



Glasgow Cognitive Therapy Centre Ltd

Postgraduate Diploma Cognitive Behavioural Therapy (PgDipCBT)

PgDipCBT 0127

Teaching Timetable

Day & Time	Date		Module SHM001			
			Foundations of Cognitive Behavioural Therapy			
Year 1						
Monday 6-9pm	18/01/2027	1.1	Foundations of Cognitive Behavioural Therapy			
Monday 6-9pm	25/01/2027	1.2	Foundations of Cognitive Behavioural Therapy			
Monday 6-9pm	01/02/2027	1.3	Foundations of Cognitive Behavioural Therapy			
Monday 6-9pm	08/02/2027	1.4	Foundations of Cognitive Behavioural Therapy			
Saturday 9.30am-12.30pm	13/02/2027	1.5	Foundations of Cognitive Behavioural Therapy			
Saturday 1.30pm-4.30pm	13/02/2027	1.6	Foundations of Cognitive Behavioural Therapy			
Monday 6-9pm	15/02/2027	1.7	Foundations of Cognitive Behavioural Therapy			
Monday 6-9pm	22/03/2027	1.8	Foundations of Cognitive Behavioural Therapy			
Monday 6-9pm	01/03/2027	1.9	Foundations of Cognitive Behavioural Therapy			
Monday 6-9pm	08/03/2027	1.10	Foundations of Cognitive Behavioural Therapy			
Saturday 9.30am-12.30pm	13/03/2027	1.11	Foundations of Cognitive Behavioural Therapy			
Saturday 1.30pm-4.30pm	13/03/2027	1.12	Foundations of Cognitive Behavioural Therapy			

Monday 6-9pm	15/03/2027	1.13	Foundations of Cognitive Behavioural Therapy		
Monday 6-9pm	22/03/2027	1.14	Foundations of Cognitive Behavioural Therapy		
Saturday 9.30am-12.30pm	27/03/2027	1.15	Foundations of Cognitive Behavioural Therapy		
Saturday 1.30pm-4.30pm	27/03/2027	1.16	Foundations of Cognitive Behavioural Therapy		
Easter Break					
Monday 6-9pm	12/04/2027	1.17	Foundations of Cognitive Behavioural Therapy		
Saturday 9.30am-12.30pm	17/04/2027	1.18	Foundations of Cognitive Behavioural Therapy		
Saturday 1.30pm-4.30pm	17/04/2027	1.19	Foundations of Cognitive Behavioural Therapy	Practical Exam (3x30 mins) 1.18 - 1.20	
Monday 6-9pm	19/04/2027	1.20	Foundations of Cognitive Behavioural Therapy		
Monday 6-9pm	26/04/2027	1.21	Foundations of Cognitive Behavioural Therapy		
Saturday 9.30am-12.30pm	01/05/2027	1.22	Foundations of Cognitive Behavioural Therapy		
Saturday 1.30pm-4.30pm	01/05/2027	1.23	Foundations of Cognitive Behavioural Therapy		
Monday 6-9pm	03/05/2027	1.24	Foundations of Cognitive Behavioural Therapy	Essay - 3000 words	

Module SHM002

Human Development and Depression: A Cognitive Behavioural Perspective

Monday 6-9pm	10/05/2027	2.1	Human Development and Depression: A Cognitive Behavioural Perspective		
Saturday 9.30am-12.30pm	15/05/2027	2.2	Human Development and Depression: A Cognitive Behavioural Perspective		
Saturday 1.30pm-4.30pm	15/05/2027	2.3	Human Development and Depression: A Cognitive Behavioural Perspective		
Monday 6-9pm	17/05/2027	2.4	Human Development and Depression: A Cognitive Behavioural Perspective		
Monday 6-9pm	24/05/2027	2.5	Human Development and Depression: A Cognitive Behavioural Perspective		
Monday 6-9pm	31/05/2027	2.6	Human Development and Depression: A Cognitive Behavioural Perspective		
Saturday 9.30am-12.30pm	05/06/2027	2.7	Human Development and Depression: A Cognitive Behavioural Perspective		
Saturday 1.30pm-4.30pm	05/06/2027	2.8	Human Development and Depression: A Cognitive Behavioural Perspective		
Monday 6-9pm	07/06/2027	2.9	Human Development and Depression: A Cognitive Behavioural Perspective		
Monday 6-9pm	14/06/2027	2.10	Human Development and Depression: A Cognitive Behavioural Perspective		
Saturday 9.30am-12.30pm	19/06/2027	2.11	Human Development and Depression: A Cognitive Behavioural Perspective		
Saturday 1.30pm-4.30pm	19/06/2027	2.12	Human Development and Depression: A Cognitive Behavioural Perspective		
Monday 6-9pm	21/06/2027	2.13	Human Development and Depression: A Cognitive Behavioural Perspective		

Monday 6-9pm	28/06/2027	2.14	Human Development and Depression: A Cognitive Behavioural Perspective		
Saturday 9.30am-12.30pm	21/08/2027	2.15	Human Development and Depression: A Cognitive Behavioural Perspective		
Saturday 1.30pm-4.30pm	21/08/2027	2.16	Human Development and Depression: A Cognitive Behavioural Perspective		
Monday 6-9pm	23/08/2027	2.17	Human Development and Depression: A Cognitive Behavioural Perspective		
Monday 6-9pm	30/08/2027	2.18	Human Development and Depression: A Cognitive Behavioural Perspective		
Saturday 9.30am-12.30pm	04/09/2027	2.19	Human Development and Depression: A Cognitive Behavioural Perspective	Essay - 3500 words	
Saturday 1.30pm-4.30pm	04/09/2027	2.20	Human Development and Depression: A Cognitive Behavioural Perspective		
Monday 6-9pm	06/09/2027	2.21	Human Development and Depression: A Cognitive Behavioural Perspective		
Monday 6-9pm	13/09/2027	2.22	Human Development and Depression: A Cognitive Behavioural Perspective		

Module SHM003

Cognitive Behavioural Therapy for Anxiety Disorders

Saturday 9.30am-12.30pm	18/09/2027	3.1	Cognitive Behavioural Therapy for Anxiety Disorders		
Saturday 1.30pm-4.30pm	18/09/2027	3.2	Cognitive Behavioural Therapy for Anxiety Disorders		
Monday 6-9pm	20/09/2027	3.3	Cognitive Behavioural Therapy for Anxiety Disorders		
Monday 6-9pm	27/09/2027	3.4	Cognitive Behavioural Therapy for Anxiety Disorders		

Monday 6-9pm	04/10/2027	3.5	Cognitive Behavioural Therapy for Anxiety Disorders		
Saturday 9.30am-12.30pm	09/10/2027	3.6	Cognitive Behavioural Therapy for Anxiety Disorders		
Saturday 1.30pm-4.30pm	09/10/2027	3.7	Cognitive Behavioural Therapy for Anxiety Disorders		
Monday 6-9pm	11/10/2027	3.8	Cognitive Behavioural Therapy for Anxiety Disorders		
Monday 6-9pm	18/10/2027	3.9	Cognitive Behavioural Therapy for Anxiety Disorders		
Monday 6-9pm	25/10/2027	3.10	Cognitive Behavioural Therapy for Anxiety Disorders		
Saturday 9.30am-12.30pm	30/10/2027	3.11	Cognitive Behavioural Therapy for Anxiety Disorders		
Saturday 1.30pm-4.30pm	30/10/2027	3.12	Cognitive Behavioural Therapy for Anxiety Disorders		
Monday 6-9pm	01/11/2027	3.13	Cognitive Behavioural Therapy for Anxiety Disorders		
Monday 6-9pm	08/11/2027	3.14	Cognitive Behavioural Therapy for Anxiety Disorders		
Monday 6-9pm	15/11/2027	3.15	Cognitive Behavioural Therapy for Anxiety Disorders		
Saturday 9.30am-12.30pm	20/11/2027	3.16	Cognitive Behavioural Therapy for Anxiety Disorders		
Saturday 1.30pm-4.30pm	20/11/2027	3.17	Cognitive Behavioural Therapy for Anxiety Disorders		
Monday 6-9pm	22/11/2027	3.18	Cognitive Behavioural Therapy for Anxiety Disorders		
Monday 6-9pm	29/11/2027	3.19	Cognitive Behavioural Therapy for Anxiety Disorders		

Saturday 9.30am-12.30pm	04/12/2027	3.20	Cognitive Behavioural Therapy for Anxiety Disorders		
Saturday 1.30pm-4.30pm	04/12/2027	3.21	Cognitive Behavioural Therapy for Anxiety Disorders	Case Study - 4000 words	
Monday 6-9pm	06/12/2027	3.22	Cognitive Behavioural Therapy for Anxiety Disorders		
Monday 6-9pm	13/12/2027	3.23	Cognitive Behavioural Therapy for Anxiety Disorders		
End of Year 1					
Student Exit Point for PG Certificate in CBT					
Year 2					
Module SHM006 – Part 1 Skills Consolidation in Cognitive Behavioural Therapy – Groupwork					
Monday 6-9pm	21/02/2028	6.1	Skills Consolidation in Cognitive Behavioural Therapy – Groupwork		
Saturday 9.30am-12.30pm	26/02/2028	6.2	Skills Consolidation in Cognitive Behavioural Therapy – Groupwork		
Saturday 1.30pm-4.30pm	26/02/2028	6.3	Skills Consolidation in Cognitive Behavioural Therapy – Groupwork		
Monday 6-9pm	28/02/2028	6.4	Skills Consolidation in Cognitive Behavioural Therapy – Groupwork		
Monday 6-9pm	06/03/2028	6.5	Skills Consolidation in Cognitive Behavioural Therapy – Groupwork		
Saturday 9.30am-12.30pm	11/03/2028	6.6	Skills Consolidation in Cognitive Behavioural Therapy – Groupwork		

Saturday 1.30pm-4.30pm	11/03/2028	6.7	Skills Consolidation in Cognitive Behavioural Therapy – Groupwork		
Monday 6-9pm	13/03/2028	6.8	Skills Consolidation in Cognitive Behavioural Therapy – Groupwork		
Module SHM004 CBT for Eating and Addictive Disorders					
Monday 6-9pm	20/03/2028	4.1	CBT for Eating and Addictive Disorders		
Saturday 9.30am-12.30pm	25/03/2028	4.2	CBT for Eating and Addictive Disorders		
Saturday 1.30pm-4.30pm	25/03/2028	4.3	CBT for Eating and Addictive Disorders		
Monday 6-9pm	27/03/2028	4.4	CBT for Eating and Addictive Disorders		
Saturday 9.30am-12.30pm	22/04/2028	4.5	CBT for Eating and Addictive Disorders		
Saturday 1.30pm-4.30pm	22/04/2028	4.6	CBT for Eating and Addictive Disorders		
Monday 6-9pm	24/04/2028	4.7	CBT for Eating and Addictive Disorders		
Monday 6-9pm	01/05/2028	4.8	CBT for Eating and Addictive Disorders		
Saturday 9.30am-12.30pm	06/05/2028	4.9	CBT for Eating and Addictive Disorders		
Saturday 1.30pm-4.30pm	06/05/2028	4.10	CBT for Eating and Addictive Disorders		
Monday 6-9pm	08/05/2028	4.11	CBT for Eating and Addictive Disorders		

Monday 6-9pm	15/08/2026	4.12	CBT for Eating and Addictive Disorders		
Saturday 9.30am-12.30pm	20/08/2026	4.13	CBT for Eating and Addictive Disorders		
Saturday 1.30pm-4.30pm	20/08/2026	4.14	CBT for Eating and Addictive Disorders		
Monday 6-9pm	22/05/2028	4.15	CBT for Eating and Addictive Disorders		
Monday 6-9pm	29/05/2028	4.16	CBT for Eating and Addictive Disorders		
Saturday 9.30am-12.30pm	03/06/2028	4.17	CBT for Eating and Addictive Disorders		
Saturday 1.30pm-4.30pm	03/06/2028	4.18	CBT for Eating and Addictive Disorders		
Monday 6-9pm	05/06/2028	4.19	CBT for Eating and Addictive Disorders		
Monday 6-9pm	12/06/2028	4.20	CBT for Eating and Addictive Disorders		
Monday 6-9pm	19/06/2028	4.21	CBT for Eating and Addictive Disorders	Essay - 3500 words	
Saturday 9.30am-12.30pm	24/06/2028	4.22	CBT for Eating and Addictive Disorders		
Saturday 1.30pm-4.30pm	24/06/2028	4.23	CBT for Eating and Addictive Disorders		
MODULE SHM005 Beyond Symptomology: CBT Third Wave Developments and Personality Disorders					
Monday 6-9pm	26/06/2028	5.1	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		

Summer Break

Saturday 9.30am-12.30pm	19/08/2028	5.2	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Saturday 1.30pm-4.30pm	19/08/2028	5.3	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Monday 6-9pm	21/08/2028	5.4	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Monday 6-9pm	28/08/2028	5.5	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Saturday 9.30am-12.30pm	02/09/2028	5.6	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Saturday 1.30pm-4.30pm	02/09/2028	5.7	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Monday 6-9pm	04/09/2028	5.8	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Monday 6-9pm	11/09/2028	5.9	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Saturday 9.30am-12.30pm	16/09/2028	5.10	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Saturday 1.30pm-4.30pm	16/09/2028	5.11	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Monday 6-9pm	18/09/2028	5.12	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Monday 6-9pm	25/09/2028	5.13	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Saturday 9.30am-12.30pm	30/09/2028	5.14	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Saturday 1.30pm-4.30pm	30/09/2028	5.15	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		

Monday 6-9pm	02/10/2028	5.16	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Monday 6-9pm	09/10/2028	5.17	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Saturday 9.30am-12.30pm	14/10/2028	5.18	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Saturday 1.30pm-4.30pm	14/10/2028	5.19	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Monday 6-9pm	16/10/2028	5.20	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Monday 6-9pm	23/10/2028	5.21	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
Saturday 9.30am-12.30pm	28/10/2028	5.22	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders	Case Study - 4000 words	
Saturday 1.30pm-4.30pm	28/10/2028	5.23	Beyond Symptomology: CBT Third Wave Developments and Personality Disorders		
MODULE SHMoo6 – Part 2 Skills Consolidation in CBT					
Monday 6-9pm	30/10/2028	6.9	Skills Consolidation in CBT	Presentation (30 minutes)	
Saturday 9.30am-12.30pm	04/11/2028	6.10	Skills Consolidation in CBT		
Saturday 1.30pm-4.30pm	04/11/2028	6.11	Skills Consolidation in CBT		
Monday 6-9pm	06/11/2028	6.12	Skills Consolidation in CBT		
Monday 6-9pm	13/11/2028	6.13	Skills Consolidation in CBT		

Saturday 9.30am-12.30pm	18/11/2028	6.14	Skills Consolidation in CBT	Practical Exam 5x50 mins	
Saturday 1.30pm-4.30pm	18/11/2028	6.15	Skills Consolidation in CBT		
Monday 6-9pm	20/11/2028	6.16	Skills Consolidation in CBT		
Monday 6-9pm	27/11/2028	6.17	Skills Consolidation in CBT		
Saturday 9.30am-12.30pm	02/12/2028	6.18	Skills Consolidation in CBT		
Saturday 1.30pm-4.30pm	02/12/2028	6.19	Skills Consolidation in CBT		
Monday 6-9pm	04/12/2028	6.20	Skills Consolidation in CBT	Learning Portfolio	

End of Course