



Course Information Sheet for entry in 2020-21

PGCert in Psychodynamic Counselling

About the course

The Postgraduate Certificate (PGCert) in Psychodynamic Counselling is a one-year part-time course offering a broadly based knowledge of psychodynamic theory and practice, as the access point to a four-year, part-time clinical training in psychodynamic counselling/therapy, or as a stand-alone course.

The course forms part of the Oxford University Master's Programme in Psychodynamic Studies which is currently accredited by the UPCA (Universities Psychotherapy and Counselling Association). The accreditation may be liable to change but all students should apply for student membership of UPCA on starting the course. In addition, should you progress with your studies, you can apply individually to the BACP (British Association for Counselling and Psychotherapy) after completion of the PGDip (Register) and after completion of the masters (Accreditation).

The PGCert may be taken as a stand-alone course, though it is not a clinical practitioner status course, or it may equip you to apply for higher level graduate courses in this area.

The course runs one evening a week over three terms at the Department for Continuing Education and consists of:

- term-time weekly theory-and-practice workshops organised around a key dimension of psychodynamic practice - 'The Psychodynamic Approach', 'Therapeutic Processes and Skills' and 'Therapeutic, Practical and Ethical Implications'
- experiential groups
- two tutorials per term with a course tutor
- four written assignments
- two Saturday workshops.

All teaching will take place online in Michaelmas term, with a review in time for Hilary and Trinity terms. Face-to-face tutorials may be possible in Michaelmas term.

Extensive regular reading and private study of at least 10 hours per week between the taught periods is recommended.

The course tutors will support and guide you in regard to your academic work, and offer a forum for the discussion of personal and professional development. Pastoral tutorials, to assist you in coping with the psychological demands of the course, are optional and confidential except in extreme circumstances. All tutors are professionally qualified and accredited counsellors or psychotherapists.

Please note for your own interest that no applicant currently in therapy/counselling with a course tutor will be admitted to the course.

Due to the psychodynamic and experiential nature of the programme, it is considered inappropriate for students to engage in romantic/sexual relationships with tutors or students whilst on course. Should any such relationship arise during the course of your studies, you must declare its existence to the Course Director as soon as possible, who may, for example, ask that you refrain from continuing your relationship or that you suspend your studies.

The course works using the UPCA and UKCP standards which are based on a number of implicit ethical principles that highlight the important nature of boundaries, professional conduct and, in a psychodynamic course, the power of unconscious processes. Students should at all times act in accordance with the ethical codes issued by the UPCA and UKCP.

The PGCert course runs annually, while the PGDip and master's courses are on a two-year cycle. A post-certificate seminar series is held on alternate years, when there is not an intake for the PGDip directly following the PGCert. The seminar series gives the opportunity for consolidation of certificate learning and facilitates a progression in psychodynamic thinking.

Counselling introductory courses

Counselling Introductory Courses are also run, separately to this PGCert - details are available in the Weekly Classes section of the Department for Continuing Education website, or from the Weekly Class Administrator via telephone at 01865 280893.

Supervision

The allocation of graduate supervision for this course is the responsibility of the Department for Continuing Education and it is not always possible to accommodate the preferences of incoming graduate students to work with a particular member of staff. A supervisor is often found outside the Department for Continuing Education.

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 | 9 months |

Costs

Annual fees for entry in 2020-21

| Fee status | Annual Course fees |
|-----------------------------|---------------------------|
| Home/EU (including Islands) | £4,725 |
| Overseas | £8,780 |

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

You will need to meet your travel and accommodation costs in attending sessions in Oxford. You are not required to take any therapy sessions for this course, however some students choose to do so. If you choose to take therapy, you will be responsible for the cost incurred. Therapy ranges from c. £40 to £80 per hour, and possibly more in London, but some therapists offer reductions for students. For accreditation purposes student membership of UPCA is required throughout the course, currently £21 per year.

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.