

Essay guidelines for  
***Professional Cert in CBT***

Essay length: 2,500 words (+/- 10%).

One electronic copy required, by email to estephens@pcicollege.ie.

Usual academic structure required  
(Introduction, Main Body, Conclusion, Bibliography). No Abstract needed.

Harvard Referencing System to be used.

Essay will be marked on a pass/fail basis, and a comment sheet will be sent with more detailed feedback.

Essay needs to demonstrate:

- Understanding of the nature of one particular Mental Health problem from a CBT point of view
- Awareness of how you might apply this understanding in practice
- Some knowledge of relevant literature, though extensive referencing is not expected

For instance, a possible essay title could be:

***Anxiety & CBT***

- A critical exploration, with reference to both theory and practice.

Eoin Stephens  
President, PCI College