

# PRACTITIONER TRAINING

## Cognitive Behaviour Therapy (CBT)



**Flinders**  
UNIVERSITY



Flinders University developed the training and supervision model in **Low Intensity Cognitive Behaviour Therapy (LiCBT)**, for the successful **New Access** program, in partnership with **beyondblue** and the **Movember Foundation**.

### WHAT WE OFFER

Flinders University offers a comprehensive training program to community members or practitioners to deliver effective, evidence-based LiCBT. Potential applicants do not need to have existing mental health or health professional qualifications, as we provide postgraduate and professional training options depending on the individual's prior experience and education. Our training is designed to offer intensive training and support in their first 6 weeks working within a LiCBT service, and 'on the job' supervision is included.

### REAL WORLD TRAINING AND SUPERVISION

Face-to-face, and online workshops and seminars, regular case management and individual supervision plus monthly group supervision. Quality care and safe practice standards are provided through evidence-based software management systems recognised internationally for improving clinical governance and practitioner performance to support client outcomes.

### TRAINING MODEL

Workshops take place in Adelaide. In addition we can provide tailored local training to meet organisational needs followed by remote supervision options to support the delivery, fidelity and competence of staff providing LiCBT.

### FURTHER CAREER DEVELOPMENT

The CBT courses offer accredited certificate, diploma and masters level qualifications for individuals who are interested in becoming effective practitioners and supervisors, providing an integrated and balanced curriculum structured around low intensity and high intensity focused psychological interventions for common mental health concerns. Each of the CBT courses build on each other to support progressive skill development and advancing expertise in CBT.

For more information visit:  
[flinders.edu.au/medicine/sites/psychiatry/education/cbt/cbt\\_home.cfm](https://flinders.edu.au/medicine/sites/psychiatry/education/cbt/cbt_home.cfm).

# Option 1

## Practitioner Training in Low Intensity CBT (LiCBT)

### THE TRAINING COMPONENT

Attendance at 3-day intensive workshop,  
online modules and practical exercises

Group supervision sessions

Demonstration of LiCBT competencies in assessment and  
identification of common mental health concerns

Acquisition of knowledge and skills in applying  
guided self-help for people struggling with  
anxiety and depression.

**\$2,475**

### COMPETENCY DEVELOPMENT AND SUPERVISION

Weekly individual supervision for practitioners to  
support clinical interventions with clients

Monthly group supervision sessions

Demonstrated competencies in the use of  
guided self-help workbooks.

**\$7,342**

# Option 2

## Graduate Certificate in Cognitive Behaviour Therapy (CBT) with Supervision

### THE GRADUATE CERTIFICATE IN CBT

The Graduate Certificate in CBT is an accredited  
university course and offers participants knowledge  
and skills in delivering a range of evidence-based  
CBT interventions for people experiencing  
anxiety and depression.

The Graduate Certificate in CBT can be undertaken  
part-time over 12-months (2 semesters)  
or full-time over 6-months (1 semester).

Applications are through SATAC  
[www.satac.edu.au](http://www.satac.edu.au)

**\$9,900**

### COMPETENCY DEVELOPMENT AND SUPERVISION

Weekly individual supervision for practitioners to  
support clinical interventions with clients

Monthly group supervision sessions

Demonstrated competencies in the use  
of guided self-help workbooks

**\$7,342**

*\*Applicants with an existing undergraduate qualification such as social work, psychology, nursing, occupational therapy, physiotherapy, or other related undergraduate degree (they do not have to be a health professional or registered with AHPRA), can apply for a Commonwealth Supported Place (CSP). This significantly reduces the cost of the Graduate Certificate in CBT.*

### ENQUIRIES

Should you require any further information, please contact Paula Redpath, CBT Education and Training Manager and Course Coordinator CBT Programs.

**T** (08) 8204 6326

**M** 0401 991 783

**E** paula.redpath@flinders.edu.au



**flinders.edu.au**