

Course Information Sheet for entry in 2022-23: 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) curricula. Preference will be given to applicants with professional experience in mental or physical healthcare, education or skills training, stress reduction, or other contexts that involve working with individuals and groups in supportive ways.

The course offers an opportunity for in-depth learning and aims to foster a community of mindfulness practitioners and teachers with the expertise to deliver high-quality MBCT in a variety of settings, including healthcare, education, criminal justice, government, and others, and who will contribute to the development and dissemination of MBCT.

The course combines in-person learning in Oxford with online learning. In addition to the taught component, students will need to set aside six to seven hours per week for private study, personal practice related to MBCT, and completion of written assignments. Much of the teaching is interactive and experiential, and weaves together personal practice, skills training, theory, research and applications of MBCT.

The course addresses the theoretical foundations of MBCT, including relevant aspects of psychological science, 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 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 others. Students will 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 and research, including psychological science related to health, wellbeing, and underlying psychological processes; relevant aspects of Buddhist psychology and philosophy and their contribution to MBCT, and empirical research on the effects of mindfulness practice, mechanisms of change, and application in a variety of contexts and populations;
- developing experiential understanding of mindfulness through guided and independent personal practice and reflection on personal practice in light of theory, research, and underlying psychological processes;
- developing teaching skills and professional competencies for delivering MBCT curricula skilfully and ethically in a range of contexts; and
- developing communication skills for writing and speaking about mindfulness and MBCT.

Course structure

Year 1

The first year of the course is designed to develop student's knowledge of all of the main topic areas.

- Theory and research are covered through reading, presentation, and discussion.
- Experiential understanding is developed through guided practice during training days, independent practice between training days and retreats.
- Teaching skills and professional competencies are cultivated through skills training and experiential workshops.
- Communication skills are developed through group discussion, skills practice, and marked essays.

Year 2

The second year deepens understanding of theory and research, hones teaching skills, and cultivates knowledge and skills for developing adaptations and applying MBCT in various populations and contexts.

- Knowledge of theory, research and application are cultivated through additional reading, presentation, and discussion, particularly on topics related to adaptations and applications of the family of MBCT curricula, and through completion of a dissertation.
- Experiential understanding of mindfulness is further cultivated as part of the workshops described above, ongoing practice and through an intensive guided retreat.
- Teaching skills are honed through additional training days and through the completion of the teaching project: each student delivers a course of MBCT in their setting.

Teaching sessions and training retreats will be led by practitioners experienced in MBCT mostly from Oxford, with invited speakers for specialist areas.

Supervision

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

Assessment

To complete the MSt in Mindfulness-Based Cognitive Therapy, students are required to:

- complete two 4,000-word essays, demonstrating the capacity to critically appraise theory and research relevant to MBCT (Year 1);
- complete a 4,000-word reflective analysis of personal meditation practice as related to psychological 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 their 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 the MBCT classes they taught (Year 2); and
- submit a dissertation of no more than 10,000 words on a topic selected by the student, in consultation with their tutors (Year 2).

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

Annual fees for entry in 2022-23

Fee status	Annual Course fees
Home	£12,715
Overseas	£15,165

Further details about fee status eligibility can be found on the fee status webpage (<http://www.graduate.ox.ac.uk/feestatus>).

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 (<http://www.graduate.ox.ac.uk/terms>).

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 2022-23 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

	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	£290	£410	£2,610	£3,690	£3,480	£4,920
Accommodation	£680	£810	£6,120	£7,290	£8,160	£9,720
Personal items	£135	£260	£1,215	£2,340	£1,620	£3,120
Social activities	£45	£120	£405	£1,080	£540	£1,440
Study costs	£45	£100	£405	£900	£540	£1,200
Other	£20	£55	£180	£495	£240	£660
Total	£1,215	£1,755	£10,935	£15,795	£14,580	£21,060

When planning your finances for any future years of study at Oxford beyond 2022-23, 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>).