



Course Information Sheet for entry in 2020-21

MSt in Mindfulness Based Cognitive Therapy

About the course

This two-year part-time course offers experienced professionals from a range of backgrounds a unique opportunity to develop in-depth specialist knowledge and skills in mindfulness-based cognitive therapy (MBCT). Preference will be given to applicants with clinical experience.

The course is offered by the Oxford Mindfulness Centre at the Department of Psychiatry, in collaboration with the 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 in clinical and other appropriate healthcare and educational settings, and who will contribute to the development and dissemination of MBCT.

The course is organised in nine three- or four-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 related to 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 teaching; that is, students are expected to develop for themselves the understanding and skills they will be teaching to patients.

Students should also be prepared to design and deliver a course of MBCT to an appropriate client group in their own place of work, with supervision from course tutors.

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, pain and psychosis; and
- practice including the development of personal experience of mindfulness meditation through exploring the MBCT course experientially as a participant and building on this, 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 as related to cognitive science and Buddhist psychology (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). Please note that the programme does not offer placements; students must provide a relevant setting in which to deliver the course project on which the project is written.
- 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).

Year 1

The first year of the course is designed to develop student's knowledge of theory and research, and to use this as a foundation for the development of their own mindfulness meditation practice. Teaching in MBCT will commence towards the end of the first year. During each block, we will cover:

- developing a personal mindfulness meditation practice via direct experience of the 8-week MBCT programme. This includes opportunities for reflection, and a requirement for regular meditation practice between teaching blocks;
- the Buddhist roots of MBCT;
- mindfulness meditation in practice;

- cognitive and clinical science
- beginning to teach MBCT.

Residential training retreats

The 4-day retreat in January focuses on the practice of mindfulness meditation and considers its relevance to MBCT. The 7-day training retreat offers an intensive opportunity to deepen personal practice and to practise teaching elements of MBCT with immediate feedback from other participants and from instructors.

Year 2

The second year covers the theory and practice of applying MBCT with different client groups, and equips students with the knowledge and skills they need to become competent MBCT instructors. The themes are:

- becoming an MBCT instructor
- clinical applications: theory and practice
- Buddhist foundations for application of mindfulness

Residential training retreat

This 7-day retreat focuses on intensive practice of mindfulness meditation.

Teaching sessions and training retreats will be led by practitioners experienced in mindfulness-based approaches, mostly from Oxford.

Supervision

The allocation of graduate tutoring for this course is the responsibility of the Oxford Mindfulness 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 for the teaching project may be found outside the core staff team.

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

Mode of study	Part Time Only
Expected length	2 years

Costs

Annual fees for entry in 2020-21

Fee status	Annual Course fees
Home/EU (including Islands)	£11,755
Overseas	£14,020

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

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 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 2020-21 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	£270	£385	£2,430	£3,465	£3,240	£4,620
Accommodation	£630	£760	£5,670	£6,840	£7,560	£9,120
Personal items	£130	£245	£1,170	£2,205	£1,560	£2,940
Social activities	£45	£110	£405	£990	£540	£1,320
Study costs	£40	£95	£360	£855	£480	£1,140
Other	£20	£55	£180	£495	£240	£660
Total	£1,135	£1,650	£10,215	£14,850	£13,620	£19,800

When planning your finances for any future years of study at Oxford beyond 2020-21, 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.