



UNIVERSITY OF EDINBURGH CENTRE FOR PSYCHOLOGICAL THERAPIES

MSc Psychological Therapies Programme & Placement

September 2025-2026

Dr Rachel Happer, Clinical Psychologist & Centre Director

Dr Gillian Radford, Clinical Psychologist & Programme Director



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MSc Psychological Therapies 2025-2027



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PROGRAMME STRUCTURE

- MSc
 - Full-time
 - Part-time
- Certificate/Diploma/MSc
- On campus placements
 - And supervision



ENTRY REQUIREMENTS

Part-time route

- Core Professions (or KSAs) (as defined by BABCP)
- Psychology degree 2(i) (or equivalent)
- Access to suitable clients plus supervision

Full time route

- Psychology Honours degree 2 (i) (or equivalent)
- Understanding of developmental stages
- Personal suitability for talking therapy
- Placement included within the programme



STUDENT JOURNEY

- 2-6 years
 - CPD only = 20 credits
 - PGCert = 60 credits
 - PGDip = 120 credits
 - MSc = 180 credits
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- Full time route 2 years 240 credits - with BABCP appropriate practice experience



Emphasis on Children & Young People



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Opportunity to
work with young
adults, especially
those who are
vulnerable



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Semester 1 Year 1

- Preparation for Practice
 - Assessment & Formulation
 - Common Psychological Presentations
 - Ethics & Governance
 - Psychological Skills Placement

Semester 2 Year 1 – Basic Skills

- Fundamentals in CBT
- CBT for CYP
- CBT Placement I



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- Semester 1 & 2 Year 2
 - CBT with Complex Presentations
 - CBT Placement 2
 - Research Methods (RMAP)
 - Dissertation

Potential Audit Courses

- ACT
- Online Therapy Skills with Mental Health Professionals



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Centre for Psychological Therapies

Do you have a child with emotional difficulties such as anxiety or low mood?
Do you want to improve your own mental health and the support you can give your child?
The Centre for Psychological Therapies may be able to help you.



OUR MISSION

- Through research & innovation, improve existing therapies & develop new approaches to mental health problems common to our population
- Through high-quality teaching, build the therapeutic skills of the mental health work-force within & beyond statutory services
- Through meaningful exchange, provide communities with access to evidence-based knowledge available at the University of Edinburgh, School of Health in Social Science



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ABOUT THE CENTRE

- Supporting evidence-based therapy research & training
- On-campus
- Provides evidence-based psychological therapies for the local community
- Provides face-to-face & online sessions
- Staffed team of experienced clinical practitioners & clinical learners
- Co-located with Hope Park Counselling Centre
- A stimulating learning environment
- Practical administrative support



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ABOUT THE TEAM

- Centre Director: Dr Rachel Happer, Senior Clinical Fellow & Clinical Psychologist
- Centre administrative Lead: Joanne Hendry
- Clinical Fellows: Emma Clark, Lisa Esingle, Dr Corinna Panagou, Emma Roberts,
- Programme Director: Dr Gillian Radford, Clinical Psychologist
- Lecturer: Dr Lili Lemineux-Cumberlege, Clinical Psychologist
- Programme Administrator: Clara Shaw



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HOW THE CENTRE & THE PROGRAMME WORK TOGETHER

- Teams are co-located
- Collaborative approach to learning & teaching
- Regular joint working both clinically & academically
- Thorough understanding of Programme expectations
- Practical support to fulfil placement expectations
- Access to a wealth of knowledge & training



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PLACEMENT EXPECTATIONS

Provision of appropriate caseload & qualified supervisor

Regular supervision in different forms

Immersion in a team of experienced clinicians & other learners

Practical administrative support to manage caseload & programme expectations
(Supervision Log, Casework Log, Clinical Presentation Log)

Risk & Safeguarding process in place

Placement professionalism monitored



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PRACTICAL CONSIDERATIONS

Commitment of a minimum of three day per week

3-9 hours of direct clinical contact per week depending on stage of training

Client contact will build throughout placements

Availability of a secure platform & a consistent confidential space required



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ON-CAMPUS & ONLINE PLACEMENTS

- Current Covid-19 Public Health Emergency meant that services developed alternatives to face-to-face delivery.
- Online and on-campus work will be available
- Placement governance will be clear around each placement format
- The induction will support the types of placements available



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The background of the slide is a collage of various old, sepia-toned maps and documents, some showing topographical features and others showing urban layouts. The maps are layered and slightly crumpled, giving a sense of history and exploration.

Our students

NHS Scotland CAMHS

NHS Scotland adult services

NI and ROI

Private, public and third sector

CPT placement students



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SUPERVISION OPPORTUNITIES

- Supervision is prioritized & high-quality
- Appropriately qualified supervisors are available
- Supervision contract will mirror the Programme expectations



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PREPARATION FOR PRACTICE

- Induction will be essential
- Prepared for practice for online & face-to-face delivery
- Well-being of students will be central



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KEY CONTACTS

- Jo Hendry, Centre administrator: cpt@ed.ac.uk
- Clara Shaw, Programme Administrator: msc.therapies@ed.ac.uk



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THIS IS
THE SIGN
YOU'VE BEEN
LOOKING FOR



NOSE JEWELRY

