The Master of Science in Cognitive Behaviour Therapy (CBT) and Motivational Interviewing (MI) for Practice, offered by the Department of Nursing and Health Care in WIT, is an innovative practice oriented programme. The MSc is designed to equip practitioners in the health and social care fields with knowledge and skills to effectively use CBT and MI, both recognised evidence based interventions, in their day to day practice.
**Programme Outline**

The MSc in Cognitive Behaviour Therapy (CBT) and Motivational Interviewing (MI) for Practice has a strong focus on developing and enhancing the practitioners’ skills, whilst also setting the interventions within a wider theoretical perspective. The student will develop their skills through small group teaching and through reflection and case studies will utilise their skills in their workplace. A student who accumulates 60 credits in Semesters 1 and 2 and who does not wish to complete the MSc may, at the discretion of the programme board, be awarded a Postgraduate Diploma in Cognitive Behaviour Therapy and Motivational Interviewing for Practice.

**Programme Structure**

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<th>Semester 1</th>
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<td>Developing CBT Skills (10)</td>
<td>Advancing CBT skills for Practice (10)</td>
<td>Dissertation (20)</td>
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<tr>
<td>Personal Development for Health and Wellbeing (5)</td>
<td>Advancing Motivational Interviewing Skills (10)</td>
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<td>Developing Motivational Interviewing Skills (10)</td>
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<td>Undertaking Advanced Assessment in Practice (5)</td>
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**Programme Delivery**

This programme is delivered through a blend of classroom and online learning. Classroom contact will be one day per fortnight over the 3 semesters with a 3 day block in week 4 of the first and second semesters.

**Career Opportunities**

The central aim of the programme is to foster and develop both the conceptual and practical skills needed to contribute, succeed and lead in the area of therapeutic practice. Many of the candidates for this programme will be already working in a variety of settings in which people problems are a key issue. This course will afford participants to develop personally and professionally in the specific area of Cognitive Behavioural Therapy and Motivational Interviewing, and provide a springboard for career advancement.

**Entry Details**

- Applicants for the MSc in Cognitive Behaviour Therapy and Motivational Interviewing for Practice should hold a minimum of an NFQ Level 8 Honours (2.2) degree in one of the following areas Nursing, Health, Medicine, Social Care or a cognate discipline.
- Applicants who do not hold the standard qualifying NFQ Level 8 qualification criteria, but have relevant work experience may be considered for admission to the programme under the Institute’s Recognition of Prior Learning (RPL) process and subject to an interview.
- Applicants whose primary language is not English must submit evidence of competency in English. Please see our website for more details www.wit.ie/englishrequirements
- **Please note:** Students on the programme will require a mentor from within their multidisciplinary team who will act as a support person for the work-based learning elements of the programme.

**Applications**

Applications for this programme are made online by going to www.pac.ie (code WD587)

**Contacts**

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**Fees**

For information on fees please visit our website at www.wit.ie/pgfees

**For more detailed information please visit our website at**
www.wit.ie/wd587