



***THE Awards 2019 – Outstanding Support for Students***

Institution/Nominee	Newcastle University
Title	Psychological Therapies Training and Research Clinic
Key personnel	Newcastle University
URL	<a href="https://osf.io/nzg59/">https://osf.io/nzg59/</a>
Submission	<p>In February 2018 the Psychological Therapies Training and Research Clinic was established to deliver Cognitive Behavioural Therapy (CBT) to students and is consistent with the aims of the Universities UK Step Change Framework to deliver a meaningful, impactful change in student mental health.</p> <p>Maximising efficiency, we harnessed the staffing and experience of two of our therapy training programmes (the Doctorate in Clinical Psychology and the Postgraduate Diploma in CBT).</p> <p>Qualified and training staff from both programmes see referrals from the University Counselling Service who present with anxiety and/or depression and have been assessed as suitable for a course of CBT.</p> <p>The clinic is available to all students – undergraduate and postgraduate – across the university and aims to provide a realistic, quick-to-access alternative to NHS treatment. To the best of our knowledge, it is the only service of its kind at a UK university.</p>