

Course Information Sheet for entry in 2025-26: DPhil in Cognitive Behavioural Therapy



Course facts

Mode of study	Part Time Only
Expected length	6 to 8 years

About the course

The part-time DPhil in Cognitive Behavioural Therapy (CBT) is offered by the Oxford Cognitive Therapy Centre (OCTC) in collaboration with the Department for Continuing Education. Applicants are welcome from outside Oxford, and outside the UK.

This part-time DPhil is normally carried out over eight years, equivalent to four years of full-time study, although it may take less time in certain circumstances.

The chosen topic of a DPhil in CBT should have a significant focus on issues related to cognitive behavioural theory and/or practice, for example: the development of a better understanding of the cognitive and behavioural aspects of a problem; developing an aspect of CBT to address a particular disorder; exploring theoretical or methodological issues in relation to cognitive behavioural practice etc.

The DPhil in CBT should focus on a primary research topic relevant to the theory, principles and practice of interventions, including both group and individual treatments, third wave approaches, self-help based approaches and supervision.

You will be strongly encouraged to participate in relevant seminars and/or tutorials held within OCTC and when necessary, informal meetings with staff and other researchers. The major commitment of time will be to individual study and research.

Studying part-time for a DPhil is demanding and students should normally expect to devote on average at least 20 hours per week to their research. Students should also ensure their employer understands the importance of full participation in the course.

As this is a part-time degree course, it is anticipated that you will have study facilities within your own place of work/research. It is also anticipated that you will have access to experimental facilities and subjects and that these will not be provided by Oxford Cognitive Therapy Centre (OCTC).

Attendance

The course is part-time. Part-time students are required to attend course-related activities in Oxford for a minimum of 30 days each year.

As a part-time student you will be required to attend supervision, training, seminars, milestone assessments (eg transfer of status) and other obligations in Oxford, including meeting your supervisor at least once per term.

There will be flexibility in the dates and pattern of attendance, which will be determined by mutual agreement with your supervisor.

Resources to support your study

As a graduate student, you will have access to the University's wide range of world-class resources including libraries, museums, galleries, digital resources and IT services.

The Bodleian Libraries is the largest library system in the UK. It includes the main Bodleian Library and libraries across Oxford, including major research libraries and faculty, department and institute libraries. Together, the Libraries hold more than 13 million printed items, provide access to e-journals, and contain outstanding special collections including rare books and manuscripts, classical papyri, maps, music, art and printed ephemera.

The University's IT Services is available to all students to support with core university IT systems and tools, as well as many other services and facilities. IT Services also offers a range of IT learning courses for students, to support with learning and research.

Study space will be made available to you. You will have the opportunity to network within OCTC and attend events organised by OCTC.

The Rewley House Continuing Education Library, 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. The Jessop Reading Room adjoining the library is available for study.

The department provides various IT facilities, including the Student Computing Facility which provides individual PCs for your use.

Supervision

As a student on this course you will have an identified Oxford-based supervisor who is interested in your research ideas and, in some instances, you will also need to identify a field supervisor who can closely monitor and advise on your practical research.

A good supervisory relationship is crucial to research. It is important that you ensure that your supervisor understands the research concepts and that there is agreement about the potential and the direction of the research. Both supervisor and supervisee must be able to make a commitment to the project that will span several years and must agree to regular meetings.

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. Under exceptional circumstances, a supervisor may be found outside the Oxford Cognitive Therapy Centre. In such circumstances, a second internal supervisor may be appointed.

Assessment

You will be admitted initially as a Probationary Research Student (PRS), in line with University regulations on doctorates. During the probationary period, you will develop and begin work on the thesis topic. You will develop research skills through a range of training and skills development primarily offered via the Department for Continuing Education Graduate School, as well as across the University.

Students must apply for a Transfer of Status from PRS to DPhil status between the sixth and the eighth academic term after admission, each academic year at Oxford having three terms. This involves the submission of a piece of written work that is examined by two assessors, neither of whom will be your supervisors. This process is to ensure that your work is of potential DPhil quality and that the methodology of the research is appropriate and feasible. Upon successful completion of the Transfer of Status, you would usually undertake a period of primary fieldwork/data collection over one to two years.

You will also be required to apply for a Confirmation of Status as DPhil sometime between the 12th and 18th term after admission. This will also involve the submission of a piece of written work that is assessed by two assessors, neither of whom are your supervisors. The Confirmation of Status assessment is different to the Transfer of Status assessment as the assessors will be focusing on how the research is progressing, the quality of the draft chapters/papers, and on the plan for completion. The assessors will be looking to ensure that you are making the appropriate amount of progress in the development of your thesis, so that thesis submission will be achieved within the time limit.

You will be expected to submit a substantive academic thesis of around 50,000 words after six or, at most, eight years from the date of admission. To be successfully awarded a DPhil in Evidence Based Health Care you will need to defend your thesis orally (viva voce) in front of two appointed examiners.

Changes to this course

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 you commence your course. These might include significant changes made necessary by any pandemic, 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>).

Costs

Annual fees for entry in 2025-26

Fee status	Annual Course fees
Home	£5,255
Overseas	£9,270

Information about course fees

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.

Graduate students who have reached the end of their standard period of fee liability may be required to pay a termly University and/or a college continuation charge.

The University continuation charge, per term for entry in 2025-26 is £672, please be aware that this will increase annually. For part-time students, the termly charge will be half of the termly rate payable by full-time students.

If a college continuation charge applies (not applicable for non-matriculated courses) it is likely to be in the region of £100 to £600. Please contact your college for more details, including information about whether your college's continuation charge is applied at a different rate for part-time study.

Additional cost information

Please note that you are required to attend in Oxford for a minimum of 30 days each year, and you may incur additional travel and accommodation expenses for this. Also, depending on your choice of research topic and the research required to complete it, you may incur further 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 college to help you cover some of these expenses.

Living costs

In addition to your course fees and any additional course-specific costs, 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 the 2025-26 academic year 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 one month

	Lower range	Upper range
Food	£330	£515
Accommodation	£790	£955
Personal items	£200	£335
Social activities	£45	£100
Study costs	£40	£90
Other	£20	£40
Total	£1,425	£2,035

Likely living costs for nine months

	Lower range	Upper range
Food	£2,970	£4,635
Accommodation	£7,110	£8,595
Personal items	£1,800	£3,015
Social activities	£405	£900
Study costs	£360	£810
Other	£180	£360
Total	£12,825	£18,315

Likely living costs for twelve months

	Lower range	Upper range
Food	£3,960	£6,180
Accommodation	£9,480	£11,460
Personal items	£2,400	£4,020
Social activities	£540	£1,200
Study costs	£480	£1,080
Other	£240	£480
Total	£17,100	£24,420

When planning your finances for any future years of study at Oxford beyond the 2025-26 academic year, it is suggested that you allow for potential increases in living expenses of 4% each year – although this rate may vary depending on the national economic situation.

More information about how these figures have been calculated is available at www.graduate.ox.ac.uk/livingcosts.

Document accessibility

If you require a more accessible version of this 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/form>).