

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



Course facts

Mode of study	Part Time Only
Expected length	5 to 11 months (pathway dependent)

About the course

This course aims to equip experienced CBT healthcare professionals with the enhanced CBT skills necessary to implement evidence-based treatment across a wide range of clinical presentations, and to disseminate these treatments as trainers and supervisors to other practitioners.

To apply to this course you must have already completed or be in the process of completing the University's PGCert in Cognitive Behavioural Therapy or equivalent high-intensity Cognitive Behavioural Therapy training.

This course is designed to help you achieve certain aims. By the end of the course, students should be able to:

- appreciate how theory, research and clinical practice inform each other in cognitive behavioural therapy, contributing to its continued development
- establish and practise a repertoire of enhanced cognitive behavioural skills
- develop the ability to apply these skills with specialist patient groups and problem areas encountered in their own places of work
- establish and maintain warm, respectful, collaborative relationships, and develop the ability to understand and manage difficulties in the alliance (including the student's contribution) using a cognitive conceptual framework
- through consultation, identify and resolve difficulties in practice, whether arising from theoretical, practical, interpersonal, personal or ethical problems.

You will be expected to 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.

Course structure

There are currently four pathways for this highly specialist training:

1. CBT for comorbid, chronic and systemic difficulties (formerly Complex Presentations);
2. Psychological Trauma and Personality Development;
3. Psychosis and Bipolar; and
4. Supervision & Training.

The course structure will vary according to the specialist pathway chosen. Reading, completion of written assignments and presentations will be undertaken in addition to the teaching days. Many students find it effective to set aside at least six to seven hours a week for private study.

You will choose one specialist pathway, which you will follow for the duration of your course. The duration of each specialist pathway will vary, from five to eleven months.

Some of the teaching days on this course may be made available to a wider audience as publicly bookable workshops via the Oxford Cognitive Therapy Centre. All participants will be expected to have an appropriate level of competence to participate fully.

Specialist pathways

1. CBT for comorbid, chronic and systemic difficulties (5 months duration)

This specialism (formerly known as Complex Presentations), seeks to enable students to add to their existing knowledge of cognitive behavioural therapy, models, concepts and interventions specific to working with clinical presentations which are characterised by issues associated with comorbidity and/or chronicity of emotional disorders or where systematic factors play a role in maintaining current problems.

There is an emphasis on developing CBT knowledge and skills in delivering formulation driven CBT interventions, this includes using CBT when working with chronic and recurrent depression, generalised anxiety disorder, post-traumatic stress disorder, developmental trauma, harmful behaviours, personality difficulties, psychosis and bi-polar disorder and adapting CBT to work with neurodiversity. The course aims to enable students to establish and practise a repertoire of cognitive

behavioural skills for use with comorbid, chronic and systemic problems. Some teaching on relevant topics is shared with students on the Children and Adolescent pathway.

During the course students are expected to carry out CBT with at least three suitable patients presenting with problems impacted by chronicity, comorbidity or systemic factors and will receive, on a bi-weekly basis, two hours of small group CBT clinical supervision facilitated by an experienced CBT therapist.

The course begins with a two-day induction block and then attendance is required for two days bi-weekly, for training workshops. The duration of this course is five months. Teaching runs from March to July, with a final assessment due in August.

2. Psychological Trauma and Personality Development (11 months duration)

This innovative programme offers comprehensive, specialist training in Enhanced CBT with a strong grounding in current psychological and CBT theories and research. It is designed to offer an in-depth understanding of the range of difficulties experienced by those who have experienced developmental trauma and adversity, alongside an in-depth understanding of the personality development issues that can have a significant impact on functioning. The course highlights the CBT principles, theory and research that can guide optimal treatment delivery to people living with the legacy of trauma and/or with personality development issues.

Twenty days of training and supervision are spread over an academic year, between September and July. These can be accessed online or face to face, although face to face attendance is encouraged. Four days of teaching across September and October (a combination of workshops and self-directed learning), are followed by four intensive four-day teaching blocks in January, March, May and July. One training day in each block is open to a wider clinical audience. This enables course participants to interact and share with a broader group of specialist practitioners.

There are ten, expert-led, small group clinical supervision sessions between November and May. Over the duration of the course, students are normally expected to engage in CBT with at least four patients with a significant trauma history, which has impacted on their current mental health presentation, and/or who have personality development issues that impair functioning. We expect patients to demonstrate complex, co-morbid and/or interpersonal difficulties. Therapy must demonstrate the Enhanced CBT skills and knowledge relevant to working with this population. Students are expected to complete therapy with at least one patient over the duration of the course, although we encourage students to arrange their caseloads so that more than one patient completes therapy before the end of this training.

Coursework is spread over the period of training; four assignments are summative.

3. Psychosis and Bipolar (11 months duration)

This specialism seeks to enable students to develop a sound understanding of cognitive behavioural models of psychosis and bipolar and the related evidence base; competence in engaging, assessing and developing collaborative formulations with individuals with psychotic and bipolar presentations; and competence to deliver high quality, individualised, evidence-based interventions in accordance with NICE guidance, the competence framework for work with people with psychosis and bipolar disorder (Roth & Pilling 2013), and the Health Education England national curriculum for CBT for severe mental health presentations.

The course comprises teaching over three terms: running from September 2025 to the end of June 2026. Teaching and supervision typically take place on Thursdays and students should keep all Thursdays during term time free for course related teaching, supervision, and study. There will also be some Fridays required for teaching and supervision (a total of five Fridays across terms one and two).

4. Supervision & Training (6 months duration)

This specialism aims to prepare students to teach and to supervise CBT. The emphasis is on acquiring, practising and communicating specialised dissemination skills, within an explicit theoretical framework. The course also prepares students for dissemination in a range of settings (eg individual and group supervision, small and large group training).

The course is informed by established and contemporary theory and research concerning learning principles and the practice of high-quality CBT. The content of the course is highly experiential, with opportunities to engage in supervision and training practice during training sessions and to obtain live feedback on practice and performance.

Students are normally expected to carry out CBT supervision in at least three supervision settings or formats over the course and to present at least one training event in that time. There are three summative assessments over the period of training.

The course comprises 18 days, presented in five teaching blocks. It begins with a four-day induction, followed by further three-day or four-day blocks. Formal teaching comprises full or half-day workshops and a half-day Practice of Supervision (PoS) session is integrated into the course. Six of the training days are open to a wider professional audience. This enables course participants to interact and share with a broader group of specialist practitioners.

Attendance

This course is part-time. Part time students are required to attend course-related activities in Oxford, including residential sessions.

The attendance requirements for the course vary depending on your chosen pathway. Please refer to the *Specialist pathways* above for full details.

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.

All students have free access to the full catalogue of Oxford Cognitive Therapy Centre online training library, comprising an extensive programme of video demonstrations and tutorials on a range of CBT skills and clinical presentations.

The virtual learning platform for the course contains a wide variety of resources to supplement the live teaching and to direct self-study. The department provides various IT facilities, including the Student Computing Facility which provides individual PCs for your use.

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. The Jessop Reading Room adjoining the library is available for study.

Supervision

The allocation of graduate supervision for this course is the responsibility of the Oxford Cognitive Therapy Centre and this role will usually be performed by the Course Director. Small group supervision takes place regularly in each of the specialist pathway.

Supervisors include Oxford Cognitive Therapy Centre core staff and associates. It is not always possible to accommodate the preferences of incoming graduate students to work with a particular member of staff.

Assessment

Summative assessment requirements vary according to the specialist pathway chosen.

1. CBT for comorbid, chronic and systemic difficulties

- Two clinical recordings
- Two case reports

2. Psychological Trauma and Personality Development

- One assignment demonstrating knowledge of CBT theory
- One clinical recording
- One clinical assessment report
- One case report

3. Psychosis and Bipolar

- A research presentation based on the theoretical content
- Two clinical recordings
- One case report
- One case presentation

4 Supervision & Training

- One assignment demonstrating knowledge of supervision and training theory
- One video recording of supervisory practice and supervision critique
- One training report

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	£5,860
Overseas	£5,860

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.

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 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>).