

Course Information Sheet for entry in 2023-24: PGCert in Cognitive Behavioural Studies



About the course

This course aims to equip researchers and practitioners with knowledge of the models and theories used in Cognitive Behavioural Therapy treatment and supervision, it comprises 20 days of teaching over two years.

This course is not accepting applications this cycle. The information on this page has been retained to provide an indication of the course content in previous years. Fees and costs are only valid for the year which is shown and will usually increase annually. The University is under no obligation to deliver the same course in the future. This page may be updated at any time prior to the course re-opening to applications.

The Postgraduate Certificate in Cognitive Behavioural Studies is part of a comprehensive Cognitive Behavioural Therapy (CBT) training programme, which has been renowned for its consistent record of excellence in CBT practice, training and supervision over the past 25 years.

Oxford is internationally recognised as a centre of excellence in CBT and the course draws on an impressive body of local specialist skill and knowledge.

The course aims to provide students with:

- a sound knowledge of cognitive behavioural models, concepts and methods;
- an understanding of issues of importance relating to the theory and practice of CBT, including the relationship between CBT theory and therapy;
- an understanding of the use of CBT with a variety of client groups and disorders;
- related research on outcome and process; and
- the ability to convey clearly the central concepts of CBT.

The course does not aim to prepare students to practice, teach or supervise CBT. The emphasis is on acquiring an understanding of the theory and practice of CBT treatment and supervision, within an explicit theoretical framework in relation to associated empirical research. To this end, students will attend and complete the theoretical components of the PGCert in Cognitive Behavioural Therapy and relevant PGCert in Enhanced Cognitive Behavioural Therapy specialisms, thus covering CBT treatment for common psychological disorders, psychological trauma, psychosis and bipolar and complex presentations. This course is appropriate for researchers seeking to gain a strong theoretical foundation in CBT.

Course structure

The course structure will vary according to the order in which the modules are attended. Reading and completion of written assignments and research presentations will be undertaken in addition to the teaching days. Many students find it effective to set aside six to seven hours a week for private study. In order to complete the PGCert in Cognitive Behavioural Studies, students are required to complete the following components:

Foundations

This must be taken in year 1 of the programme. Students will attend 5 days of teaching in September and 2 days in October, and submit a 2,000 word written assignment in November.

Psychological trauma

This must be taken in year 1 of the programme. Students will attend 2 days of teaching in October, and 1 day of teaching in February, and submit a 2000 word essay in March.

Psychosis and Bipolar

This must be taken in year 2 of the programme. Students will attend 3.5 days of teaching in October and 1.5 days in November, and complete an assessed presentation in November or December.

Complex Presentations

This must be taken in year 2 of the course. Students will attend 2 days of teaching in March and 3 days in May, and complete an assessed presentation in July.

Assessment

To complete the PGCert in Cognitive Behavioural Studies you will need to:

- take an active part in teaching sessions;
- complete two 2,000-word written assignments on CBT theory and research;
- and complete two research presentations of up to 20 minutes duration.

Supervision

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. A supervisor may be found outside the Oxford Cognitive Therapy Centre.

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. These may include significant changes made necessary by a pandemic (including Covid-19), 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>).

Expected length of course

	Part Time Only
Expected length	2 years

Costs

Total course fees for 2023-24

Fee status	Annual Course fees
Home	£4,995
Overseas	£4,995

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. 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 2023-24 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	£300	£470
Accommodation	£715	£860
Personal items	£180	£305
Social activities	£40	£90
Study costs	£35	£80
Other	£20	£35
Total	£1,290	£1,840

Likely living costs for nine months

	Lower range	Upper range
Food	£2,700	£4,230
Accommodation	£6,435	£7,740
Personal items	£1,620	£2,745
Social activities	£360	£810
Study costs	£315	£720
Other	£180	£315
Total	£11,610	£16,560

Likely living costs for twelve months

	Lower range	Upper range
Food	£3,600	£5,640
Accommodation	£8,580	£10,320
Personal items	£2,160	£3,660
Social activities	£480	£1,080
Study costs	£420	£960
Other	£240	£420
Total	£15,480	£22,080

When planning your finances for any future years of study at Oxford beyond 2023-24, it is suggested that you allow for potential increases in living expenses of 5% or more each year – although this rate may vary significantly depending on how the national economic situation develops.

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 the 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>).