



## Course Information Sheet for entry in 2018-19

### MSc in Cognitive Behavioural Therapy

#### About the course

This course aims to guide students through the process of developing and implementing an independent research project in their own clinical setting. This two-year, research-based award is an extension to the PGDip in Cognitive Behavioural Therapy and provides a foundation for carrying out research and publishing an academic paper.

This course is designed to help you achieve certain aims. By the end of the course, students should be able to:

- display knowledge and understanding of general research principles and methodology, and demonstrate how these may be used within their own clinical work, and in the design and completion of an independent research project
- interpret and evaluate theoretical literature relevant to the provision of cognitive therapy or cognitive therapy services
- use established bodies of knowledge as a basis for developing their own ideas for research
- understand the value of an evidence-based approach to psychological treatment, including the distinctive contributions of efficacy and effectiveness research trials to clinical practice, and the use of clinical audit and other service evaluation approaches
- show evidence of the capacity to apply knowledge of research principles and practice in designing and carrying out an independent research project, using appropriate methodology and analysing and discussing results
- use and interpret a variety of appropriate psychometric instruments to assess patient pathology and evaluate progress and outcome in treatment
- write clear and literate assignments (research project proposal and final dissertation) that comply with established conventions of presentation and referencing

The teaching element of the MSc course is provided through tutorials. These are spread out over two years with an initial three-day meeting followed by one- or two-day tutorials several times during the year. Supervision is additionally provided on a one-to-one basis throughout the course.

Some of the teaching days on this course may be made available to a wider audience as publicly bookable workshops via the Oxford Cognitive Therapy Centre. All participants will be expected to have an appropriate level of competence to participate fully.

Field supervisors, or local supervisors, give practical guidance in the workplace and advise and support students in carrying out the research. Students should have ready access to local supervisors for guidance regarding research practicalities in their area.

Each student will be allocated a supervisor from Oxford Cognitive Therapy Centre staff during the academic year, although the practical emphasis for supervision rests with the field supervisor.

To complete the MSc in CBT, you will need to submit a dissertation, which comprises:

- a research paper, which is prepared to a standard that is acceptable for submission to a peer reviewed journal (maximum of 14,000-14,500 words)
- a reflective critique of the research experience (500-1000 words).

The reflective critique is an opportunity for you to look back over your experience of carrying out a piece of research and taking it to the point of submission. You will need to demonstrate what you have learnt from your experience, what you would do differently with hindsight, and how your experience will inform your practice from now on.

#### Changes to courses

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 registration. For further information, please see the University's Terms and Conditions.

#### Expected length of course

24 months

## Costs

### Annual fees for entry in 2018-19

Fee status	Tuition fee	College fee	Total annual fees
Home/EU (including Islands)	£2,435	£1,556	£3,991
Overseas	£2,435	£1,556	£3,991

The fees shown above are the annual tuition and college fees for this course for entry in the stated academic year; 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.

Tuition and college 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 tuition and college fees).

### Additional cost information

This course has residential sessions in Oxford. You will need to meet your travel and accommodation costs in attending these sessions. Further, as part of your course requirements, you may need to choose a dissertation, a project or a thesis topic. Depending on your choice of topic and the research required to complete it, you may incur 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 tuition and college fees, you will need to ensure that you have adequate funds to support your living costs for the duration of your course.

The likely living costs for 2018-19 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 1 month		Likely living costs for 9 months		Likely living costs for 12 months	
	Lower range	Upper range	Lower range	Upper range	Lower range	Upper range
<b>Food</b>	£258	£361	£2,318	£3,245	£3,090	£4,326
<b>Accommodation</b>	£536	£677	£4,824	£6,093	£6,432	£8,124
<b>Personal items</b>	£118	£263	£1,066	£2,364	£1,421	£3,152
<b>Social activities</b>	£41	£123	£369	£1,105	£492	£1,474
<b>Study costs</b>	£39	£85	£348	£765	£464	£1,020
<b>Other</b>	£22	£47	£202	£419	£269	£559
<b>Total</b>	£1,014	£1,556	£9,127	£13,991	£12,168	£18,655

When planning your finances for any future years of study at Oxford beyond 2018-19, you should allow for an estimated increase in living expenses of 3% each year.

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).