Our Teaching Faculty and Supervisors are experienced CBT therapists and regularly include:

- **Associate Professor Ladislav Timulak**: Course Director for Doctorate in Counselling Psychology.
- **Dr Ann O'Grady -Walsh**: Consultant Psychiatrist.
- **Mr Gerard Butcher**: Adjunct Assistant Professor and CBT therapist in private practice.
- **Mr Eamonn Butler**: Adjunct Assistant Professor and Principal Psychology Manager.
- **Dr Sonya Collier**: Adjunct Assistant Professor and Principal Clinical Psychologist.
- **Ms Martina Gibbons**: Adjunct Teaching Fellow and CBT therapist in private practice.
- **Dr Kate Gillespie**: Adjunct Assistant Professor and Director of CT Training Ltd.
- **Mr Odhran McCarthy**: Clinical Tutor, Principal Clinical Psychologist, Director of Social Anxiety Ireland.
- **Ms Debbie Van Tonder**: Adjunct Teaching Fellow and Clinical Nurse Specialist in Anxiety Disorders.
- **Dr Aideen Moran**: Consultant Psychiatrist.
- **Ms Caoimhe Black**: CBT therapist and Senior Social Worker.
- **Ms Sinead Boland**: Clinical Nurse Specialist in Affective Disorders.
- **Ms Neasa Guiney**: Addiction therapist.
- **Ms Shauna Collins**: CAMHS CBT therapist.
- **Mr Pat Hill**: CBT Therapist.
- **Ms Siobhán Lydon**: Occupational Therapist and CBT therapist.
- **Dr Michael McDonough**: Consultant Psychiatrist.
- **Ms Nuala Miles**: Eating Disorder Therapist and Clinical Nurse Manager.
- **Mr Éamonn O’Dochartaigh**: Adjunct Teaching Fellow and CBT Therapist in Student Counselling TU Dublin.
- **Ms Yvonne Tone**: CBT therapist in private practice.
- **Mr Simon Wale**: Senior Clinical Psychologist.
- **Ms Eileen Maher**: CBT therapist in private practice.
- **Mr John McNamara**: Clinical Nurse Specialist in Old Age Psychiatry.
- **Ms Evelyn Mullers**: CBT Therapist.
- **Ms Catriona Larkin**: CBT Therapist in Private Practice.
- **Ms Fionnula MacLiam**: Advanced Nurse Practitioner and CBT therapist in private practice.

Course lecturers are recognised CBT trainers: they are Accredited Practitioners or have a Post Graduate specialist training in CBT or equivalent. They are receiving CBT CPD, practicing CBT as their main therapeutic modality and receiving appropriate CBT Supervision.
### Foundation course

- Offers a comprehensive introduction to CBT principles for clinicians who want to understand and use CBT principles in their day to day clinical roles.
- Offers a comprehensive grounding in CBT principles for clinicians with an interest in pursuing a CBT clinical qualification and accreditation in the future.
- Extra mural course open to all health care professionals.
- Good preparation for the PG Dip course.
- Teaching occurring between October and June and each module is delivered over 5 days each of which are broken into 3-day and 2-day blocks.
- The course requires completion of 3 out of 4 available modules:
  - Module 1: CBT Theory, The Collaborative Therapeutic Relationship & Psychoeducation
  - Module 2: Behavioural Tasks, Agenda Setting, and Using Homework
  - Module 3: Achieving Behavioural Change, Working with Thoughts & CBT Case Conceptualisation
  - Module 4: CBT informed practice for Psychosis
- Modules 1 and 2 are typically taken by students before progressing to either module 3 or 4.
- The cost of the foundation course is €3,500. This course may be taken in three separate modules and then the cost will be €1,200 per module.
- Foundation course students will have the option of completing all four modules.
- Applicants should send their CV and a short cover letter to cbtfound@tcd.ie by the 31st of August.

**Course Director:** Dr Brian Fitzmaurice  
Clinical Senior Lecturer/Consultant Psychiatrist

**Course Coordinator:** Dr Ken O'Reilly  
Assistant Professor /Senior Clinical Psychologist

### Diploma course

- This course develops a student’s understanding of Cognitive Behavioural Psychotherapy and its application to common mental health problems.
- Provides academic and supervisory support for introductory casework using CBT.
- Students are expected to treat a minimum of 5 cases over the academic year and will have weekly workshops, Self-Practice/Self Reflection tutorials and CBT supervision.
- Course runs from September to May.
- Students will have the option to attend 5 day module on CBT-informed Practice for Psychosis, which is part of the Foundation Course in CBT.
- Applicants must be employed in a health profession (e.g. nursing, medicine, social work, occupational therapy, etc.) and have relevant clinical experience.
- Current Category II approval from the Nursing and Midwifery Board of Ireland.

**Course Director:** Dr Craig Chigwedere  
Associate Professor in Cognitive Behavioural Psychotherapy

**Course Coordinator:** Ms Colette Kearns and Ms Anne Marie Foley  
Adjunct Assistant Professors

### Masters course

- This builds on existing competences in Cognitive Behavioural Psychotherapy – includes workshops on theory and clinical skills training, supervision as well as a final dissertation in Year 2.
- Applicants must be health professionals with a Postgraduate Diploma or equivalent qualification in Cognitive Behavioural Psychotherapy.
- Applicants to the MSc are expected to have submitted a case study which has not already been assessed by TCD and a recent recording of a therapy session made within the last six months to the course administrator before a selection interview will take place.
- Up-to-date information about course fees can be found by consulting the fee schedule published annually on the TCD Academic Registry webpage.
- Students must themselves, as part of the course, complete a minimum of 15 sessions of a cognitively based psychotherapy and associated homework tasks; or, alternatively they may complete 25 hours of another model of Psychotherapy with an accredited therapist. The cost for this personal therapy will be borne by the student.
- Intake into first year takes place every two years.
- Teaching starts with an introductory week in September and continues initially with weekly workshops on either Thursdays or Fridays in Year 1 with a decreasing frequency in Year 2 allowing students to focus on their research projects.
- Current Category II approval from the Nursing and Midwifery Board of Ireland.
- Applications can be made online between November and April.
- Enquiries can be made to the course administrator by emailing cbtmse@tcd.ie

**Course Director:** Dr Craig Chigwedere  
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*Our courses regularly incorporate workshops led by international experts in Cognitive Behavioural Psychotherapy and will continue to do so in the forthcoming academic year.*