

Course Information

Professional Diploma in PBBT

Upcoming Cohorts

- Applications: Open 1st November 2024
- Format: Live online, recording will be available if you cannot attend live
- Dates: April 2025 - January 2026

Details of Course

Entry Requirements

- a. You must hold a degree in a cognate discipline
- b. You must have a current and valid membership from a relevant professional body

Course Overview

- 7 Module Course
- Accredited by the PBBT Institute and subject to accreditation by an External Qualifications Body
- The course fee is €7,995
- 1 Year Standard Board Certified Membership included with the option to upgrade to Premium Board Certified Membership at a 50% reduced rate

Learning Outcomes

- List the fundamental concepts of PBBT.
- Appraise Self-Meaning as a Layer-based system.
- Demonstrate the ability to deconstruct Self-Meaning.
- Express the relationship between behavior and Self-Meaning.
- Recognize the interplay between Self and Others.
- Use Techniques to support the Clinical Pathway in PBBT.
- Practice using the Clinical Dialog as a vehicle for the delivery of PBBT.
- Assess the precision and efficacy of PBBT steps.
- Employ the Clinical Heuristic to develop the clinical skillset in PBBT.
- Construct a basis for new Self-Meaning and new behavior.
- Use the PBBT Resources to support the Clinical Steps.

- Use the Pathway to guide clinical decision-making.

Assessments

In order to obtain the qualification, learners will need to pass ongoing online multiple-choice assessments.

PBBT Institute Membership

Standard Board Certified Membership (€249) - 1 Year Free with Diploma

- Board Certification as a PBBT Practitioner (BC-PBBT)
- Newsletter
- Listing on the Practitioner Directory
- Access to Client Data Hub

Premium Board Certified Membership (€949) - Upgrade at a 50% discounted rate with your Diploma

- Board Certification as a PBBT Practitioner (BC-PBBT)
- Access to your completed Diploma Course materials and future updates (only available to renewing members)
- Supervisory Support
- New and Advanced Content (case studies, webinars, newsletters, readings, podcasts)
- Live and recorded Masterclass Sessions
- Access to the Burnout Prevention Course
- Community Support Network
- Networking Events
- Promotional Tools (member badge, member spotlight)
- Practitioner Directory Listing
- Access to Client Data Hub
- Discounted rates on other courses

Frequently Asked Questions

Application

- How do I know if the course is right for me?** This Course is suited to both experienced and newly qualified mental health professionals or professionals who work with individuals (e.g. life coaches). This Course will teach you a one-size-fits-all, holistic approach to treating all Client groups using the core aspects of mental health. This Course is right for you if:
 - You feel you do not have the skills or confidence to work with specific or complex Client groups;
 - You regularly feel stuck with your Clients;

- You want to improve your Client outcomes;
 - You feel as if your professional understanding and skillset have hit a wall;
 - You want to reduce your risk of professional burnout;
 - You believe that psychological therapy would improve if it was developed directly from a scientific base;
 - You feel like a “Jack of all Trades and Master of None” because you have been chasing one training after another and have ended up with an eclectic mix of skills that you cannot really use with any Clients;
 - You are eager to learn about how therapy really works and what processes are involved;
 - You believe that behavior therapy has more to offer the treatment of psychological problems that has traditionally been the case;
 - You want to be part of a vibrant professional community that offers learning, friendship, debate, and care for your well-being.
- b. **What if I don't have a degree in a cognate discipline?** Please contact us to discuss your potential suitability for the Course.
 - c. **What if I don't have membership of a relevant professional body?** This will be a requirement for insurance and ethical purposes. Please note that you can be a student member of a relevant professional body.
 - d. **Do I need to do the Course if I have already done training in PBBT to be called a BC-PBBT?** Yes, all BC-PBBTs must have completed all modules that comprise the Course. These modules are new and have never been delivered before in this format. It is important that all BC-PBBTs meet the same minimum training standards in PBBT.
 - e. **Where do I apply?** Please contact info@pbbtinstitute.com for an application form and please email your completed application form back to us.

Payment

- a. **When do I have to pay for the Course?** You will have to have paid in full before the Course begins.
- b. **What is the policy for refunds and cancellations?** When you purchase the Course from us, you have 14 days, from the day you make the payment, to cancel your purchase. You will need to cancel in writing by sending an email to us.
- c. **Do you offer any scholarships or discounts?** We don't offer any scholarships or discounts. If you'd like to discuss payment options, please talk to us.
- d. **Can I pay in instalments?** You can contact us to discuss the possibility of payment plans.

Course and Classes

- a. **For how long does the Course run?** The Course will run across 10 months.
- b. **How often do I need to attend classes?** This is yet to be confirmed. However, we anticipate weekly contact for two hours on Wednesday afternoons (Irish Standard Time zone).
- c. **What happens if I cannot attend a class?** There will be a recording of each class available to watch afterwards, but you are encouraged to attend live as much as possible.
- d. **English is not my first language, can I still enroll in the Course?** Yes. All classes are recorded and supported by Supplementary Materials.
- e. **How many people will be in the Course?** At this stage we do not know, but numbers will be capped to ensure quality.
- f. **How long are the classes?** We anticipate classes will be no longer than two hours.

- g. **Can I get a copy of the slides?** Yes, you will be able to download copies of all Materials used in the Course.
- h. **Will I get Materials to help my learning?** Yes, modules have Supplementary Learning Materials.
- i. **Who will be giving the classes?** The developers of PBBT will deliver the classes.
- j. **How do I access the Learning Materials for the Course?** Once you're enrolled in the Course, you'll receive a welcome email with information about getting started, including how to access your learning platform. The learning platform contains all your learner information, Learning Materials and assessment information.
- k. **What kind of support can I expect from the PBBT Institute when I'm doing the Course?** From the moment you indicate your interest in the Course up until you finish, we will be with you at every stage. We are very supportive and will always be there to help you. If you need support while applying for the Course, or while doing the Course, please feel free to email us and we will do our best to help you.
- l. **I have a busy schedule. Will I still be able to take this Diploma?** The Course has been designed so you can still work and study at the same time. If you cannot attend live, you can access all Course Materials and class recordings through the learning platform. You have ten months' access to your Course Materials and to complete all assessments.
- m. **How much time should I allocate to the Diploma?** The Course takes approximately 200 hours in total to complete. This recommended study time correlates with the Diploma's external credit rating body. The 200 hours can be broken down into the time it takes to complete each of the 7 modules, reading, various case studies, completing each assessment, and additional study.
- n. **How long do I have access to the Diploma in Course Materials?** You have ten months access to the Course Materials from the time the course begins. If you upgrade to Premium membership when you enroll, you will have ongoing access to the Materials and any updates.

Assessments and Qualification

- a. **Are there assessments?** Yes, there will be continuous assessments conducted online on an ongoing basis. The assessments will be of a Multiple Choice Question (MCQ) variety, written in English.
- b. **Will I have to write in English?** No, the MCQ format will present the options already written in English.
- c. **What happens if I fail an assessment?** You can sit an assessment in your own time (within the context of the module) and are encouraged to only sit an assessment when you are adequately familiar with material, thus there is no option to repeat an assessment. To pass an assessment, we suggest that you familiarize yourself with the Course Materials before attempting any assessments.
- d. **Are there any extension options available for assessments?** We do not have an option to extend the deadline for the assessments beyond the final deadline.
- e. **Who marks the assessments?** The assessments are marked using an automated assessment system which is managed by the PBBT Institute.
- f. **What happens when I qualify?** When you qualify, you will be permitted to use the title Board Certified PBBT Practitioner (BC-PBBT) once you have current and valid Board Certified Membership of the PBBT Institute.
- g. **Is the Diploma offered by the PBBT Institute recognized?** Yes, the Diploma Course in PBBT will be recognized by an external credit rating body.

- h. **How will I achieve my qualification?** There are seven sets of assessments, one set per module. You need to pass all assessments to receive your qualification. This qualification will be credit-rated by an external qualifications body. You'll complete your assessments online, in your own time, using our assessment platform, within the context of each module. Once you enroll on the Course, you'll receive detailed instructions on how and when you're eligible to complete your assessments. The assessment questions are based on the Course Materials. You will be well prepared to take the assessments once you've familiarized yourself with the content. They have been created to last no more than 60 minutes each and are presented as MCQs.
- i. **Do I get a physical certificate after I complete the Course?** We don't issue physical certificates when you complete the Course. However, you'll receive a digital copy of your certificate by email. This can be easily shared with your network or on LinkedIn.
- j. **Will I get any career support from the PBBT Institute?** The PBBT Institute provides many avenues for you to progress in your career. We regularly organize free webinars on PBBT-related topics which are hosted by world-class experts in their field. In addition to webinars, if you become a member of the Institute you'll be able to access many benefits that will help progress your career. For example, members can attend regular masterclasses with PBBT experts which take an in-depth look at matters pertaining to mental health. Masterclasses also include an invaluable opportunity to network with peers and experts which is a great way to progress your career.
- k. **What qualification will I receive?** The PBBT Institute's Diploma will be recognized and will be credit-rated by an external qualifications body.
- l. **What post nominals can I use after receiving my Diploma?** When you successfully complete the Diploma in PBBT, you can use the post nominals DipPBBT on your digital signature and LinkedIn profile.

Membership and Board Certification

- a. **Do I become a Member when I qualify?** You will get one year's free Standard Membership when you enroll in the Course, with the option to upgrade to Premium Membership for a discounted price.
- b. **Do I need to renew my Membership to continue to be a BC-PBBT?** Yes. Your Membership must be renewed on an annual basis to continue to be a BC-PBBT.
- c. **What do I need to do to be a BC-PBBT?** You need to complete the Diploma Course in PBBT and meet the data collection requirements to renew your BC-PBBT membership.
- d. **What are the data collection requirements for a BC-PBBT?** BC-PBBT requires the collection and upload of a selection of Client data to the Client Data Hub on a quarterly basis. Although this is compulsory, we do not anticipate that this will be time-consuming or intrusive.
- e. **Why is data collection required for a BC-PBBT?** PBBT is rooted in the application of behavioral science and committed to delivering science-based, high quality therapy to Clients. This allows us to monitor the quality of PBBT as delivered directly to Clients and provides us with information that will assist BC-PBBTs to upskill where necessary.

Please contact info@pbbtinstitute.com with any questions