



Course Information Sheet for entry in 2018-19

PGCert in Cognitive Behavioural Therapy

About the course

This course aims to equip practitioners with the CBT skills necessary to implement evidence-based treatment for the most common psychological disorders. It comprises 21 days of teaching over two terms, including weekly supervision groups.

The Postgraduate Certificate in Cognitive Behavioural Therapy (CBT) is part of a comprehensive CBT training programme, which has been renowned for its consistent record of excellence in CBT practice, training and supervision over the past 27 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
 - the use of CBT with a variety of client groups and disorders
 - related research on outcome and process.
- competence in assessing and treating patients using CBT:
 - in assessing patient suitability for CBT
 - in developing CBT case-formulations
 - in devising and implementing individual treatment programmes
 - in evaluating their effects.
- the ability to convey clearly the central concepts of CBT and to communicate basic treatment skills.

The course does not aim to prepare students to teach and supervise CBT. The emphasis is on acquiring, practising and communicating specialised clinical skills, within an explicit theoretical framework in relation to associated empirical research.

Course structure

The course begins with a four-day teaching block followed by one full-day per week (Friday) over two terms, beginning in September. Students receive two hours of small group supervision weekly. One of the full teaching days will also be given to individual meetings with supervisors to review formative clinical submissions.

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.

Reading and completion of written assignments will be undertaken in addition to the teaching day outlined above. Many students find it effective to set aside six to seven hours a week for private study.

Students will be expected to have access to treatment settings with regular clinical and CBT supervision where cognitive behavioural therapy skills can be practised and refined on a regular basis throughout the course.

Course assessment

To complete the PG Cert in CBT you will need to:

- take an active part in teaching and supervision sessions, and carry out CBT with the required number of patients
- complete a 4,000-word case report of one treated case
- complete a 2,000-word essay on CBT theory, research and
- submit audio/video recordings of CBT sessions for formative and summative assessment.

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

9 months

Costs

Annual fees for entry in 2018-19

Fee status	Tuition fee	College fee	Total annual fees
Home/EU (including Islands)	£3,940	N/A	£3,940
Overseas	£3,940	N/A	£3,940

The fees shown above are the annual tuition 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. College fees are not generally payable for non-matriculated courses although a small number of courses may permit college affiliation for which a charge will be made.

Tuition 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 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 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.