

The full list of features of the PRAXIS CBT online training programme are as follows:

- Training online instead of CD-ROM format
- Glossary of terms
- Search function
- Over five hours of video role-plays with higher quality visuals
- Printable transcripts for all video clips
- Rewind, pause and fast forward facilities for all video clips
- All text is printable
- Each of the sections include aims and learning outcomes
- An increased number of interactive exercises
- New emphasis on workplace-based tasks
- Web forums for learners are available to facilitate communication between other learners and experts
- The entire programme is couched within a stepped care framework in keeping with NICE Guidelines for depression and anxiety
- The PRAXIS CBT website will offer frequent updates (e.g. key references) and provide learner support
- The updated version is in keeping with British Association of Behavioural and Cognitive Psychotherapies (BABCP) training standards and guidelines for good practice
- The programme content has been guided by the CBT Competences Framework published by Department of Health
- Five new clinical case examples