

## Course Information Sheet for entry in 2024-25: DPhil in Cognitive Behavioural Therapy



### Course facts

|                 |                |
|-----------------|----------------|
| Mode of study   | Part Time Only |
| Expected length | 6 to 8 years   |

### About the course

The part-time DPhil in Cognitive Behavioural Therapy (CBT) is offered by the Oxford Cognitive Therapy Centre (OCTC) in collaboration with the Department for Continuing Education. Applicants are welcome from outside Oxford, and outside the UK.

This part-time DPhil is normally carried out over eight years, equivalent to four years of full-time study, although it may take less time in certain circumstances.

The chosen topic of a DPhil in CBT should have a significant focus on issues related to cognitive behavioural theory and/or practice, for example: the development of a better understanding of the cognitive and behavioural aspects of a problem; developing an aspect of CBT to address a particular disorder; exploring theoretical or methodological issues in relation to cognitive behavioural practice etc.

The DPhil in CBT should focus on a primary research topic relevant to the theory, principles and practice of interventions, including both group and individual treatments, third wave approaches, self-help based approaches and supervision.

You will be strongly encouraged to participate in relevant seminars and/or tutorials held within OCTC and when necessary, informal meetings with staff and other researchers. The major commitment of time will be to individual study and research.

As a part-time student you will be required to attend supervision, training, seminars, milestone assessments (e.g. transfer of status) and other obligations in Oxford for a minimum of 30 days each year.

There will be flexibility in the dates and pattern of attendance, which will be determined by mutual agreement with your supervisor.

### Supervision

As a student on this course you will have an identified Oxford-based supervisor who is interested in your research ideas and, in some instances, you will also need to identify a field supervisor who can closely monitor and advise on your practical research.

A good supervisory relationship is crucial to research. The relationship between supervisor and supervisee can be a very personal one, therefore it is important that you ensure that your supervisor understands the research concepts and that there is agreement about the potential and the direction of the research. Both supervisor and supervisee must be able to make a commitment to the project that will span several years and must agree to regular meetings.

The allocation of graduate supervision for this course is the responsibility of the Oxford Cognitive Therapy Centre and it is not always possible to accommodate the preferences of incoming graduate students to work with a particular member of staff. Under exceptional circumstances, a supervisor may be found outside the Oxford Cognitive Therapy Centre. In such circumstances, a second internal supervisor may be appointed.

### Assessment

You will be admitted initially as a Probationary Research Student (PRS), in line with University regulations on doctorates. During the probationary period, you will develop and begin work on the thesis topic. You will develop research skills through a range of training and skills development primarily offered via the Department for Continuing Education Graduate School, as well as across the University.

Students must apply for a Transfer of Status from PRS to DPhil status between the sixth and the eighth academic term after admission, each academic year at Oxford having three terms. This involves the submission of a piece of written work that is examined by two assessors, neither of whom will be your supervisors. This process is to ensure that your work is of potential DPhil quality and that the methodology of the research is appropriate and feasible. Upon successful completion of the Transfer of Status, you would usually undertake a period of primary fieldwork/data collection over one to two years.

You will also be required to apply for a Confirmation of Status as DPhil sometime between the 12th and 18th term after admission. This will also involve the submission of a piece of written work that is assessed by two assessors, neither of

whom are your supervisors. The Confirmation of Status assessment is different to the Transfer of Status assessment as the assessors will be focusing on how the research is progressing, the quality of the draft chapters/papers, and on the plan for completion. The assessors will be looking to ensure that you are making the appropriate amount of progress in the development of your thesis, so that thesis submission will be achieved within the time limit.

You will be expected to submit a substantive academic thesis of around 50,000 words after six or, at most, eight years from the date of admission. To be successfully awarded a DPhil in Evidence Based Health Care you will need to defend your thesis orally (viva voce) in front of two appointed examiners.

### **Changes to this course**

The University will seek to deliver this course in accordance with the description set out above. However, there may be situations in which it is desirable or necessary for the University to make changes in course provision, either before or after you commence your course. These might include significant changes made necessary by any pandemic, epidemic or local health emergency. For further information, please see the University's Terms and Conditions (<http://www.graduate.ox.ac.uk/terms>) and our page on changes to courses (<http://www.graduate.ox.ac.uk/coursechanges>).

## Costs

### Annual fees for entry in 2024-25

| Fee status | Annual Course fees |
|------------|--------------------|
| Home       | £4,925             |
| Overseas   | £8,690             |

### Information about course fees

Course fees are payable each year, for the duration of your fee liability (your fee liability is the length of time for which you are required to pay course fees). For courses lasting longer than one year, please be aware that fees will usually increase annually. Information about how much fees and other costs may increase is set out in the University's Terms and Conditions (<http://www.graduate.ox.ac.uk/terms>).

Course fees cover your teaching as well as other academic services and facilities provided to support your studies. Unless specified in the additional cost information (below), course fees do not cover your accommodation, residential costs or other living costs. They also don't cover any additional costs and charges that are outlined in the additional cost information.

Graduate students who have reached the end of their standard period of fee liability may be required to pay a termly University and/or a college continuation charge.

The University continuation charge, per term for entry in 2024-25 is £628, please be aware that this will increase annually. For part-time students, the termly charge will be half of the termly rate payable by full-time students.

If a college continuation charge applies (not applicable for non-matriculated courses) it is likely to be in the region of £100 to £600. Please contact your college for more details, including information about whether your college's continuation charge is applied at a different rate for part-time study.

### Additional cost information

Please note that you are required to attend in Oxford for a minimum of 30 days each year, and you may incur additional travel and accommodation expenses for this. Also, depending on your choice of research topic and the research required to complete it, you may incur further additional expenses, such as travel expenses, research expenses, and field trips. You will need to meet these additional costs, although you may be able to apply for small grants from your department and/or college to help you cover some of these expenses.

## Living costs

In addition to your course fees, you will need to ensure that you have adequate funds to support your living costs for the duration of your course.

If you are studying part-time your living costs may vary depending on your personal circumstances but you must still ensure that you will have sufficient funding to meet these costs for the duration of your course.

The likely living costs for 2024-25 are published below. These costs are based on a single, full-time graduate student, with no dependants, living in Oxford. We provide the cost per month so you can multiply up by the number of months you expect to live in Oxford.

### Likely living costs for one month

|                          | Lower range | Upper range |
|--------------------------|-------------|-------------|
| <b>Food</b>              | £315        | £495        |
| <b>Accommodation</b>     | £745        | £925        |
| <b>Personal items</b>    | £190        | £320        |
| <b>Social activities</b> | £40         | £95         |
| <b>Study costs</b>       | £35         | £85         |
| <b>Other</b>             | £20         | £35         |
| <b>Total</b>             | £1,345      | £1,955      |

### Likely living costs for nine months

|                          | Lower range | Upper range |
|--------------------------|-------------|-------------|
| <b>Food</b>              | £2,835      | £4,445      |
| <b>Accommodation</b>     | £6,705      | £8,325      |
| <b>Personal items</b>    | £1,710      | £2,880      |
| <b>Social activities</b> | £360        | £855        |
| <b>Study costs</b>       | £315        | £765        |
| <b>Other</b>             | £180        | £315        |
| <b>Total</b>             | £12,105     | £17,595     |

### Likely living costs for twelve months

|                          | Lower range | Upper range |
|--------------------------|-------------|-------------|
| <b>Food</b>              | £3,780      | £5,940      |
| <b>Accommodation</b>     | £8,940      | £11,100     |
| <b>Personal items</b>    | £2,280      | £3,840      |
| <b>Social activities</b> | £480        | £1,140      |
| <b>Study costs</b>       | £420        | £1,020      |
| <b>Other</b>             | £240        | £420        |
| <b>Total</b>             | £16,140     | £23,460     |

When planning your finances for any future years of study at Oxford beyond 2024-25, it is suggested that you allow for potential increases in living expenses of 5% or more each year – although this rate may vary depending on the national economic situation.

More information about how these figures have been calculated is available at [www.graduate.ox.ac.uk/livingcosts](http://www.graduate.ox.ac.uk/livingcosts).

## Document accessibility

If you require an accessible version of this document please contact Graduate Admissions and Recruitment by email ([graduate.admissions@admin.ox.ac.uk](mailto:graduate.admissions@admin.ox.ac.uk)) or via the online form (<http://www.graduate.ox.ac.uk/ask>).