

Course Information Sheet for entry in 2025-26: MSc in Cognitive Behavioural Therapy (Research)



Course facts

Mode of study	Part Time Only
Expected length	2 years

About the course

This course guides students through the process of developing and implementing an independent research project in their own clinical setting.

To apply to this course you must have already completed or be in the process of completing the University's PGDip in Cognitive Behavioural Therapy. Your Postgraduate Diploma will be subsumed by the MSc in Cognitive Behavioural Therapy (Research).

MSc in Cognitive Behavioural Therapy (Research) is a two-year, research-based extension to the PGDip in Cognitive Behavioural Therapy and provides a foundation for carrying out research and publishing an academic paper.

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

- display knowledge and understanding of general research principles and methodology, and demonstrate how these may be used within your own clinical work, and in the design and completion of an independent research project
- interpret and evaluate theoretical literature relevant to the provision of cognitive therapy or cognitive therapy services
- use established bodies of knowledge as a basis for developing your own ideas for research
- understand the value of an evidence-based approach to psychological treatment, including the distinctive contributions of efficacy and effectiveness research trials to clinical practice, and the use of clinical audit and other service evaluation approaches
- show evidence of the capacity to apply knowledge of research principles and practice in designing and carrying out an independent research project, using appropriate methodology and analysing and discussing results
- use and interpret a variety of appropriate psychometric instruments to assess patient pathology and evaluate progress and outcome in treatment
- write clear and literate assignments (research project proposal and final dissertation) that comply with established conventions of presentation and referencing.

Some of the teaching days on this strand of the 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.

The teaching element of this strand of the course is provided through tutorials. These are spread out over two years with an initial three-day meeting followed by one- or two-day tutorials several times during the year. Supervision is additionally provided on a one-to-one basis throughout the course.

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. Students usually meet with their supervisors when required.

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. A supervisor may be found outside the Oxford Cognitive Therapy Centre.

Field supervisors, or local supervisors, give practical guidance in the workplace and advise and support students in carrying out the research. Students should have ready access to local supervisors for guidance regarding research practicalities in their area.

Each student will be allocated a supervisor from Oxford Cognitive Therapy Centre staff during the academic year, although the practical emphasis for supervision rests with the field supervisor.

Assessment

To complete the Research strand of the MSc in CBT, you will need to submit a dissertation, which comprises:

- a research paper, which is prepared to a standard that is acceptable for submission to a peer reviewed journal; and
- a reflective critique of the research experience.

The reflective critique is an opportunity for you to look back over your experience of carrying out a piece of research and taking it to the point of submission. You will need to demonstrate what you have learnt from your experience, what you would do differently with hindsight, and how your experience will inform your practice from now on.

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	£5,915
Overseas	£5,915

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>).