

## Criteria for Admission to IAPT Courses

### University of Sheffield

	Low-intensity course (PSYT15)	High-intensity course (PSYT16)
1. Undergraduate degree or evidence of ability to study successfully at level 6 (third year of undergraduate degree)	<b>Essential</b>	<b>Essential</b>
2. Professional training or evidence of meeting knowledge, skills and attitudes (KSA) equivalent to professional training	<b>Not necessary (although professionally qualified people may undertake a low-intensity course)</b>	<b>Essential</b>
3. Two years clinical mental health experience including relevant experience gained during or after any professional or KSA equivalent training	<b>Not necessary</b>	<b>Essential</b>
4. Two years mental health working experience including voluntary work or expertise gained by experience of mental health problems	<b>Essential</b>	<b>Not necessary</b>
5. Availability to attend university two days per week in conjunction with a minimum of two further days in high-intensity CBT clinical practice per week for the period of the training course	<b>Not applicable</b>	<b>Essential</b>
6. Availability to attend university one day per week in conjunction with a minimum of one further day in low-intensity clinical practice per week for the period of the training course	<b>Essential</b>	<b>Not applicable</b>
7. Applicants should demonstrate evidence of interpersonal skills to engage and develop working alliances with colleagues and patients	<b>Essential</b>	<b>Essential</b>
8. Applicants should show evidence of an openness to learning new knowledge and skills	<b>Essential</b>	<b>Essential</b>