, you will be sent a link by email to make payment. If you wish to pay by cheque, please attach cheque to this form. Cheques should be made payable to Learn Now

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For payment by credit/debit card, complete card details below. If you wish to pay by paypal, you will be sent an automated link by email to set up your payment schedule.

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I the credit/debit cardholder authorise Learn Now to take payments as indicated above from my credit/debit card. I the student agree to the general terms and conditions of enrolment and the conditions of monthly payments set out in this agreement, if relevant. For full terms and conditions see http://www.learnnow.org.uk/termsconditions.html		
Signature of Cardholder		Date
Signature of Student		Date

Please return the completed and signed agreement to us using one of the following methods:

By Post to:
Learn Now
Hillhead House
Dartmouth Road
Kingswear
TQ5 0EX

By Email: enrolments@learnnow.org.uk

By Fax: +44 (0) 8435 240 521

On receipt of your completed agreement, we will aim to despatch your course within 48 hours. If you choose to pay by instalments, confirmation of your payment dates will be forwarded to you by email.

We look forward to welcoming you to Learn Now and will ensure you receive all the support and guidance you need to succeed in your chosen subject.

Should you have any queries concerning this form, please feel free to Contact our Student Advisors on 01392 581038.