



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

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 -Walshe: 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.



Aaron T Beck
Pioneer of Cognitive Therapy



St. Patrick's University Hospital

Department of Psychiatry

Courses in Cognitive Behavioural Psychotherapy



In partnership with
St. Patrick's Mental Health Services and HSE

St Patrick's
Mental Health Services



HSE
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

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.

- Teaching starts with an introductory week in September and continues every Friday during the academic year.
- Up-to-date information about course fees can be found by consulting the fee schedule published annually on the TCD Academic Registry webpage.
- Enquiries can be made to the course administrator by emailing cbtdip@tcd.ie
- Applications can be made online between November and March.

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

Course Coordinator: **Ms Lucy Roberts**
Adjunct Assistant Professor

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 cbtmisc@tcd.ie

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

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

Our courses regularly incorporate workshops led by international experts in Cognitive Behavioural Psychotherapy and will continue to do so in the forthcoming academic year.