

MSc Cognitive Behavioural Therapy 2023-2025 (Salford University)

I would like to thank FPSA for their generous support and contribution to the funding for my MSc in Cognitive Behavioural Therapy, a course which I would not have been able to complete had I not had their support.

Throughout my time studying at Salford University, I gained insight into how to use Cognitive Behavioural Therapy (CBT) creatively and collaboratively with clients, as well as how to assess, formulate, provide interventions, and evaluate my work with them. This course focused on interventions with clients who have anxiety and depression, as well as those with personality disorders, schizophrenia, and other complex needs. There were also opportunities to study new developments in CBT, particularly those related to mindfulness and compassion-focused therapy.

This three-year part-time qualification gives learners the knowledge, skills, and competencies to work as a qualified Cognitive Behavioural Therapist in the health sector, non-medical settings and in private practice. Attending training has provided me with an opportunity to build on my skills and experience as a Psychotherapist working with children and young people.

The CBT knowledge and skills I have developed allow me to support those struggling with a range of anxiety disorders as well as depression and PTSD. Attending this training has meant the CAMHS service I work for, is now able to offer a wider range of therapy and support to the children and young people in our care. I have been able to offer evidence-based treatment in a timely manner which has significantly reduced waiting times for those in need.

The part time MSc training has deepened my understanding of how to translate CBT theory into practical interventions that support positive outcomes for vulnerable young people with complex mental health difficulties. This feels particularly valuable in North Wales, where CAMHS services are under special measures due to increased referrals for significant mental health concerns among children and adolescents.

This funding has not only facilitated my professional development but has also directly contributed to improving outcomes for children and young people in need. Thank you for your generosity as I would not have been able to undertake this training without this valuable funding.

Specialist Eating Disorder Therapist (Tier 4 CAMHS)