

# COGNITIVE BEHAVIORAL THERAPY (CBT)

POST-MASTER'S CERTIFICATE  
DEPARTMENT OF SOCIAL WORK  
COLLEGE OF HEALTH PROFESSIONS



## ABOUT THE PROGRAM

The substantial evidence-based research of the benefits of Cognitive Behavioral Therapy (CBT) has led to greater demand for skilled practitioners who can implement this psychosocial intervention to improve the mental health of clients.

Through specialized instruction, students will be prepared to utilize CBT in their professional practice settings to assist clients in enhancing the development of personal coping strategies that target solving current problems.

The certificate courses can also be applied to the MSW degree if students later decide to complete the required course requirements.

## PROGRAM HIGHLIGHTS

- Application to real client situations
- Expert faculty with doctoral degrees
- Practical experience developing and providing CBT interventions
- This certificate can be earned simultaneously with the MSW degree
- This certificate is for those currently enrolled in the MSW program or for practicing professionals with a graduate degree in human services to enhance their knowledge and expertise in the CBT interventions

## CURRICULUM GUIDE

SOWK 630	Clinical Practice with Children & Families	3
SOWK 635	Clinical Practice with Adults	3
SOWK 731	Practice Skills in Forensic Social Work	3
or SOWK 730	Practice Skills Following Crisis	

**Total Hours** **9**

## IMPORTANT CURRICULUM GUIDE NOTES

This Curriculum guide is provided to help SRU students and prospective students better understand their intended major curriculum. Enrolled SRU students should note that the My Rock Audit may place already earned and/or in progress courses in different, yet valid, curriculum categories. Enrolled SRU students should use the My Rock Audit Report and materials and information provided by their faculty advisers to ensure accurate progress towards degree completion. The information on this guide is current as of the date listed. Students are responsible for curriculum requirements at the time of enrollment at the University.

PASSHE - Pennsylvania State System of Higher Education Institutions  
Social Work Cognitive Behavioral Therapy - CERT (9SWC)  
This program is effective as of Spring 2021 Revised 01.14.21 UCC 09.29.21

## ADMISSION REQUIREMENTS

All applicants must submit the following materials along with a completed online graduate application and a non-refundable application fee:

1. Official undergraduate degree transcript(s) and any graduate (except for students enrolled in SRU's MSW program) transcripts.
2. Personal statement explaining applicant's career interests and goals related to cognitive behavioral therapy in social work.

## TUITION

Information on current tuition can be found on the main Graduate Admissions website at [www.sru.edu/graduate](http://www.sru.edu/graduate). Financial aid brochures are available through the Financial Aid Office [www.sru.edu/FinAid](http://www.sru.edu/FinAid) or the Office of Graduate Admissions.

*The educational policies and procedures are continually being reviewed and changed in keeping with the mission of the university. Consequently, this document cannot be considered binding and is intended to be used as only an informational guide. Students are responsible for being informed of official policies and regulations for meeting all appropriate requirements.*

**DELIVERY METHOD**  
Face-to-face instruction with online technologies included

**START TERM**  
Fall or Spring

**COMPLETION TIME**  
Complete in as little as one year

**NUMBER OF CREDITS**  
9 credits



## FOR QUESTIONS ABOUT ACADEMICS AND COURSE SCHEDULING:

Dr. Thomas Bechard  
Graduate Coordinator  
119 Jack Dinger Building  
[thomas.bechard@sru.edu](mailto:thomas.bechard@sru.edu)  
724.738.2422

## FOR QUESTIONS ABOUT ADMISSIONS:

Office of Graduate Admissions  
104 North Hall, Welcome Center  
Slippery Rock, PA 16057  
[www.sru.edu/graduate](http://www.sru.edu/graduate)  
724.738.2051 or 877.SRU.GRAD  
[graduate.admissions@sru.edu](mailto:graduate.admissions@sru.edu)

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University

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