

Course Information Sheet for entry in 2026-27: PGDip in Cognitive Behavioural Therapy



Course facts

Mode of study	Part Time Only
Expected length	12 months

About the course

The Postgraduate Diploma in Cognitive Behavioural Therapy is a one-year course providing a comprehensive training in the core competencies required to become a competent CBT therapist.

If you have completed the PGCert in Cognitive Behavioural Therapy at Oxford and are intending to apply to start the PG Diploma within two years, please contact the Course Administrator for advice before you apply.

The course is designed to enable students to meet the minimum training standards for British Association for Behavioural and Cognitive Psychotherapies (BABCP) accreditation as a CBT psychotherapist. It is currently BABCP accredited at Level 1 and is seeking Level 2 accreditation.

Oxford is internationally recognised as a centre of excellence in CBT research, practice and training. This PGDip has evolved from a course established more than 30 years ago and draws on an impressive body of local specialist knowledge and skill.

On successful completion of the course you can expect to have achieved:

1. a sound knowledge of cognitive behavioural models, concepts and methods
2. 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; and
 - related research on outcome and process.
3. competence to establish and maintain warm, respectful, collaborative therapeutic relationships, including:
 - having a conceptual framework for understanding and managing difficulties in the alliance; and
 - using clinical supervision to identify and resolve difficulties in practice.
4. competence in assessing and treating patients using CBT by:
 - assessing patient suitability for CBT;
 - developing CBT case-formulations;
 - devising and implementing individualised treatment programmes; and
 - evaluating their effects.
5. the ability to convey clearly to clients and others the central concepts of CBT and how CBT interventions work.

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

An overview of the course structure is provided below. Details of the compulsory elements of the course are provided in the *Course components* section of this page.

Students will firstly learn the core skills of CBT relevant to working with clients presenting with single and more common mental health problems. As the course progresses, they will go on to build on these foundations to develop skills for working with presentations which are characterised by issues associated with greater complexity, such as comorbidity, chronicity, or where systematic factors play a role in maintaining current problems.

In teaching sessions, emphasis is placed on observation of CBT in action and on experiential learning with participation in role-play and other practical exercises.

The course includes clinical practice elements and related assessments. Students are responsible for sourcing suitable adult training cases to enable them to complete these elements of the course.

Attendance

This course is part-time and the majority of the teaching takes place online. The course begins with five days teaching over the first two weeks and one day per week (Fridays) thereafter.

Part time students are required to attend course-related activities in Oxford, including residential sessions. There will be a three-day in-person teaching block in week one and approximately two further in-person teaching days per term. These will take place in Oxford and attendance is compulsory. Overseas applicants should check their eligibility for visas to travel to the UK to attend these teaching days.

Reading and completion of written assignments will be undertaken in addition to the teaching days outlined above. Students should expect to require around seven hours per week for private study.

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.

Resources to support your study

As a graduate student, you will have access to the University's wide range of resources including libraries, museums, galleries, digital resources and IT services.

The Bodleian Libraries is the largest library system in the UK. It includes the main Bodleian Library and libraries across Oxford, including major research libraries and faculty, department and institute libraries. Together, the Libraries hold more than 13 million printed items, provide access to e-journals, and contain outstanding special collections including rare books and manuscripts, classical papyri, maps, music, art and printed ephemera.

The University's IT Services is available to all students to support with core university IT systems and tools, as well as many other services and facilities. IT Services also offers a range of IT learning courses for students to support with learning and research, as well as [guidance on what technology to bring with you as a new student \(https://www.it.ox.ac.uk/what-to-bring\)](https://www.it.ox.ac.uk/what-to-bring) at Oxford.

All students have free access to the full catalogue of Oxford Cognitive Therapy Centre online training library, comprising an extensive programme of video demonstrations and tutorials on a range of CBT skills and clinical presentations.

The virtual learning platform for the course contains a wide variety of resources to supplement the live teaching and to direct self-study. The department provides various IT facilities, including the Student Computing Facility which provides individual PCs for your use.

The [Rewley House Continuing Education Library \(https://www.conted.ox.ac.uk/about/library-facilities\)](https://www.conted.ox.ac.uk/about/library-facilities), one of the Bodleian Libraries, is situated in Rewley House. The department aims to support the wide variety of subjects covered by departmental courses at many academic levels. The department also has a collection of around 73,000 books together with periodicals. The Jessop Reading Room adjoining the library is available for study.

Supervision

The allocation of graduate supervision for the taught component of this course is the responsibility of the Oxford Cognitive Therapy 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 suitable supervisor may be found outside the Oxford Cognitive Therapy Centre.

Small group supervision takes place regularly in each of the specialist pathways. Students typically receive up to two hours of small group supervision weekly with a course supervisor, focussing on CBT skills development. Supervisors include Oxford Cognitive Therapy Centre core staff and associates.

Students are responsible for arranging regular CBT supervision for their training cases from a qualified CBT practitioner, as not all supervision needs can be met within the small group skills supervision provided by the course. Supervisors should hold Cognitive Behavioural Psychotherapist accreditation with the British Association of Behavioural & Cognitive Psychotherapy.

Assessment

Assessment for this course comprises:

- two case presentations of up to 20 minutes in duration;
- three clinical recordings;
- two case reports of not more than 4,000 words; and
- one training portfolio.

Course components

Compulsory teaching

For the first two terms, you will receive two hours of small group supervision on a weekly basis, focussing on CBT skills development. In teaching sessions, emphasis is placed on observation of CBT in action and on experiential learning with participation in role-play and other practical exercises.

As the course progresses, you will go on to build on these foundations to develop skills for working with presentations which are characterised by issues associated with greater complexity, such as comorbidity, chronicity, or where systematic factors play a role in maintaining current problems.

Clinical practice

Students are responsible for sourcing suitable adult training cases to enable them to complete the clinical practice elements outlined below and the related assessments. Students are also responsible for arranging regular CBT supervision for their training cases from a qualified CBT practitioner (refer to the *Supervision* section of this page for further details).

In the first term, it is essential that students have access to adult treatment settings where they can access training cases suitable for novice CBT therapists (ie mild-moderate presentations of common mental health problems, such as those likely to present within primary care mental health settings) and where cognitive behavioural therapy skills can be practised and refined on a regular basis. This may require liaison with a service other than that where the student routinely works.

From the second term, students will need to continue to access training cases suitable for CBT interventions, but these can be more complex (eg with co-morbidity, longer duration or involving systemic issues, such as those likely to present in secondary care mental health settings).

Changes to this course

The University will seek to deliver this course in accordance with the description set out in this course page. 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. The safety of students, staff and visitors is paramount and major changes to delivery or services may have to be made if a pandemic, epidemic or local health emergency occurs. In addition, in certain circumstances, for example due to visa difficulties or because the health needs of students cannot be met, it may be necessary to make adjustments to course requirements for international study.

Where possible your academic supervisor will not change for the duration of your course. However, it may be necessary to assign a new academic supervisor during the course of study or before registration for reasons which might include illness, sabbatical leave, parental leave or change in employment.

For further information please see our page on [changes to courses](https://www.ox.ac.uk/admissions/graduate/courses/changes-to-courses) (<https://www.ox.ac.uk/admissions/graduate/courses/changes-to-courses>) and the [provisions of the student contract](https://www.ox.ac.uk/admissions/graduate/after-you-apply/your-offer-and-contract) (<https://www.ox.ac.uk/admissions/graduate/after-you-apply/your-offer-and-contract>) regarding changes to courses.

Costs

Annual course fees

The fees for this course are charged on an annual basis.

Fees for the 2026-27 academic year at the University of Oxford

Fee status	Annual Course fees
Home	£12,685
Overseas	£12,685

What do course fees cover?

Course fees cover your teaching as well as other academic services and facilities provided to support your studies. Unless specified in the additional information section 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 costs information below.

How long do I need to pay 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 fees will usually increase annually, as explained in the University's [Terms and Conditions \(//www.ox.ac.uk/students/new/contract\)](https://www.ox.ac.uk/students/new/contract).

Our [fees and other charges \(//www.ox.ac.uk/admissions/graduate/fees-and-funding/fees-and-other-charges\)](https://www.ox.ac.uk/admissions/graduate/fees-and-funding/fees-and-other-charges) pages provide further information, including details about:

- [course fees and fee liability \(//www.ox.ac.uk/admissions/graduate/fees-and-funding/fees-and-other-charges/courses-fees-and-liability\)](https://www.ox.ac.uk/admissions/graduate/fees-and-funding/fees-and-other-charges/courses-fees-and-liability);
- [how your fee status is determined \(//www.ox.ac.uk/admissions/graduate/fees-and-funding/fees-and-other-charges/fee-status\)](https://www.ox.ac.uk/admissions/graduate/fees-and-funding/fees-and-other-charges/fee-status); and
- [changes to fees and other charges \(//www.ox.ac.uk/admissions/graduate/fees-and-funding/fees-and-other-charges/changes-to-fees-and-charges\)](https://www.ox.ac.uk/admissions/graduate/fees-and-funding/fees-and-other-charges/changes-to-fees-and-charges).

Information about how much fees and other costs will usually increase each academic year is set out in the University's [Terms and Conditions \(//www.ox.ac.uk/students/new/contract\)](https://www.ox.ac.uk/students/new/contract).

Additional costs

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 and any additional course-specific costs, you will need to ensure that you have adequate funds to support your living costs for the duration of your course.

Living costs for part-time study

Your living costs may vary depending on your personal circumstances but you will still need to cover your cost of living on a full-time basis for the duration of your course, even if you will not be based in Oxford throughout your studies. While the range of likely living costs for a single, full-time student living in Oxford in the 2026-27 academic year is between £1,405 and £2,105 per month, living costs outside Oxford may be different.

Part-time students who are not based in Oxford will need to calculate travel and accommodation costs carefully. Depending on your circumstances and study plans, this may include the [cost of a visitor visa to attend for short blocks of time \(//www.ox.ac.uk/admissions/graduate/fees-and-funding/living-costs\)](https://www.ox.ac.uk/admissions/graduate/fees-and-funding/living-costs), (if [visitor visa eligibility criteria \(//www.ox.ac.uk/students/visa/before/visitors\)](https://www.ox.ac.uk/students/visa/before/visitors) are met).

Further information about living costs

The current economic climate and periods of high national inflation in recent years make it harder to estimate potential changes to the cost of living over the next few years. For study in Oxford beyond the 2026-27 academic year, it is suggested

that you budget for potential increases in living expenses of around 4% each year – although this rate may vary depending on the national economic situation.

A breakdown of likely living costs for one month during the 2026-27 academic year are shown below. These costs are based on a single, full-time graduate student, with no dependants, living in Oxford.

Likely living costs for one month in Oxford during the 2026-27 academic year

	Lower range	Upper range
Food	£315	£545
Accommodation	£825	£990
Personal items	£160	£310
Social activities	£50	£130
Study costs	£35	£90
Other	£20	£40
Total	£1,405	£2,105

For information about how these figures have been calculated as well as tables showing the likely living costs for nine and twelve months, please refer to the [living costs \(//www.ox.ac.uk/admissions/graduate/fees-and-funding/living-costs\)](https://www.ox.ac.uk/admissions/graduate/fees-and-funding/living-costs) page of our website.

Document accessibility

If you require a more accessible version of this document please [contact Graduate Admissions and Recruitment by email \(graduate.admissions@admin.ox.ac.uk\)](mailto:graduate.admissions@admin.ox.ac.uk).