

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



Course facts

Mode of study	Part Time Only
Expected length	9 months

About the course

This course aims to equip practitioners with the CBT skills necessary to implement evidence-based treatment for the most common psychological disorders.

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 more than 30 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
 - the use of CBT with a variety of client groups and disorders
 - related research on outcome and process.
- competence in assessing and treating patients using CBT:
 - assessing patient suitability for CBT
 - developing CBT case-formulations
 - devising and implementing individual treatment programmes
 - evaluating their effects.
- the ability to convey clearly to clients and others the central concepts of CBT and how CBT interventions work.

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.

Course structure

The course begins in September, with five days teaching over the first two weeks of the course followed by one full-day per week (Friday) over two terms. Students receive two hours of small group supervision weekly focussing on CBT skills development. 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.

It is essential that students have access to adult treatment settings where they can access training cases suitable for novice CBT therapists (ie mild-moderate presentations of common mental health problems, such as those likely to present within primary care mental health settings) and where cognitive behavioural therapy skills can be practised and refined on a regular basis throughout the course.

Students will also be responsible for arranging regular CBT supervision within the treatment setting from a qualified CBT practitioner, as not all supervision needs can be met within the small group skills supervision provided by the course. Supervisors should hold Cognitive Behavioural Psychotherapist accreditation with the British Association of Behavioural & Cognitive Psychotherapy. 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.

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.

Attendance

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

It comprises 21 days of teaching over two terms, including weekly supervision groups. Five days teaching takes place over the first two weeks of the course, followed by one full-day per week (Friday) over two terms.

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. Small group supervision takes place weekly, prior to teaching on Friday mornings.

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

To complete the PGCert in CBT you will need to:

- take an active part in teaching and supervision sessions by attending all teaching sessions and actively participating in live practice, and complete a course of CBT with a minimum of three patients;
- complete a clinical assessment report in term one;
- complete a case report of one treated case in term two; and
- submit audio/video recordings of CBT sessions for formative and summative assessment in both terms.

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>).