

Postgraduate Certificate in Health Sciences (CBT focused)

This programme is available to postgraduate students who have a professional degree and an interest in CBT. There is no funding available from Skills Matter for this generic programme. Students will need to enrol in PSYCHIAT 747, 740, 769 & 770 and complete them within 2 years to gain this postgraduate certificate.

COURSES

PSYCHIAT 769

CBT with NZ Children, Adolescents and their Families I 15 points

This course covers the following:

- Theory and research evidence of CBT with kids and teens.
- CBT model, formulation, core skills techniques and principles with kids and teens as it relates specifically to Depression and Anxiety.
- Developmental and cultural issues (Māori) when practising CBT with kids and teens in New Zealand.

Campus Days: 9am-5pm
14, 15 & 16 March; 24 & 25 May

Assessment: Case Studies, Videotapes, Literature Review, and Study Tasks.

Prerequisites:

- Professional degree
- Minimum of one day CBT practice (ability to record)
- Basic understanding of CBT
- External practice supervision

PSYCHIAT 770

CBT with NZ Children, Adolescents and their Families II 15 points

This course covers the following:

- New Zealand based CBT practice for Kiwi children dealing with the complex issues associated with Disruptive Behaviour Disorder, Alcohol and Drugs, Complex Anxiety, Anger and Self Esteem.
- Cultural Issues (Māori) are also covered.

Campus Days: 9am-5pm
15, 16 & 17 August; 27 & 28 Sept

Assessment: Case Studies, Videotapes, Literature Review, and Study Tasks.

Prerequisites:

- PSYCHIAT 769
- Minimum of one day CBT practice (ability to record).
- External practice supervision

PSYCHIAT 747

Child and Adolescent Development

15 points

This course covers the following:

- Study of theories of attachment.
- Cognitive development and social and emotional development in the context of the family.
- Development of identity and self-concept in adolescence.

Campus Days: 9am-5pm
5 & 6 March

Assessment: Library Assignment, Student Presentation, Online discussions, Essay, Answers to Topic Questions

PSYCHIAT 740

Child and Adolescent Psychopathology

15 points

This course covers the following:

- Classification of psychopathology.
- The history, presentation and diagnosis of important and common disorders that present in childhood and adolescence.
- Maori and Pacific cultural issues.
- This course is designed for self-study and is delivered entirely extramurally. No face-to-face teaching is scheduled.

Assessment: Two Short Essays, Online discussions, Answers to Topic Questions

Most of these courses listed are taught in a flexible learning format on Grafton Campus. Compulsory attendance is required on the course teaching days and between campus teaching days students are able to access the university on-line library (LEARN) and flexible learning system Cecil from home or work computers with internet access.

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For **administrative issues**, please contact Programme administrator:

Janine Joubert

Email: jjoubert@auckland.ac.nz

Phone: +64 9 373 7599 ext 89717

For **academic advice** please contact Course coordinator:

Tania Cargo

Email: t.cargo@auckland.ac.nz

University Admissions and Enrolment

Student Services Online is the new and improved way to apply to the University, enrol in classes, view your timetables, update your details and much more.

This site contains help guides and video tutorials.

www.studentservices.auckland.ac.nz/uoa/

International Students

If you are an international student (that is, you do not have citizenship or permanent residency in New Zealand or Australia) then you should contact Auckland International for application information.

Email: international@auckland.ac.nz

All students must complete a formal **Application for Admission** if they wish to enrol at The University of Auckland.

General Inquiries:

Auckland University Student Info line 0800 61 62 63

School of Medicine

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www.fmhs.auckland.ac.nz



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