



Course Information Sheet for entry in 2018-19

MSt in Mindfulness Based Cognitive Therapy

About the course

This two-year part-time course offers experienced clinicians from a range of professional backgrounds a unique opportunity to develop in-depth specialist knowledge and skills in mindfulness-based cognitive therapy (MBCT).

The course is offered by the Oxford Mindfulness Centre at the Oxford University Department of Psychiatry, in collaboration with the University of Oxford Department for Continuing Education.

The course offers an opportunity for in-depth learning and aims to foster a community of practitioners with the expertise to deliver high-quality MBCT to patients, and who will contribute to the development and dissemination of MBCT.

The course is organised in nine three-day teaching blocks (held in Oxford) and three residential training retreats. In addition to the taught component, you will need to set aside six to seven hours per week for private study, personal practice of MBCT, and completion of written assignments. The teaching is mostly highly interactive and experiential, and weaves together personal practice, theory/research and clinical applications.

The course addresses the theoretical basis of MBCT, including relevant aspects of cognitive and clinical psychology, 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 in order to translate knowledge and understanding into competent MBCT practice; that is, students are expected to develop for themselves the understanding and skills they will be teaching to patients.

The course covers four main topic areas:

- theory, including relevant cognitive science (eg attention, memory, judgement, metacognition, executive function), clinical theory (eg cognitive theories of the development and maintenance of emotional disorder and the principles underlying MBCT), and relevant aspects of Buddhist psychology and philosophy and their contribution to MBCT;
- research related to the ongoing development of MBCT, and investigating the areas of theory outlined above;
- clinical applications in a range of problem areas, for example, depression, chronic fatigue, pain and psychosis; and
- practice including the development of personal experience of mindfulness meditation, the capacity to relate this experience to theory and research, and the skills needed to instruct patients/clients in MBCT, drawing on relevant theory, research and clinical literature.

To complete the MSt in Mindfulness-Based Cognitive Therapy, you will need to:

- complete two 4,000-word essays, demonstrating the capacity to critically appraise theory, research and clinical literature relevant to MBCT (Year 1)
- complete a 4,000-word reflective analysis of personal meditation practice (Year 2)
- complete a 4,000-word assignment describing the development, delivery and evaluation of a programme of MBCT suitable for your client group, along with appropriate instructional materials (Year 2)
- submit recordings of MBCT classes (Year 2)
- submit a dissertation of no more than 10,000 words on a topic selected by you (Year 2) .

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

2 years

Costs

Annual fees for entry in 2018-19

Fee status	Tuition fee	College fee	Total annual fees
Home/EU (including Islands)	£9,310	£1,556	£10,866
Overseas	£11,405	£1,556	£12,961

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. 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 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
Food	£258	£361	£2,318	£3,245	£3,090	£4,326
Accommodation	£536	£677	£4,824	£6,093	£6,432	£8,124
Personal items	£118	£263	£1,066	£2,364	£1,421	£3,152
Social activities	£41	£123	£369	£1,105	£492	£1,474
Study costs	£39	£85	£348	£765	£464	£1,020
Other	£22	£47	£202	£419	£269	£559
Total	£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.