

POSTGRADUATE CERTIFICATE IN COGNITIVE BEHAVIOURAL THERAPY

A PART-TIME POSTGRADUATE CERTIFICATE
Leading to an Award from the University of Oxford

PROSPECTUS 2016-17

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INTRODUCTION

The Postgraduate Certificate in Cognitive Behavioural Therapy (CBT) is part of a comprehensive 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 programme is offered in collaboration with the University of Oxford's Department for Continuing Education and after successful completion students are awarded a Postgraduate Certificate from the University of Oxford. This award can contribute towards a Postgraduate Diploma in CBT, accredited by The British Association of Behavioural & Cognitive Psychotherapies at Level 1 (<http://www.babcp.com/Training/Accredited-Courses.aspx>).

The Postgraduate Certificate has attracted students from clinical and counselling psychology, psychiatry, general practice, nursing, social work, speech therapy, occupational therapy, counselling and the voluntary sector. It provides qualified healthcare professionals with high quality training and supervision in CBT theory and practice, enhancing knowledge and skill in what is now recognised by the National Health Service as a major psychological treatment modality, with a substantial and growing evidence base.

COURSE AIMS

The Course aims to provide students with:

1. A sound knowledge of cognitive behavioural models, concepts and methods.
2. An understanding of issues of importance relating to the theory and practice of CBT. These include:
 - the relationship between CBT theory and therapy
 - the use of CBT with a variety of client groups and disorders
 - related research on outcome and process.
3. Competence in assessing patient suitability for CBT:
 - in developing CBT case-formulations
 - in devising and implementing individual treatment programmes
 - in evaluating their effects.
4. The ability to convey clearly the central concepts of CBT and to communicate basic treatment skills.

The Course does not aim to prepare students to teach and supervise CBT. The emphasis is on acquiring, practising and communicating specialised clinical skills, within an explicit theoretical framework in relation to associated empirical research.

ORGANISATION AND TRAINING

The Course takes full advantage of the high levels of theoretical knowledge and clinical expertise available among practitioners of CBT in Oxford. The design, organisation, training and supervision are by BABCP accredited therapists and/or supervisors and trainers, who have extensive experience in the practice of CBT and in related training and research.

Course Director

Dr Sarah Rakovshik, BA, PG Dip Cog. Ther. (Oxon), DPhil (Oxon), Consultant Cognitive Behavioural Psychotherapist, Oxford Cognitive Therapy Centre, Warneford Hospital, Oxford OX3 7JX

Executive Committee

Dr Helen Kennerley, BSc, DPhil (Oxon), Dip Psych, CPsychol, MBPsS. Consultant Clinical Psychologist, OCTC, Warneford Hospital, Oxford OX3 7JX

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Mr David Slingo, BA, Chartered FCIPD. Head of Oxford Cognitive Therapy Centre, Oxford Health NHS Foundation Trust, Warneford Hospital, Oxford OX3 7JX

COURSE PARTICIPANTS

Places are available for 27 students. Applicants are *normally* expected to:

1. Be qualified members of one of the main National Health Service professions (such as clinical psychologists, psychiatrists, nurses, general practitioners, occupational therapists), or other recognised professions (for example, social workers).
2. Have at least one year's post-qualification clinical experience.
3. Be competent in general clinical skills, such as forming a therapeutic relationship and communicating effectively. A foundation of basic clinical competencies is an important prerequisite as the Course provides specialised training in CBT and does not focus on developing the basics of good clinical practice.
4. 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.
5. 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.

6. Demonstrate commitment to developing CBT skills for use in clinical practice.
7. Have access to treatment settings with regular clinical and CBT supervision where cognitive behavioural therapy skills can be practised and refined on a regular basis.

Exceptions to these criteria are at the discretion of the course organisers.

COURSE STRUCTURE

The Course begins with a four-day teaching block followed by one full-day per week (Friday) over two terms, beginning in September 2016.

Provisional dates for terms in 2016-17 are:

Term I	26-29 September 2016 (4-day teaching block) 7 October – 9 December 2016 (10 weeks)
Term II	6 January – 10 February 2017 (6 weeks)

Formal teaching consists of a four-day induction block (26 - 29 September) then weekly training workshops on Fridays (11.15am - 4.45pm). Students are expected to carry out CBT with at least two suitable patients each term (for a total of four patients during the year), and receive one and a half hours of small group supervision weekly (9.30am - 11.00am).

Reading and completion of written assignments will be undertaken in addition to the teaching day outlined above. Many students find it effective to set aside six to seven hours a week for private study.

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. Further supervision through OCTC may also be negotiated, for example, for participants wishing to achieve accreditation by the British Association of Behavioural & Cognitive Psychotherapies as a therapist, supervisor and/or trainer.

This award forms the foundation for further professional and clinical development, which can be pursued within the larger framework of the OCTC/ University of Oxford CBT programme. The programme offers specialist training and can lead to a Postgraduate Diploma or MSc in CBT. Further details can be found on these websites: www.octc.co.uk/university-courses and <https://www.conted.ox.ac.uk/courses/professional/staticdetails.php?course=209>

COURSE CONTENT

While it is important to cover the main methods and concepts of CBT we recognise that room must be made for differences in skill, experience and areas of interest. Teaching and supervision take account of students' needs and interests so far as is consistent with the aims of the Course.

Broadly, the first part of the course will concentrate on the acquisition of basic concepts and skills. The second part focuses on developing these skills in relation to particular client groups and problem areas.

Part I: Basic concepts and skills

In teaching sessions, emphasis is placed on observation of CBT in action and on experiential learning with participation in role-play and other practical exercises.

Topics include:

- Beck's cognitive model of emotional disorder
- CBT assessment and formulation
- The structure of CBT (agenda setting, goal setting, pacing, homework etc.)
- The style of CBT (collaboration, explicitness, feedback)
- Socratic methods
- Identifying and re-evaluating automatic thoughts
- Identifying and re-evaluating dysfunctional assumptions and core beliefs
- The role of behavioural experiments
- Working with imagery, role-play and other non-verbal methods
- Process and termination issues in CBT

Part II: Special applications - Developing the basics

Term II covers the use of CBT with common mental health problems (anxiety, depression, eating disorders). Sessions focus on consolidating and developing basic knowledge and skills and on emphasising concepts and methods especially relevant to each problem area. Teaching practical CBT skills is linked to outcome data and other related empirical research.

Workshops focus on problem areas such as:

- Depression and suicidality
- Simple phobias
- Panic disorder and agoraphobia
- Social anxiety disorder
- Health anxiety
- Obsessive compulsive disorder
- Generalised anxiety disorder
- An introduction to trauma

TEACHING METHODS

1. Formal teaching

This covers theoretical and research issues as well as clinical skills. A workshop format is normally used involving active participation, a strong experiential element and clear relevance to clinical practice. Teaching is provided by local experts and by invited speakers with specialised knowledge of particular topics.

2. Small group supervision of clinical casework

Supervised clinical practice is organised to encourage exposure to a variety of client groups and problem types and to a range of therapeutic styles within CBT. All supervisors are BABCP accredited CBT therapists and are trained and experienced supervisors. Students are expected to follow through three cases during the course and routinely to record treatment sessions to review in supervision groups. Supervisors will also provide feedback on audiotapes of students' therapy sessions.

3. Guided reading

Students need to set aside time regularly for reading. Guidance on references will be provided by tutors and supervisors. Students have access to a small library of core CBT texts, to the larger Warneford Hospital Library (including internet access) and to a selection of therapy videos and CDs. University of Oxford student cards and the 'single sign-on' give students access to web-based databases for downloading journal papers electronically. Students will also have access to University libraries (for example, Rewley House library and the Bodleian library).

ASSESSMENT

Assessment is designed to determine whether the aims of the Course have successfully been met. Students successfully completing the assessment will be awarded the Postgraduate Certificate in Cognitive Behavioural Therapy from the University of Oxford's Department for Continuing Education.

Students are expected to take an active part in teaching and supervision sessions, and to carry out CBT with the required number of patients. Their competence and knowledge will be assessed through written assignments and direct evaluation of clinical performance, as follows:

1. Written assignments

a) Case Reports

Students are required to write up one treated case of no more than 4,000 words. A case report should include:

- References to relevant literature
- A description of the patient

- A cognitive behavioural formulation of the case
- A treatment plan demonstrating knowledge of appropriate CBT interventions
- An evaluation of outcome
- A concluding discussion

b) Essay

Students are required to complete a 2,000 word essay demonstrating knowledge of cognitive therapy theory, research and practice in relation to topic areas selected by the course, and reflecting the taught syllabus.

2. Evaluation of Clinical Performance

a) Supervision of clinical casework

In addition to weekly supervision, supervisors provide ratings and commentaries on two therapy recordings during the course. Throughout the course, students are encouraged to make audio or video recordings of therapy sessions to facilitate case discussions during supervision with examples of recorded therapy sessions. Students are expected to show competence in general therapeutic skills (such as the ability to structure sessions and to form an equal collaborative relationship) in formulating overall treatment strategies and in carrying out specific CBT techniques.

b) Audio/video-recorded treatment sessions

Students must submit two audio or video recorded examples of mid-treatment CBT sessions. Using these recordings, competence as a CBT therapist is evaluated by means of the Assessment of Core CBT Skills (ACCS), which is an established measure of CBT competence. One of these recordings is used as part of the formal assessment procedure.

LOCATION

Training and clinical supervision takes place at the Warneford Hospital in Oxford. Clinical practice is carried out at the student's normal place of work.

FEES

The total fee for the PG Certificate in CBT is **£3710**.

Please note there is no V.A.T. payable on this fee. Fees are payable by 31 August 2016.

APPLICATION PROCESS

The closing date for applications for the 2016-17 course is **6 May 2016**.

For consideration by the admissions committee applications must be *completed* by this date.

Applications for this course should be made by completing the downloadable application form, available at: <https://www.octc.co.uk/university-courses/postgraduate-certificate-in-cbt>

The application form and supporting documentation should be emailed to: cognitive.therapy@conted.ox.ac.uk

Application forms should be accompanied by the following compulsory materials:

- CV
- Three academic references, one of which must be from a clinical supervisor
- Transcript(s) from previous higher education
- A 500 word statement of purpose

All applications must be complete by the deadline.

All information must be submitted in English. If your first language is not English, you must supply suitable evidence that you have reached the relevant higher level before any offer of a place can be confirmed. This requirement is given in full in the Guidance for International Students on the [Graduate Admission's website](#).

Interviews will be held on the **6 - 8 June 2016**.

CONTACT DETAILS

We hope that this prospectus has informed you of everything you need to know about the Postgraduate Certificate in Cognitive Behavioural Therapy. If you would like any further information please see the relevant page of our website www.octc.co.uk or contact:

Address: OCTC, Warneford Hospital, Headington, Oxford OX3 7JX

Tel: + 44 (0)1865 902801

Fax: + 44 (0)1865 337416

Email: octc@oxfordhealth.nhs.uk

Additional information on CBT training and other services provided by OCTC can be found on our website: www.octc.co.uk

Student Testimonials

“Amazing presenters! An environment that supported my learning. Oxford – the epicentre of CBT!”

“The supervisors were very knowledgeable, supportive and skilled therapist and lecturers. I learnt loads in lectures, varied training. A great mix of different people on the course.”

“Excellent quality of lecturing in general. Lots of mutual respect and given flexibility where needed.”

“The quality of the course staff – world class.”

“Awesome range of big name lecturers – lots of innovative ideas to take into treatment. Relatively small class size for greater interaction/opportunities to ask questions. Excellent handouts for each session and pre-reading. Access to the OCTC online video’s. Brilliant feedback on essays/case study write ups. The range of very interesting learning that has motivated me to further my studies in this area.”

“The warmth and respect all presenters showed accommodating all levels of learning. Very interactive approach to learning and great presenters.”

“The quantity and quality of supervision was excellent. My background meant all of the lectures were essential, but the supervision helped me to put theory into practice and experiment with different ways of using what I was learning.”

Feedback from PG Diploma students of 2014-15