

COGNITIVE BEHAVIORAL THERAPY (CBT)

POST-MASTER'S CERTIFICATE
DEPARTMENT OF SOCIAL AND BEHAVIORAL SCIENCES
COLLEGE OF HEALTH PROFESSIONS

DELIVERY METHODS

Hybrid/In-Person
or
100% online

START TERM

Fall or Spring

COMPLETION TIME

Complete in as little as one year

NUMBER OF CREDITS

9 credits

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 730	Practice Skills Following Crisis	3
Total Hours		9

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. Financial aid brochures are available through the Financial Aid Office 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.

Benefits of this post-master's certificate includes.....

- Earn a credential that validates your expertise and commitment to evidence-based practices.
- Learn techniques that can be used in a variety of social work settings such as hospitals, schools, and mental and behavioral health organizations.
- Enhance your qualifications and for advanced career opportunities.

FOR QUESTIONS ABOUT ACADEMICS AND COURSE SCHEDULING:

Dr. Thomas Bechard
Graduate Coordinator
119 Jack Dinger Building
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
724.738.2051 or 877.SRU.GRAD
graduate.admissions@sru.edu

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