



Course page text (for entry in 2018-19)

PGCert in Cognitive Behavioural Studies

About the course

This course aims to equip researchers and practitioners with knowledge of the models and theories used in Cognitive Behavioural Therapy treatment and supervision, it comprises 20 days of teaching over two years.

The Postgraduate Certificate in Cognitive Behavioural Studies is part of a comprehensive Cognitive Behavioural Therapy (CBT) training programme, which has been renowned for its consistent record of excellence in CBT practice, training and supervision over the past 25 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;
- an understanding of the use of CBT with a variety of client groups and disorders ;
- related research on outcome and process; and
- the ability to convey clearly the central concepts of CBT.

The course does not aim to prepare students to practice, teach or supervise CBT. The emphasis is on acquiring an understanding of the theory and practice of CBT treatment and supervision, within an explicit theoretical framework in relation to associated empirical research. To this end, students will attend and complete the theoretical components of the PGCert in Cognitive Behavioural Therapy (<http://www.ox.ac.uk/admissions/graduate/courses/pgcert-cognitive-behavioural-therapy>) and relevant PGCert in Enhanced Cognitive Behavioural Therapy (<http://www.ox.ac.uk/admissions/graduate/courses/pgcert-enhanced-cognitive-behavioural-therapy>) specialisms, thus covering CBT treatment for common psychological disorders, psychological trauma, psychosis and bipolar and CBT supervision and training. This course is appropriate for researchers seeking to gain a strong theoretical foundation in CBT.

Course structure

The course structure will vary according to the order in which the modules are attended. Reading and completion of written assignments will be undertaken in addition to the teaching days. Many students find it effective to set aside six to seven hours a week for private study. In order to complete the PGCert in Cognitive Behavioural Studies, students are required to complete the following components:

Foundations

This must be taken in year 1 of the programme. Students will attend 3 days of teaching in September and 2 days in October, and submit a 2,000 word essay in November.

Supervision and training

This can be taken in year 1 or year 2 of the programme. Students will attend 4 days of teaching in October, and submit a 2000 word essay in November.

Psychosis and bipolar

This can be taken in year 1 or year 2 of the programme*. Students will attend 4 days of teaching in October and 2 days in November, and complete an assessed presentation in November or December.

Psychological trauma

This can be taken in year 1 or year 2 of the programme*. Students will attend 2 days of teaching in October, and 1 day of teaching in February, and submit a 2000 word essay in March.

*Students cannot take the Psychosis and Bipolar and Psychological Trauma components in the same academic year, but can indicate a preference for which order they would like to complete them in.

Course assessment

To complete the PGCert in Cognitive Behavioural Studies you will need to:

- take an active part in teaching and supervision sessions;
- complete three 2,000-word essays on CBT theory and research; and
- complete one research presentation of up to 20 minutes duration.

Graduate destinations

Completion of the course provides access to a growing network of course graduates and to an ongoing programme of follow-up workshops on CBT and related topics.

Department links

- Continuing Education website (<https://www.conted.ox.ac.uk/about/cognitive-therapy>)
- Course webpage (<https://www.conted.ox.ac.uk/about/cognitive-behavioural-studies>)
- Oxford Cognitive Therapy Centre (<https://www.octc.co.uk/>)

Contact details

Cognitive Therapy Programme Office

cognitive.therapy@conted.ox.ac.uk (<mailto:cognitive.therapy@conted.ox.ac.uk>)

+44 (0) 1865 286946

Entry requirements for entry in 2019-20

Within equal opportunities principles and legislation, applications will be assessed in the light of an applicant's ability to meet the following entry requirements:

1. Academic ability

Proven and potential academic excellence

Applicants are normally expected to be predicted or have achieved a first-class or strong upper second-class undergraduate degree with honours (or equivalent international qualifications), as a minimum, in a relevant subject.

For applicants with a degree from the USA, the minimum GPA sought is 3.5 out of 4.0.

Applicants are also normally expected to:

- be familiar with methods of psychological treatment for mental health difficulties; and
- show the relevance of Cognitive Behavioural Therapy (CBT) to their professional work.

No Graduate Record Examination (GRE) or GMAT scores are sought.

If you hold non-UK qualifications and wish to check how your qualifications match these requirements, you can contact the National Recognition Information Centre for the United Kingdom (UK NARIC) (<http://ecctis.co.uk/naric/>) .

Other appropriate indicators will include:

Supporting documents

You will be required to supply supporting documents with your application, including references and an official transcript. See 'How to apply' for instructions on the documents you will need and how these will be assessed.

Performance at interview(s)

Interviews are normally held as part of the admissions process.

Applicants will be shortlisted in accordance with their ability to meet the criteria for admissions. Interviews will usually be held four to six weeks after the application deadline.

Interviews will normally be held in person, but in exceptional circumstances may be conducted via video-conferencing, and will be conducted by two members of the course team. They will usually last about 30 minutes and include questions about the applicant's professional background and role-play to assess clinical skills.

Publications

Publications are not expected.

Other qualifications, evidence of excellence and relevant experience

Applicants should:

- be 'psychologically minded'. Applicants should be used to working within the framework of psychological explanations of behaviour and using psychological treatment methods to achieve change. This does not imply commitment to any particular psychological model;
- have some knowledge of cognitive behavioural therapies. Applicants do not need to have extensive practical experience of CBT, however, preference is given to candidates who can demonstrate some knowledge and experience of CBT approaches. Prior CBT experience and knowledge can be pursued through personal reading, attendance at workshops, membership of appropriate professional organisations or having a basic supervised CBT practice; and
- demonstrate commitment to developing CBT skills for use in clinical practice.

2. English language requirement

Applicants whose first language is not English are usually required to provide evidence of proficiency in English (<http://www.graduate.ox.ac.uk/englishproficiency>) at the higher level required by the University.

3. Availability of supervision, teaching, facilities and places

The following factors will govern whether candidates can be offered places:

- The ability of the Oxford Cognitive Therapy Centre to provide the appropriate supervision, research opportunities, teaching and facilities for your chosen area of work.

- Minimum and maximum limits to the numbers of students who may be admitted to Oxford's research and taught programmes.

The provision of supervision, where required, is subject to the following points:

- The allocation of graduate supervision 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.

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 sabbatical leave, maternity leave or change in employment.

4. Disability, health conditions and specific learning difficulties

Students are selected for admission without regard to gender, marital or civil partnership status, disability, race, nationality, ethnic origin, religion or belief, sexual orientation, age or social background.

Decisions on admission are based solely on the individual academic merits of each candidate and the application of the entry requirements appropriate to the course.

Further information on how these matters are supported during the admissions process is available in our guidance for applicants with disabilities (<http://www.ox.ac.uk/admissions/graduate/applying-to-oxford/applicants-with-disabilities>) .

5. Assessors

All recommendations to admit a student involve the judgment of at least two members of academic staff with relevant experience and expertise, and additionally must be approved by the Director of Graduate Studies or Admissions Committee (or equivalent departmental persons or bodies).

Admissions panels or committees will always include at least one member of academic staff who has undertaken appropriate training.

6. Other information

Whether you have yet secured funding is not taken into consideration in the decision to make an initial offer of a place, but please note that the initial offer of a place will not be confirmed until you have completed a Financial Declaration (<http://www.ox.ac.uk/admissions/graduate/fees-and-funding/financial-declaration>) .

Resources

The department is committed to supporting you to pursue your academic goals.

The Rewley House Continuing Education Library (<http://www.conted.ox.ac.uk/facilities/library/index.php>) , 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. PCs in the library give access to the internet and the full range of electronic resources subscribed to by the University of Oxford. Wifi is also available. The Jessop Reading Room adjoining the library is available for study. You will have access to the Central Bodleian and other Bodleian Libraries.

The Graduate School provides a stimulating and enriching learning and research environment for the department's graduate students, fostering intellectual and social interaction between graduates of different disciplines and professions from the UK and around the globe. The Graduate School will help you make the most of the wealth of resources and opportunities available, paying particular regard to the support and guidance needed if you are following a part-time graduate programme. The department's graduate community comprises over 600 members following taught programmes and more than 70 undertaking doctoral research.

The department provides various IT facilities (<http://www.conted.ox.ac.uk/students/currentstudents/itfacilities.php>) , including the Student Computing Facility which provides individual PCs for your use. Many of the department's courses are delivered through blended learning or have a website to support face-to-face study. In most cases, online support is delivered through a virtual learning environment.

Depending on the programme you are taking with the department, you may require accommodation (<http://www.conted.ox.ac.uk/facilities/accommodation/index.php>) at some point in your student career. Rewley House is ideally located in central Oxford; the city's historic sites, colleges, museums, shops and restaurants are only a few minutes' walk away. The department has 35 en-suite study bedrooms, all with high quality amenities, including internet access.

The Rewley House dining room has seating for up to 132 people. A full meal service is available daily. The department operates a Common Room with bar for students.

How to apply

You do not need to make contact with academic members of staff before you apply.

The set of documents you should send with your application to this course comprises the following:

Official transcript(s)

Your transcripts should give detailed information of the individual grades received in your university-level qualifications to date. You should only upload official documents issued by your institution and any transcript not in English should be accompanied by a certified translation.

More information about the transcript requirement is available in the Application Guide (<http://www.graduate.ox.ac.uk/transcripts>) .

CV/résumé

A CV/résumé is compulsory for all applications. Most applicants choose to submit a document of one to two pages highlighting their academic achievements and any relevant professional experience.

Statement of purpose:

500 words

Your statement should be written in English and explain your motivation for applying for the course at Oxford, your relevant experience and education, and the specific areas that interest you and/or you intend to specialise in.

This will be assessed for your motivation for applying to this particular programme of study; your relevant academic, research, or practical experience; and the areas of study within the subject that interest you.

References/letters of recommendation:

Three overall, academic and/or professional

Whilst you must register three referees, the department may start the assessment of your application if two of the three references are submitted by the course deadline and your application is otherwise complete. Please note that you may still be required to ensure your third referee supplies a reference for consideration.

Professional references are accepted if these are relevant to the course.

Your references will support intellectual ability, academic achievement, motivation, ability to work in a group and clinical ability.