

Postgraduate study  
MSc in Rational-Emotive and  
Cognitive Behaviour Therapy

# Cognitive Behaviour Therapy

**Goldsmiths**  
UNIVERSITY OF LONDON



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This booklet deals with the MSc in Rational-Emotive and Cognitive Behaviour Therapy programme offered at Goldsmiths, University of London. Please read in conjunction with our Postgraduate Prospectus; further information is available from Admissions at the contact details on page 11.

**We can supply information in alternative formats for people with a visual impairment. Please contact Communications and Publicity, tel 020 7919 7971, e-mail [ext-comms@gold.ac.uk](mailto:ext-comms@gold.ac.uk).**



# Introducing the Department of PACE

The Department of Professional and Community Education (PACE) offers a broad range of programmes and courses ranging from vocational and professional training, undergraduate and postgraduate, certificate and diploma programmes, as well as courses designed to encourage returning to study.

Subjects include:

- Community and Youth Work
- Cultural and Social Studies including Anthropology, Creative Writing, Design and Technology, Historical Studies, Literary Studies, Media and Communications, Politics, Psychology, Research Study Skills and Sociology
- Languages and Language Studies including English as a Foreign Language
- Performing Arts, including Drama, Theatre and Music
- Psychotherapeutic Studies including Art Psychotherapy, Cognitive Behaviour Therapy, Dance Movement Therapy, Counselling, Group Psychotherapy, and Psychodynamic Studies
- Social Work

At Goldsmiths, we aim to work closely with local communities. For over a hundred years we have been committed to lifelong learning and to bridging the gap between theory and practice, through professional and continuing studies. PACE was formed to provide a focus for this work. With its emphasis on lifelong learning and professional development, the Department offers a lively environment for postgraduates.

## Why choose Goldsmiths?

- The MSc is overseen by Professor Windy Dryden, who has published more books in the field of counselling and psychotherapy than anyone else in the world. He is internationally known as an authority in Rational Emotive Behaviour Therapy and Cognitive Behaviour Therapy.
- The MSc in Rational-Emotive and Cognitive Behaviour Therapy is the world's only Master's course in the subject. Previous students have gone on to make a substantial impact in REBT and CBT.
- You will also have access to our newly established Graduate School, which provides facilities and training for all postgraduates. Find out more at [www.goldsmiths.ac.uk/graduate-school](http://www.goldsmiths.ac.uk/graduate-school)

# General information

## Entrance requirements

You are normally expected to have obtained at least a second class honours degree in psychology, education, medicine, social work, social science or nursing studies. Applicants with degrees in other appropriate subjects or with other relevant qualifications may be considered. In addition, we require you to have undertaken some prior training in counselling or psychotherapy and to have some practical experience as a counsellor or psychotherapist. We expect you to be currently working with adult clients and be able to continue to do so throughout the programme.

## Application and admission

Application forms can be downloaded from [www.goldsmiths.ac.uk/apply/pg](http://www.goldsmiths.ac.uk/apply/pg) and are also available from the contact details on page 11. Early application is strongly advised.

Admission is by telephone interview, during which you will be expected to demonstrate a working knowledge of REBT/CBT and to provide coherent reasons for wishing to follow the programme.

## English Language requirement

If English is not your first language, you must obtain evidence of your English Language competence. Tests considered appropriate include:

- International English Language Testing System [IELTS] – pass with at least 6.5 overall and a minimum of 6.0 in the written element
- TOEFL score of at least 580 including 4.5 in the Test of Written English [TWE], or 237 in the Computerised test [CT] including 4.5 in the essay component, or 92 in the Internet-based test [IBT]
- International GCSE [IGCSE] English as a second language at Grade C
- Cambridge Certificate of Proficiency of English [CPE] Level 5 at Grade C or above
- Cambridge Certificate in Advanced English [CAE] Level 4 at Grade B or above

For further information, please see the Postgraduate Prospectus.

## Fees

For up-to-date information on fees, please see the Postgraduate Prospectus. Please note: fees quoted are for the first year of the programme and a similar fee will be payable for the second year, although fees are subject to increase year on year in line with inflation.

## Open Days

College-wide Open Days for all programmes across the university are usually held three times a year in spring, summer and autumn. For further information on these, please visit the website at [www.goldsmiths.ac.uk](http://www.goldsmiths.ac.uk) or contact Nick Holmes, Recruitments Events Manager, on 020 7717 2997, e-mail [open-day@gold.ac.uk](mailto:open-day@gold.ac.uk).



# MSc in Rational-Emotive and Cognitive Behaviour Therapy

## 2 years part-time

### What is REBT and CBT?

Rational Emotive Behaviour Therapy (REBT) and Cognitive Behaviour Therapy (CBT) are linked approaches to counselling and psychotherapy based on the idea that people experience psychological problems mainly because they hold self-defeating beliefs about themselves, other people and the world.

The role of the REBT and CBT therapist is to help the client to identify, examine and change these self-defeating beliefs and to acquire and strengthen alternative self-enhancing beliefs, which are conducive to psychological health. In doing this, the therapist uses a variety of cognitive, emotive and behavioural techniques, which you will be taught during the programme.

### REBT and CBT at Goldsmiths

This Master's degree provides an extended training in REBT and CBT through a combined approach of academic, practical and personal work. It is designed to meet the great and growing demand for expertise in counselling and psychotherapy.

As a professional activity, counselling and psychotherapy are becoming increasingly recognised as important forms of helping people in personal distress and those who seek to enhance the quality of their professional and personal lives.

In addition, counselling and therapy skills are increasingly being used in a wide range of occupational areas, for example in health, education and social services, prisons and industry. There are also many non-institutional roles (such as voluntary agencies, charities and private practice) where counselling and therapy skills are applicable to a wide range of issues, including bereavement, divorce, family-problems and careers guidance.

The philosophy that underpins the training at Goldsmiths is that effective REBT/CBT therapists need to be able to a) develop, maintain and suitably end effective therapeutic alliances with different clients and b) master a broad range of REBT/CBT skills that can be used flexibly with different clients at different stages in the counselling process.

With 360 taught hours of training and a comprehensive range of topics covered, this MSc is one of the most intensive, professional trainings in REBT/CBT in the world. It is particularly designed for those who wish to become accredited as an REBT therapist with the Association for Rational Emotive Behaviour Therapy (AREBT) or as a CBT therapist with the British Association for Behavioural and Cognitive Psychotherapies (BABCP). BABCP and AREBT are the two relevant organisations within the Behavioural and Cognitive Psychotherapy Section of the United Kingdom Council for Psychotherapy (UKCP). Further information on accreditation is on page 8.

### What do you study?

You study the following subjects:

#### Fundamentals of Rational Emotive Behaviour Therapy

Philosophical underpinnings of REBT; historical development of REBT; the concepts of rationality and irrationality; image of the person; conceptualisation of psychological disturbance and health; perpetuation of psychological disturbance; theory of therapeutic change; the issues of emotional and therapeutic responsibility; educating clients in the tasks of REBT; teaching the ABCs of REBT; distinguishing between healthy and unhealthy negative emotions; assessment strategies; goal-setting; explaining the REBT view of therapeutic change; language and meaning in REBT; disputing strategies; the use of therapeutic strategies and techniques; the use of vivid methods; negotiating and checking homework assignments; using self-help forms; compromises in REBT.

#### Fundamentals of Research and Evaluation in Counselling and Psychotherapy

The scientific method in counselling and psychotherapy research; quantitative and qualitative research methods; research designs; evaluation of counselling practice; process and outcome research; concepts of reliability and validity; the design and use of questionnaires.

#### Advanced Theory and Practice of REBT/CBT

Advanced assessment and intervention strategies; the process of REBT/CBT; REBT/CBT with couples and families; Group and educational interventions in REBT/CBT; REBT/CBT with specific client groups; criticisms and limitations of REBT/CBT; REBT/CBT as compared with other approaches to psychotherapy; ethical issues in REBT/CBT; social and professional issues.

#### Research and Evaluation in REBT/CBT

The design of studies purporting to test REBT/CBT hypotheses; measurement of irrational beliefs; the role of irrational beliefs in psychological disturbance; the quantitative vs qualitative nature of negative emotions; the impact of beliefs on inferences; what constitutes REBT/CBT in the outcome research literature; the effectiveness of REBT/CBT; REBT/CBT process research; limitations of research on the theory and practice of REBT/CBT; future directions of research on REBT/CBT.

#### Practical

You are taught basic and advanced therapeutic skills in REBT/CBT. You are also supervised on digital voice recordings of your therapeutic work with clients deemed acceptable to Goldsmiths. This group supervision continues throughout the programme.

#### Personal

A feature of the programme is that wherever possible you are encouraged to explore the personal implications of the academic and practical work undertaken.

#### Skills Training

In this part of the programme, you are given an opportunity to learn, practise and receive feedback on basic and advanced REBT/CBT skills.

#### Group Supervision

Here you present digital voice recordings of your REBT/CBT practice for supervision in a group setting.

#### Research Project/Dissertation

You undertake a piece of independent research on some aspect of REBT/CBT or a dissertation of not more than 10,000-words on a topic agreed by the Programme Co-ordinator. You receive regular project supervision in the second year.

#### Accreditation

Please see page 8 for further information.

#### Assessment

Work is assessed by two compulsory essays; one written examination; a dissertation of 10,000-words on a topic agreed between you and the Programme Co-ordinator, and a practical examination. This involves you submitting digital voice recordings of your counselling or therapy work. In addition, coursework is continuously assessed. You must achieve a satisfactory standard in the first year, in order to progress to the second year of the programme.

In addition, you must practise REBT/CBT throughout the programme. You are asked to keep a professional log containing a minimum of 50 sessions of client work (approximately 50 hours) in the first year, and a minimum of 100 sessions of client work (approximately 100 hours) in the second year.

#### Attendance

Teaching takes place in College on one day each week throughout the programme.

# Additional information for applicants

## Accreditation

### Association for Rational Emotive Behaviour Therapy (AREBT)

The AREBT only accredits individuals, not courses. It lists Goldsmiths' MSc in Rational-Emotive and Cognitive Behaviour Therapy as a training programme in REBT/CBT as follows:

### MSc in Rational-Emotive and Cognitive Behaviour Therapy

Successful completion of this MSc satisfies the UK REBT training requirement necessary for qualified health professionals to become accredited as a Rational Emotive Behaviour Therapist with the Association for Rational Emotive Behaviour Therapy and registered with the UKCP.

Counsellors who are not accredited with the British Association for Counselling and Psychotherapy can still become AREBT accredited and UKCP registered if they have successfully completed the MSc in Rational-Emotive and Cognitive Behaviour Therapy (which contributes 360 hours) and another major counselling programme, totalling 420 training hours.

For further details on accreditation, please contact:

### Association for Rational Emotive Behaviour Therapy (AREBT)

Englewood  
Farningham Hill Road  
Farningham  
Kent  
DA4 0JR  
tel 01322 862158  
fax 01322 862158  
e-mail [iatubbs@aol.com](mailto:iatubbs@aol.com)  
website [www.arebt.org](http://www.arebt.org)

### British Association for Behavioural & Cognitive Psychotherapies (BABCP)

Victoria Building  
9-13 Silver Street  
Bury  
BL9 0EU  
Tel 0161 797 4484  
Fax 0161 797 2670  
e-mail [babcp@babcp.com](mailto:babcp@babcp.com)  
website [www.babcp.com](http://www.babcp.com)





## Contact us

If you have specific programme queries, once you've read this booklet and the PACE Prospectus, please contact the Programme Co-ordinator, Professor Windy Dryden on 020 7919 7872.

If you have any admissions questions, or you would like a prospectus, please contact us as follows:

Admissions Office  
telephone 020 7078 5300  
fax 020 7919 7509  
e-mail [admissions@gold.ac.uk](mailto:admissions@gold.ac.uk)  
Prospectus hotline: telephone 020 7919 7537  
(24 hours)

### **And if you'd like to find out more**

Visit the website at [www.goldsmiths.ac.uk](http://www.goldsmiths.ac.uk) to get a downloadable application form, to see the Postgraduate Prospectus or further information about Goldsmiths.

We can supply information in alternative formats for people with a visual impairment. Please contact Communications and Publicity on 020 7919 7971, e-mail [ext-comms@gold.ac.uk](mailto:ext-comms@gold.ac.uk) for further details.

### **Did you find this booklet helpful?**

We would welcome any comments you have about the content or design of this booklet. Please e-mail [ext-comms@gold.ac.uk](mailto:ext-comms@gold.ac.uk), or write to Communications and Publicity, Goldsmiths, University of London, New Cross, London SE14 6NW, stating the name of the booklet.

All information is treated in the strictest confidence and will in no way affect any application you make to Goldsmiths; no personal data is kept on file.

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Goldsmiths is one of 15 universities across England and Scotland participating in phase three of the Carbon Trust's Higher Education Carbon Management (HECM) programme, highlighting a commitment to cutting carbon emissions and reducing energy costs.



## Our Mission

We offer a transformative experience, generating knowledge and stimulating self-discovery through creative, radical and intellectually rigorous thinking and practice.

**Goldsmiths**  
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