



## **Cognitive Behavioural Therapy (CBT)**

### **Course Manual**

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**Module 16:**  
**Implementation of CBT**

## **Objectives**

The main objective of this module is for the learner to gain an understanding of the implementation of CBT in practice, both generally and specific to the United Kingdom. Included in the module are an exploration of the Prevalence of the use of CBT; a look at the existence of CBT within the NHS; CBT and private practice and, finally, this module will layout current CBT practitioner regulations.

### **Prevalence of the use of CBT**

CBT is widely used across the UK both by the NHS and in private practice. Currently, CBT is used in the NHS across England, Wales, Scotland and Northern Ireland.

### **CBT and the NHS**

In the NHS, CBT is most often delivered by a clinical psychologist or other such qualified mental health practitioner. Typically, CBT as utilised in the NHS, takes place across six to 16 sessions, with reports suggesting that the quick and relatively low-cost aspect to CBT has made it greatly appealing to government agencies (James, 2006). In terms of cost, a course of CBT will cost the NHS £750, with the aim that, given full recovery, the client will not be dependent upon Disability Living Allowance thought to be associated with mental and chronic ill-health in the United Kingdom (Layard, 2006). A major disadvantage of obtaining CBT through the NHS is that there is a long waiting list for this service, despite the brief nature of the service.

### **CBT and private practice**

In contrast to that funded by the NHS in the UK, the cost of private CBT is between £40-100 per session, where it is recommended that potential clients seek advice from their GP. Issues remain with regard to the certification of CBT practitioners, however, the NHS recommend that people seeking private CBT used the register of accredited therapists in the UK held by the British Association for Behavioural and Cognitive Psychotherapies (BABCP) or the directory of chartered psychologists who specialise in CBT, provided by the British Psychological Society. The BABCP currently lists over 120 accredited CBT practitioners in the Central London area alone.

## Multiple Choice Questions

- 1) *What is the main accrediting body for CBT practitioners in the UK?*
  - a) *British Psychological Society*
  - b) *British Association for Behavioural and Cognitive Psychotherapies*
  - c) *National Health Service*
  
- 2) *In the NHS, who delivers CBT most commonly?*
  - a) *Clinical Psychologists*
  - b) *Psychiatrists*
  - c) *GP's*
  
- 3) *What is the cost of a course of CBT to the NHS?*
  - a) *£750*
  - b) *£100*
  - c) *£2000*
  
- 4) *What is the cost of a session of CBT in private practice>*
  - a) *£750*
  - b) *£40-100*
  - c) *£50*