

Prospectus 2025

Dedicated to Excellence

“Dedicated to excellence we are committed to offering a training programme which is enjoyable, practical and helps our students grow professionally and personally. Our training allows them to become confident and creative therapists who have the clinical skills and resources to work professionally”.

Avy Joseph – Principal of CCBT

The College of Cognitive Behavioural Therapies is an organisation that specialises in professional counselling and psychotherapy. With our high quality and innovative courses, you can either embark on a training path to become a Cognitive Behavioural Counsellor or further your therapeutic knowledge and skills for CPD.

We are the only college in the UK, which offers an integrative training programme based on the highly effective framework of Rational Emotive Behaviour Therapy (REBT), one of the main schools of Cognitive Behaviour Therapy (CBT). Pioneered by Albert Ellis in the 1950’s, REBT is a trans-diagnostic, philosophical, evidence-based model of CBT, which is supported by clinical research. Unlike some forms of CBT, which require practitioners to have a wide knowledge of specialist protocols, REBT looks at the person as a whole rather than as a symptom and teaches a universal model that can be successfully applied to a wide range of different emotional issues. It offers clients a structure and philosophy that allows them to make effective and long lasting emotional and behavioural change.

CBT is widely recognised by both NICE and the NHS as one of the most effective forms of psychotherapy and endorses it as the treatment of choice for anxiety disorders and depression.

Our training courses are held at weekends in Central London. Our courses consist of two intensive teaching days per month. We use an exciting combination of formal lectures, demonstrations and practical work, which offers an unrivalled opportunity for students to gain experience and confidence in their new skills in a secure and supported environment. At CCBT we understand the importance of client work and it is an integral part of our Advanced Diploma Courses. Our focus on client work enables students to practice and build confidence in their new skills. They receive on-going support and clinical supervision is a requirement of their training. Students have access to tutors to ensure they have the opportunity to discuss topics they may find challenging. We run our courses throughout the year rather than following 'term times' to ensure a sense of continuity while training. You can tailor your learning based on your interest and budget.

Our courses also qualify for CPD credits.

Our Courses

CCBT offers the following CBT/REBT attendance-based diploma courses held at weekends (1 weekend per month).

- **Diploma in CBT/REBT (6 training weekends)**
- **Advanced Diploma in CBT/REBT (8 training weekends)**
- **Advanced Diploma in Integrative CBT/REBT I (8 training weekends)**
- **Advanced Diploma in Integrative CBT/REBT II (8 training weekends)**

For those with no formal training we also offer:

- **Counselling Skills and Ethics Attendance Based Learning** (on successful completion of this course you will be eligible to apply to the *Diploma in CBT/REBT*)
This course is held over 2 weekends and is taught live online by our team of highly experienced lecturers, using a combination of lectures, demonstrations and group work. This course has been given **Quality Checked** recognition by the National Counselling and Psychotherapy Society (NCPS). This course alone is not a route to the Accredited Register, nor does it fully equip a participant to practice as a qualified practitioner or refer to themselves as ‘a specialist’ in the subject matter unless they have other qualifications/training to support this.

We also offer a blended learning version of the above course.

- **Basic Counselling Skills and Ethics Blended Learning** (on successful completion of this course you will be eligible to apply to the *Diploma in CBT/REBT*).
This course combines home study and two online Tutorials with a designated tutor. This course is not date specific and is designed for those who prefer to study in their own time and at their own pace. It is not a distance study course as the skills are assessed live by the tutor during the role play tutorials. You can start this course at any time during the year. Allow 28 hours to complete this course.

On both of the above two courses you will learn:

- The Basic Structure of a Counselling Session
- The 3 stage Counselling Model
- Specific Counselling skills and techniques
- Ethics and Practice Guidelines.

Diploma in CBT/REBT

Our CBT/REBT courses start with the **Diploma in CBT/REBT**. This provides the structure, therapeutic framework and CBT/REBT skills necessary to work towards becoming a professional counsellor and therapist. Minimum requirements for entry on the Diploma are basic Counselling Skills and Ethics and are subject to interview. If you are an existing practitioner or healthcare professional with qualification in counselling skills, you are eligible (subject to an interview) for direct entry to our **Diploma in CBT/REBT**, the foundation for our training programme.

The **Diploma in CBT/REBT** consists of 6 intensive training weekends completed over a 6-month period, 1 weekend per month (9.30am-5.30pm Saturday and Sunday).

The **Diploma in CBT/REBT** is the cornerstone of our training and will give students a solid grounding in the origins, theory and practice of REBT and how to apply its principles in a clinical setting. Students are taught the ABCDE model of emotional disturbance, the role of healthy and unhealthy beliefs and comprehensive client assessment methods, together with learning on disputation and integration.

The coursework is made up of formal lectures, demonstrations, group and practical work. In addition, students are required to complete reflective diaries together with homework assignments to reinforce knowledge and skills. Successful candidates will be awarded the **Diploma in CBT/REBT** and are eligible, at the discretion of CCBT, to continue their training with the Advanced Diploma in CBT/REBT.

The Syllabus

- The principles and practice of REBT and its origin and structure
- ABCDE model of emotional change; the role of healthy and unhealthy beliefs
- Assessment of clients and goal setting
- Disputation, integration, client homework assignments
- Applying the ABCDE model and practice

The Diploma in CBT/REBT is part of an accredited course programme comprising the Diploma in CBT/REBT, the Advanced Diploma in CBT/REBT and the Advanced Diploma in Integrative CBT/REBT I. The course programme is accredited by the National Counselling and Psychotherapy Society (NCPS)

Additionally, students can work towards accreditation with the Association for Rational Emotive Behaviour Therapy (AREBT). Our courses fulfil most of the accreditation requirements for AREBT. Additional requirements are dependent on your Approved Prior Learning (APL) and may include additional case studies.

Accreditation with The British Association for Behavioural and Cognitive Psychotherapies (BABCP) provides an opportunity for accreditation with AREBT too and listing on the CBT Register. This is the register of all accredited CBT therapists in the UK and Ireland. Our courses offer high quality and cost-effective training.

Advanced Diploma in CBT/REBT

The **Advanced Diploma in CBT/REBT** consists of 8 training weekends undertaken over an 8-month period, 1 weekend per month (9.30am-5.30pm Saturday and Sunday).

The **Advanced Diploma in CBT/REBT** builds on the clinical skills you have already gained in the Diploma in CBT/REBT. The **Advanced Diploma in CBT/REBT**, at the discretion of CCBT, is open to those who have completed the Diploma in CBT/REBT. (Direct entry to the Advanced Diploma in CBT/REBT is only by prior arrangement with the College and is subject to an interview).

Candidates will only be accepted if they have evidence of an in-depth knowledge of REBT methodology, its skills and techniques.

During this course, students will take an in depth look at some of the more complex symptoms that present in clinical practice. Students learn specialised techniques and protocols for dealing with the more challenging and emotional conditions such as Depression, Generalised Anxiety Disorder and Obsessive-Compulsive Disorder.

The course offers practical work, lectures, demonstrations and group work. Client work (50 hours) is central to the Advanced Diploma. Clinical supervision is a requirement throughout the course, ensuring students become proficient in their new skills. Our on-going emphasis on client work enables students to practice and enhance their confidence and experience as a therapist.

The Syllabus

- Preparing for client work
- Irritable Bowel Syndrome & Insomnia
- Depression
- Eating Disorders
- Generalised Anxiety Disorder
- Obsessive Compulsive Disorder
- Panic Disorder
- Research methods

The Advanced Diploma in CBT/REBT is part of an accredited course programme comprising the Diploma in CBT/REBT, the Advanced Diploma in CBT/REBT and the Advanced Diploma in Integrative CBT/REBT I. Course programme is accredited by The National Counselling and Psychotherapy Society (NCPS).

On successful completion of the course students will be awarded the **Advanced Diploma in CBT/REBT** and are then eligible, at the discretion of CCBT, to continue onto the Advanced Diploma in Integrative CBT/REBT I and the opportunity for accreditation with The Association for Rational Emotive Behaviour Therapy (AREBT). Our courses fulfil most of the AREBT accreditation criteria providing an excellent opportunity for further professional advancement.

Advanced Diploma in Integrative CBT/REBT I

The Advanced Diploma in Integrative CBT/REBT I, consists of 8 training weekends, over an 8-month period, 1 weekend per month (9.30am-5.30pm Saturday and Sunday).

Our **Advanced Diploma in Integrative CBT/REBT I**, follows the Advanced Diploma in CBT/REBT and is designed to offer additional specialist training. It focuses on introducing and teaching students several of the more interesting advanced therapeutic interventions such as Mindfulness, Solution Focused Therapy and Acceptance and Commitment Therapy and how to integrate them within cognitive and behavioural therapeutic work. The comprehensive training students receive in this module allows them to develop lateral and “out of the box” thinking. This enables them to offer clients a truly integrative approach in their therapy sessions.

The course offers a combination of demonstrations, lectures, group and practical work. Client work (50 hours) is central to the Advanced Diploma in Integrative CBT/REBT (50 hours). Clinical supervision is a requirement throughout the course. The knowledge students gain by completing the **Advanced Diploma in Integrative CBT/REBT I** considerably enhance their confidence and experience as a Counsellor and allows them to integrate protocols from other disciplines into their therapy sessions.

The Syllabus

- Further CBT Models and Psycholinguistics
- Paradoxical approaches
- Eye Movement Desensitization and Reprocessing (EMDR)
- Solution Focused Therapy (SFT)
- Quantum psychology
- Acceptance and Commitment Therapy (ACT)
- Mindfulness
- Compassion Focused Therapy (CFT)
- Schema Therapy
- Borderline Personality Disorders
- PTSD

The Advanced Diploma in Integrative CBT/REBT I, is part of an accredited course programme comprising the Diploma in CBT/REBT, the Advanced Diploma in CBT/REBT and the Advanced Diploma in Integrative CBT/REBT I. The National Counselling and Psychotherapy Society (NCPS) accredits the course programme.

On successful completion of the course, you will be awarded the **Advanced Diploma in Integrative CBT/REBT I**, and at the discretion of the Society, is a route onto the **National Counselling and Psychotherapy Society's Accredited Register**.

Advanced Diploma in Integrative CBT/REBT II

The Advanced Diploma in Integrative CBT/REBT II consists of 8 training weekends, over an 8-month period, 1 weekend per month (9.30am-5.30pm Saturday and Sunday).

Our innovative **Advanced Diploma course in Integrative CBT/REBT II**, follows on from the Advanced Diploma in Integrative CBT/REBT I. It completes our training and provides comprehensive knowledge and further integrative therapeutic skills. It introduces and teaches students Psychodynamic Theories and protocols. These are then integrated within cognitive and behavioural therapeutic work where appropriate. Some of the Psychodynamic techniques lend themselves well to the use of the hypnotic state. Therefore, hypnosis training is part of this course. Additionally, hypnosis integrated within cognitive and behavioural work is indicated with some presenting symptoms, such as habit breaking e.g., smoking and nail biting, phobias, presentation anxiety. This course also teaches the treatment of such conditions.

The coursework combines lectures, demonstrations, group and practical work. Client work is central to the Advanced Diploma in Integrative CBT/REBT II (50 hours). Clinical supervision is a requirement throughout the course. The knowledge students gain by completing the **Advanced Diploma in Integrative CBT/REBT II** considerably enhances their confidence and experience as a Counsellor and allows them to integrate protocols from other disciplines into their therapy sessions.



The Syllabus

- Psychodynamic Theories
- Hypnotic theories and phenomena
- Psychoeducation and practice in the use of hypnotic skills and techniques
- Dissociation
- Parts Therapy
- Inner Child Therapy
- How to clinically integrate hypnosis into the CBT/REBT model
- Stopping Smoking
- Phobias
- Nail biting
- Performance Anxiety
- Blushing
- Weight control

The National Hypnotherapy Society (HS) offer course accreditation on successful completion of the Advanced Diploma in Integrative CBT/REBT II having successfully completed the Diploma in CBT/REBT, the Advanced Diploma in CBT/REBT and the Advanced Diploma in Integrative CBT/REBT II. And, at the discretion of the Society, is a route onto the National Hypnotherapy Society's Accredited Register.



Supervision

Clinical supervision is used in counselling, psychotherapy and other mental health disciplines and is a compulsory requirement of the Advanced Diploma courses. It consists of the practitioner having regular access to a supervisor to discuss casework and other professional issues in a structured way. All students are required to have clinical supervision during their client work, so they can learn from experience and develop in expertise. It also ensures they provide a good service to their clients.

Counselling Skills and Ethics Courses

For those individuals with little or no formal training in counselling skills our **Counselling Skills and Ethics Courses** are designed to give you the opportunity to advance your knowledge and gain the skills you need for entry to our Diploma in CBT/REBT. It will provide a solid basis on which to build your future knowledge and training. You will learn the basic structure of a counselling session together with the 3-stage counselling model and the ethical guidelines inherent in counselling and therapy.

Formal training in basic counselling skills and ethics is the minimum requirement for anyone applying to our Diploma in CBT/REBT.

For those with no formal training we offer:

- **Counselling Skills and Ethics Attendance Based Learning** (on successful completion of this course you will be eligible to apply to the *Diploma in CBT/REBT*)
This course is held over 2 consecutive weekends and is taught by our team of highly experienced lecturers, using an exciting combination of lectures, demonstrations, and group work. During the course, you will be required to undertake reflective work and homework assignments to reinforce your learning. There are no specific academic requirements for this course. The CCBT philosophy is that life experience and other skills are equally valid.

The Syllabus

- The Basic Structure of a Counselling Session
- The 3 stage Counselling Model
- Specific Counselling skills and techniques
- Ethics and Practice Guidelines.

For those with previous qualifications but wishing to refresh their basic counselling skills we offer:

- **Counselling Skills and Ethics Blended Learning** (on successful completion of this course you will be eligible to apply to the *Diploma in CBT/REBT*). This course is a refresher course for those wishing to revisit their formal training in basic counselling skills and ethics. It comprises home study and assignments plus 2 face-to-face online tutorials and role plays. This course is not date specific but please allow 28 hours to complete this course. It gives you ample opportunity to gain confidence in your learning. During the course, you will be required to undertake reflective work and homework assignments to reinforce your learning.

Accreditation

National Counselling and Psychotherapy Society (NCPS)

The National Counselling and Psychotherapy Society (NCPS) offers course accreditation on the successful completion of the following courses: Diploma in CBT/REBT and Advanced Diploma in CBT/REBT and Advanced Diploma in Integrative CBT/REBT I. And, at the discretion of the Society, is a route onto the National Counselling and Psychotherapy Society's Accredited Registrant status. Additionally, and at the discretion of the **National Hypnotherapy Society (HS)**, successful completion of the Advanced Diploma in Integrative CBT/REBT II, is a route onto the HS' Accredited Register.

The NCPS and HS both hold registers which have been accredited by the Professional Standards Authority under its Accredited Register programme. An Accredited Register is the result of the programme set up by the Department of Health and administered by the Professional Standards Authority who are an independent body, accountable to Parliament. The Health and Social Care Act 2012, as amending the Health Care Professions Act 2002, provides for the Professional Standards Authority to accredit registers of health and social care practitioners which meet the Authority's standards. Other bodies accredited by the PSA include the UKCP and the BACP.

AREBT

Our Diploma courses are approved by AREBT. AREBT is the lead organisation for REBT in the UK. Albert Ellis was a supporter and a Fellow of AREBT.



Our Team

Avy Joseph

Avy Joseph is Director and Co-founder of CCBT. He lectures on all the courses. He is a registered and accredited CBT therapist with the British Association for Behavioural and Cognitive Psychotherapies (BABCP). He has an MSc in REBT from Goldsmiths College and is a board accredited member of Association of Rational Emotive Behavioural Therapy (AREBT). He is a Fellow of the of the National Hypnotherapy Society (HS). Avy has authored several books on CBT and REBT. He has a private practice in Central London.

Beverly Harper

Beverly Harper is a senior lecturer and student liaison officer. She has studied cognitive behavioural psychotherapies gaining a Diploma and a MSc in REBT from Goldsmiths College, University of London. She is an Accredited Registrant of the National Counselling and Psychotherapy Society (NCPS) and of the National Hypnotherapy Society (HS). Additionally, she works in the corporate sector training senior managers in coaching skills. She has a private practice in Bath and Frome in Somerset and works at the Priory Hospital in Bristol where she runs a REBT based weekly Mindfulness group.

Ian Martin

Ian Martin is a senior lecturer teaching the diploma courses. Ian retrained as a psychotherapist aged 50, following a lengthy career in theatre. He completed his MSc in REBT at Goldsmiths. He works as an REBT psychotherapist in the Therapy Department at the Priory Hospital in Roehampton. He is an Accredited Registrant of the National Hypnotherapy Society (HS). He runs an REBT based weekly 'Self-Acceptance Group' at the Priory and runs a busy private practice in London.

Moya Layton

Moya is a tutor and lecturer at CCBT. She graduated with a BSc in Nutritional Therapy from the University of Westminster where she was awarded the Nutri Prize for “Clinician of the Year” and is a member of the British Association for Applied Nutrition and Nutritional Therapy. She is an Accredited Registrant of the National Hypnotherapy Society (HS) and of the National Counselling and Psychotherapy Society (NCPS). She has an MSc in REBT from Goldsmiths College and specialises in weight loss and the treatment of IBS. She has private practices in both the West End and North-West and Central London.

Rowanne Mackie

Rowanne Mackie is a lecturer at CCBT. She is a graduate of the College, an Accredited Registrant of the National Counselling and Psychotherapy Society (NCPS) and Member of the Association of REBT (AREBT). She is also a clinical and cognitive behavioural hypnotherapist as well as an experienced coach and Mindfulness teacher (Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) having trained with Bangor University. Prior to training in these fields, Rowanne enjoyed a successful career in both the public and private sectors gaining a solid background in training, mentoring and coaching. Rowanne runs a busy private practice in Central London and specialises in working with anxiety-based issues, anger management, codependency and low self-esteem.

Nick Jones

Nick Jones is a practicing REBT / CBT therapist based in Liverpool. He is an accredited member of the National Counselling & Psychotherapy Society and the National Hypnotherapy Society. He gained his qualifications at CCBT, and as well as his private practice, he also works with young people in higher education settings. Nick’s background is in the arts and digital marketing, and trained as a therapist both for his own personal growth and the opportunity to help others achieve real and lasting change in their lives. He is experienced in helping clients with issues such as anxiety, phobias, low self-worth and assertiveness.

Matthew Walters

Matt Walters is a clinical supervisor for students on our courses and an internal examiner on our diploma course. He is a graduate of our college and also has completed the primary and advanced practicum training in REBT at the Albert Ellis Institute. He is an accredited professional with the NCPS and has associate membership with the International Association of Rational Emotive Behavioural Therapy and membership of the Association of Rational Emotive Behavioural Therapy. He runs his own private practice in London and runs a successful social media REBT group. He regularly hosts online REBT training events and hosts the monthly Windy Dryden Live! event. His special interest is in delivering REBT within a single session format and he specialises in working with anxiety disorders.

Consultant

Windy Dryden

Windy Dryden is Professor of Psychotherapeutic Studies, Goldsmiths College, University of London. He lectures on the Cognitive Behaviour courses at CCBT. He is a Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy. He is a Fellow of the Albert Ellis Institute and a Founding Fellow of the Academy of Cognitive Therapy. To date he has authored and edited over 160 books.

Carla Shehfe

Carla is a visiting lecturer at CCBT. She first started in psychology more than fifteen years ago when she graduated with a BA in psychology from McGill University in Montreal, Canada. She obtained her MSc in REBT from Goldsmiths College. A qualified clinical and cognitive behavioural hypnotherapist, Carla now heads up the psychological clinical team in Beirut, Lebanon.

Fees

All of our Diploma courses are subject to discounts if paid in advance in full. We also offer a pay as you go instalment plan to help students manage their budget, after payment of the initial deposit. As our courses are competitively priced many of our students have had them funded by their employers.

Counselling Skills and Ethics Attendance Based Learning	£575.00 (inc. VAT)
Counselling Skills and Ethics Blended Learning	£475.00 (inc. VAT)
Diploma in CBT/REBT	£1725.00 (inc. VAT)
Advanced Diploma in CBT/REBT	£2280.00 (inc. VAT)
Advanced Diploma in Integrative CBT/REBT	£2280.00 (inc. VAT)
Advanced Diploma in Integrative CBT/REBT II	£2280.00 (inc. VAT)

Discounts on the Diploma and Advanced Diploma courses

5% discount for full payment of two or more courses.

Instalment payment option

We also offer payment by instalment. Three instalment payments of £608.33 are made for the Diploma, upon formal acceptance and before weekend 1, weekend 2 and weekend 5 and four instalment payments of £595.00 for the Advanced courses, before weekend 1, weekend 3, weekend 5 and weekend 7. Please note the instalment option incurs an additional £100.00 administration charge made across the payments.

How to apply

To apply for the **Diploma in CBT/REBT** course simply download and print out the application form. Fill it in indicating which course location you wish to attend and return it to us. If your application is successful, you will be invited for an interview. Direct entry onto our other Diploma courses is dependent on the assessment of prior learning. Payment can then be made online, bank transfer or credit card.

To apply for our **Counselling Skills and Ethics Attendance Based Learning** or our **Counselling Skills and Ethics Blended Learning courses** simply pay online by secure payment. There is no need to send an application form or be required to attend an interview. If you have any queries, please contact us before making a payment to ensure you are booked on the correct course.

As our Diploma courses are regularly oversubscribed, we would suggest you send in your application as soon as possible to ensure your place on our programme.

Please post your completed application form and completed references to:

CCBT, 52 Criffel Avenue, London SW2 4BN

You can also email the application to admin@cbttherapies.org.uk

If you have any questions on our courses, please call us direct on 0208 674 1233.