



Course Information Sheet for entry in 2020-21

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 and relevant PGCert in 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.

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.

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.

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

Total course fees for entry in 2020-21

Fee status	Annual Course fees
Home/EU (including Islands)	£4,265
Overseas	£4,265

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. 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.