

Course Information Sheet for entry in 2021-22: MSc in Cognitive Behavioural Therapy



About the course

This course aims to provide students with a high-level of expertise in applying evidence-based findings to clinical practice.

Students are admitted to the MSc in Cognitive Behavioural Therapy via one of two strands:

Research strand (TM_GT9P9C3)

The strand guides students through the process of developing and implementing an independent research project in their own clinical setting. This two-year, research-based award is an extension to the PGDip in Cognitive Behavioural Therapy and provides a foundation for carrying out research and publishing an academic paper.

This strand is designed to help you achieve certain aims. If you are admitted to this strand, by the end of the course you should be able to:

- display knowledge and understanding of general research principles and methodology, and demonstrate how these may be used within their own clinical work, and in the design and completion of an independent research project
- interpret and evaluate theoretical literature relevant to the provision of cognitive therapy or cognitive therapy services
- use established bodies of knowledge as a basis for developing their own ideas for research
- understand the value of an evidence-based approach to psychological treatment, including the distinctive contributions of efficacy and effectiveness research trials to clinical practice, and the use of clinical audit and other service evaluation approaches
- show evidence of the capacity to apply knowledge of research principles and practice in designing and carrying out an independent research project, using appropriate methodology and analysing and discussing results
- use and interpret a variety of appropriate psychometric instruments to assess patient pathology and evaluate progress and outcome in treatment
- write clear and literate assignments (research project proposal and final dissertation) that comply with established conventions of presentation and referencing

The teaching element of this strand of the course is provided through tutorials. These are spread out over two years with an initial three-day meeting followed by one- or two-day tutorials several times during the year. Supervision is additionally provided on a one-to-one basis throughout the course.

Some of the teaching days on this strand of the 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.

Field supervisors, or local supervisors, give practical guidance in the workplace and advise and support students in carrying out the research. Students should have ready access to local supervisors for guidance regarding research practicalities in their area.

Each student will be allocated a supervisor from Oxford Cognitive Therapy Centre staff during the academic year, although the practical emphasis for supervision rests with the field supervisor.

Further details

The official course title of this strand is "MSc in Cognitive Behavioural Therapy (Part-time)" and its course code is TM_GT9P9C3. If you apply to be considered for this strand of the course, this title and/or course code will be visible in the Graduate Application Form, Graduate Applicant Self Service and on official documents and correspondence.

Clinical strand (TM_GT9P9C4)

This strand allows students to benefit from the range of specialist teaching available in the new course structure and to obtain a high-level of proficiency in implementing evidence-based treatment across a wide range of clinical presentations, and in disseminating these treatments as trainers and supervisors to other practitioners.

As a student undertaking this strand of the course, you will need to have already completed the PGDip in Cognitive Behavioural Therapy. Your PGDip will be subsumed by the MSc in Cognitive Behavioural Therapy.

This strand is designed to help you achieve certain aims. If you are admitted to this strand, by the end of the course you should be able to:

- appreciate how theory, research and clinical practice inform each other in cognitive behavioural therapy, contributing to its continued development
- establish and practise a repertoire of enhanced cognitive behavioural skills based
- develop the ability to apply these skills with specialist patient groups and problem areas encountered in their own places of work
- establish and maintain warm, respectful, collaborative relationships, and develop the ability to understand and manage difficulties in the alliance (including the student's contribution) using a cognitive conceptual framework
- through consultation, identify and resolve difficulties in practice, whether arising from theoretical, practical, interpersonal, personal or ethical problems.

There are five pathways for this strand representing different specialisms: Child and Adolescent, Complex Presentations, Psychological Trauma, Psychosis and Bipolar, and Supervision and Training. You will choose one specialist pathway, which you will follow for the duration of your course. If you have already completed one of these specialist pathways while undertaking the PGDip in Cognitive Behavioural Therapy you will need to choose a different specialism for this course. The duration of each specialist pathway will vary, but will not exceed one year.

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. Those applying for the Supervision and Training pathway will be expected to have access to settings with CBT trainees and supervisees. These arrangements should be described in your personal statement and will be discussed in detail at interview, should you be shortlisted.

Children and Adolescents

Designed to equip clinicians for work with children, adolescents and their families, this pathway offers specialist supervision and teaching that covers general principles of adapting CBT for children, young people and families, as well as training on working with common disorders with young people and families. Some teaching sessions on relevant topics such as developmental trauma are shared with students on the Complex Presentations pathway.

Students are expected to carry out CBT with at least three suitable patients during the course and receive two hours of small group supervision on a bi-weekly basis.

The pathway begins with a four-day induction block and then bi-weekly training workshops on Thursdays and Fridays.

Complex Presentations

This specialism seeks to enable students to add to their existing knowledge of cognitive behavioural therapy, models, concepts and methods specific to more complex mental health problems (eg psychosis, complex trauma), and to models employed in the treatment of personality disorder, severe mental illness and cases with a high degree of comorbidity, and to establish and practise a repertoire of cognitive behavioural skills for use with complex presentations.

Students are expected to carry out CBT with at least three suitable patients during the course and receive two hours of small group supervision on a bi-weekly basis.

Psychological Trauma

This innovative programme is designed to offer in depth training and supervision in Cognitive Behavioural Therapy for traumatised populations. It offers comprehensive training in CBT for traumatised populations with a strong grounding in current theories and the up to date evidence base.

Sixteen days of training are spread over an academic year in intensive four day teaching blocks and students are expected to complete trauma-focused CBT with at least two patients over the duration of the course.

Psychosis and Bipolar

This specialism seeks to enable students to develop a sound understanding of cognitive behavioural models of psychosis and the related evidence base; competence in engaging, assessing and developing collaborative formulations with individuals with psychotic and bipolar presentations; and competence to deliver high quality, individualised, evidence-based interventions in accordance with NICE guidance and the competence framework for work with people with psychosis and bipolar disorder (Roth & Pilling 2013).

The pathway comprises teaching over three terms. Term one starts with a four-day teaching block in October and is followed by one full-day per fortnight (Thursdays) during November and the beginning of December. The second two terms starts with a two-day teaching block in January followed by one full-day per fortnight (Thursday) from February to June.

CBT supervision and training

This specialism explicitly aims to prepare students to teach and supervise CBT. The emphasis is on acquiring, practising and communicating specialised dissemination skills, within an explicit theoretical framework and in relation to associated empirical

evidence.

Students are normally expected to carry out CBT supervision in at least three supervision settings or formats over the course and to present at least one training event.

The pathway comprises 18 days, presented in five teaching blocks. It begins with a four-day induction, followed by further three-day or four-day blocks. Formal teaching comprises full or half-day workshops as a half-day Practice of Supervision (PoS) session is regularly integrated into the course.

Further details

The official course title of this strand is "MSc in Cognitive Behavioural Therapy (taught)" and its course code is TM_GT9P9C4. If you apply to be considered for this strand of the course, this title and/or course code will be visible in the Graduate Application Form, Graduate Applicant Self Service and on official documents and correspondence.

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.

Examination and assessment

Research strand (TM_GT9P9C3)

To complete the Research strand of the MSc in CBT, you will need to submit a dissertation, which comprises:

- a research paper, which is prepared to a standard that is acceptable for submission to a peer reviewed journal (maximum of 14,000-14,500 words)
- a reflective critique of the research experience (500-1000 words).

The reflective critique is an opportunity for you to look back over your experience of carrying out a piece of research and taking it to the point of submission. You will need to demonstrate what you have learnt from your experience, what you would do differently with hindsight, and how your experience will inform your practice from now on.

Clinical strand (TM_GT9P9C4)

For the Clinical strand, summative assessment requirements vary according to the specialism that you have chosen.

Children and Adolescents

- Two clinical recordings;
- Two case reports of not more than 4000 words.

Complex Presentations

- Two clinical recordings;
- Two case reports of not more than 4000 words.

Psychological Trauma

- One assignment of not more than 2,000 words demonstrating knowledge of CBT theory;
- One clinical recording;
- One clinical assessment report of not more than 2,000 words;
- One case report of not more than 6,000 words.

Psychosis and Bipolar

- A research presentation of up to 20 minutes duration based on the theoretical content;
- One clinical recording;
- One case report of not more than 6,000 words;
- One case presentation of up to 15 minutes duration.

Supervision and Training

- One assignment of not more than 2,000 words demonstrating knowledge of supervision and training theory;
- One video recording of supervisory practice and supervision critique of not more than 2,000 words;
- One training report of not more than 4,000 words.

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	24 months	Up to 1 year

Costs

Annual fees for entry in 2021-22

Research strand (TM_GT9P9C3)

Fee status	Annual Course fees
Home (UK, Republic of Ireland, Channel Islands & Isle of Man)	£4,488
Overseas (including EU)	£4,488

Clinical strand (TM_GT9P9C4)

Fee status	Annual Course fees
Home (UK, Republic of Ireland, Channel Islands & Isle of Man)	£4,488
Overseas (including EU)	£4,488

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.

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

Research strand (TM_GT9P9C3)

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.

Clinical strand (TM_GT9P9C4)

This course has residential sessions in Oxford. You will need to meet your travel and accommodation costs in attending these sessions. 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 2021-22 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 2021-22

	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	£280	£400	£2,520	£3,600	£3,360	£4,800
Accommodation	£655	£790	£5,895	£7,110	£7,860	£9,480
Personal items	£130	£250	£1,170	£2,250	£1,560	£3,000
Social activities	£45	£115	£405	£1,035	£540	£1,380
Study costs	£45	£100	£405	£900	£540	£1,200
Other	£20	£55	£180	£495	£240	£660
Total	£1,175	£1,710	£10,575	£15,390	£14,100	£20,520

When planning your finances for any future years of study at Oxford beyond 2021-22, 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.

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>).