

Course Information Sheet for entry in 2024-25: MSt in Mindfulness Based Cognitive Therapy



Course facts

Mode of study	Part Time Only
Expected length	2 years

About the course

This two-year part-time course offers experienced professionals from a range of backgrounds a unique opportunity to develop in-depth specialist knowledge and skills in mindfulness-based cognitive therapy (MBCT) curricula. The course is best suited to applicants with professional experience in mental or physical healthcare, education or skills training, stress reduction, or other contexts that involve working with individuals and groups in supportive ways.

The course offers an opportunity for in-depth learning and aims to foster a community of mindfulness practitioners and teachers with the expertise to deliver high-quality MBCT in a variety of settings, including healthcare, education, workplaces, criminal justice, government, and others, and who will contribute to the development and dissemination of MBCT.

The course combines in-person learning in Oxford with online learning. In addition to the taught component, students will need to set aside six to seven hours per week for private study, personal practice related to MBCT, and completion of written assignments. Much of the teaching is interactive and experiential, and weaves together personal practice, skills training, theory, research and applications of MBCT. Students are supported in developing for themselves the understanding and skills they will be teaching to others.

The course addresses the theoretical foundations of MBCT, including relevant aspects of psychological science, as well as aspects of Buddhist psychology and philosophy on which MBCT draws. It also provides opportunities for students to develop the practical skills they need to translate knowledge and understanding into competent MBCT teaching; that is, students are expected to develop for themselves the understanding and skills they will be teaching to others. Students will design and deliver a course of MBCT to an appropriate client group in their own place of work, with supervision from course tutors.

The course covers four main topic areas:

- Theory and research, including psychological science related to health, wellbeing, and underlying psychological processes; relevant aspects of Buddhist psychology and philosophy and their contribution to MBCT, and empirical research on the effects of mindfulness practice, mechanisms of change, and application in a variety of contexts and populations;
- Experiential understanding of mindfulness developed through guided and independent personal practice and reflection on experiences of personal practice in light of theory, research, and underlying psychological processes;
- Teaching skills and professional competencies for delivering MBCT curricula skilfully and ethically in a range of contexts; students will deliver two courses of an MBCT curriculum to an appropriate client group in their own place of work, with supervision from course tutors.
- Communication skills for writing and speaking about mindfulness and MBCT.

Course structure

Year 1

The first year of the course is designed to develop student's knowledge of all of the main topic areas.

- Theory and research are covered through reading, presentation, and discussion.
- Experiential understanding is developed through guided practice during training days, independent practice between training days and an intensive guided retreat.
- Teaching skills and professional competencies are cultivated through skills training and experiential workshops.
- Communication skills are developed through group discussion, skills practice, and marked written assignments.

Year 2

The second year deepens understanding of theory and research, hones teaching skills and professional competencies, and cultivates knowledge and skills for applying MBCT in various populations and contexts.

- Knowledge of theory, research and application are cultivated through additional reading, presentation, and discussion through completion of a dissertation.
- Experiential understanding of mindfulness is further cultivated through continued guided and independent personal practice and through an additional intensive guided retreat.

- Teaching skills and professional competencies are honed through additional teaching days and through the completion of the teaching project: each student delivers two courses of MBCT in their setting.

Teaching days and retreats will be led by teachers, trainers, and researchers experiences in MBCT, with invited speakers for specialist areas.

Supervision

The allocation of graduate supervision for this course is the responsibility of the Oxford Mindfulness Centre and this role will usually be performed by the Course Director.

It is not always possible to accommodate the preferences of incoming graduate students to work with a particular member of staff. A supervisor for the teaching project may be found outside the core staff team.

Assessment

To complete the MSt in Mindfulness-Based Cognitive Therapy, students are required to:

- complete two 4,000-word essays, demonstrating the capacity to critically appraise theory and research relevant to MBCT (Year 1);
- complete a 4,000-word reflective analysis of personal meditation practice as related to psychological science and Buddhist psychology (Year 1);
- complete a 4,000-word assignment describing the delivery and evaluation of an MBCT course suitable for their population and context, along with appropriate instructional materials (Year 2). Please note that the MSt programme does not offer placements; students must have access to a relevant setting in which to deliver the MBCT course on which the write-up is written;
- submit recordings of the MBCT classes they taught (Year 2); and
- submit a dissertation of no more than 10,000 words on a topic selected by the student, in consultation with their tutors (Year 2).

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 2024-25

Fee status	Annual Course fees
Home	£15,090
Overseas	£18,000

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.

Additional cost information

This course has residential sessions in Oxford. You will need to meet your travel and accommodation costs in attending these sessions. There are also three retreats; two in Somerset and one in Devon. Accommodation and food are provided for these retreats, but you will need to cover your travel costs. 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 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
Food	£315	£495
Accommodation	£745	£925
Personal items	£190	£320
Social activities	£40	£95
Study costs	£35	£85
Other	£20	£35
Total	£1,345	£1,955

Likely living costs for nine months

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

Likely living costs for twelve months

	Lower range	Upper range
Food	£3,780	£5,940
Accommodation	£8,940	£11,100
Personal items	£2,280	£3,840
Social activities	£480	£1,140
Study costs	£420	£1,020
Other	£240	£420
Total	£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.

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) or via the online form (<http://www.graduate.ox.ac.uk/ask>).