



***OCTC: Inspiring Excellence in CBT Training,  
Therapy & Research***

## **COGNITIVE THERAPY IN OXFORD**

**A ONE YEAR PART-TIME  
POSTGRADUATE DIPLOMA  
Leading to an Award of the University of Oxford**

**Accredited by the British Association for Behavioural  
and Cognitive Psychotherapies (BABCP) Level 1**

**PROSPECTUS 2010-2011**

**Oxford University Department for Continuing Education  
with  
Oxford Cognitive Therapy Centre**

**Oxfordshire and Buckinghamshire Mental Health   
NHS Foundation Trust**

***OCTC website: [www.octc.co.uk](http://www.octc.co.uk)***

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## **INTRODUCTION**

The Oxford Diploma in Cognitive Therapy is known for its consistent record of excellence in cognitive therapy practice, training and supervision. Oxford is internationally recognised as a centre of excellence in cognitive therapy, and the Course draws on an impressive body of local specialist skill and knowledge. The programme is offered in collaboration in Oxford University's Department for Continuing Education. Successful completion leads to the award of a Postgraduate Diploma, from the University of Oxford. The course is accredited by The British Association of Behavioural & Cognitive Psychotherapies at Level 1.

The Course has attracted students from clinical and counselling psychology, psychiatry, general practice, nursing, social work, speech therapy, occupational therapy, counselling and the voluntary sector. The course provides qualified healthcare professionals with high quality training and supervision in cognitive therapy 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. Understanding of issues of importance relating to the theory and practice of cognitive therapy. These include the relationship between cognitive theory and therapy, the use of cognitive therapy with a variety of client groups and disorders, and related research on outcome and process;
3. Competence in assessing patient suitability for cognitive therapy, in developing cognitive case-formulations, in devising and implementing individual treatment programmes and in evaluating their effects;
4. Ability to convey clearly the central concepts of cognitive therapy and to communicate basic treatment skills.

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

## **ORGANIZATION AND TRAINING**

The course takes full advantage of the unusually high levels of theoretical knowledge and clinical expertise available among practitioners of cognitive therapy in Oxford. All those primarily responsible for its design and organisation, and for training and supervision, are BABCP accredited therapists and/or supervisors and trainers with extensive experience in the practice of cognitive therapy and in related training and research.

### **Course Director**

Dr Freda McManus, BSc, D.Clin.Psy, CPsychol, MBPsS,. Consultant Clinical Psychologist, Oxford Cognitive Therapy Centre, & Clinical Research Fellow, University of Oxford, Dept of Psychiatry, Warneford Hospital, Oxford OX 3 7JX

### **Executive Committee**

Dr Melanie J.V. Fennell, MA, MSc (Clin Psy), PhD, CPsychol, MBPsS, FFACT. Consultant Clinical Psychologist, Oxford Cognitive Therapy Centre, The Warneford Hospital, Oxford OX3 7JX.

Dr Ann Hackmann, BSc, MSc (Clin Psy), D.Clin.Psy, PhD, CPsychol. Consultant Clinical Psychologist, Oxford University Department of Psychiatry and OCTC, The Warneford Hospital, Oxford OX3 7JX

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

David Westbrook MA (Oxon), Dip.Clin.Psychol, M.Phil., Consultant Clinical Psychologist, Director of Oxford Cognitive Therapy Centre, The 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 (e.g. clinical psychologists, psychiatrists, nurses, GP's, OT's) or other recognised professions (e.g. social workers);
2. Have at least one year's post-qualification clinical experience;
3. Be competent in general clinical skills, e.g. forming a therapeutic relationship, communicating effectively. This is because the course provides specialised training, rather than the basics of good clinical practice;
4. Be "psychologically minded", i.e. 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 need not necessarily have extensive practical experience of cognitive therapy. However, preference is given to candidates who can demonstrate some knowledge and experience of the approach (e.g. reading, attendance at workshops, membership of appropriate professional organisations, basic supervised cognitive therapy practice);
6. Demonstrate commitment to developing cognitive therapy skills for use in clinical practice;
7. Have access to treatment settings where cognitive therapy skills can be practised and refined on a regular and systematic basis;
8. Be able to obtain time, money and management support for the course.

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

## **COURSE STRUCTURE**

The course comprises one full day per week (Friday) over three 12-week terms, beginning in late September.

Provisional dates for terms in 2010-11 are:

Term I	24 <sup>th</sup> September – 10 <sup>th</sup> December 2010 (12 weeks)
Term II	7 <sup>th</sup> January – 25 <sup>th</sup> March 2011 (12 weeks)
Term III	29 <sup>th</sup> April – 15 <sup>th</sup> July 2011 (12 weeks)

Formal teaching consists of weekly training workshops (11.30 am – 5.00pm). Students are expected to carry out cognitive therapy with at least two suitable patients each term (i.e. 6 patients during the year), and receive one and a half hours small group supervision weekly (9.30 am - 11.00 am).

Reading and completion of written assignments is in addition to the teaching day outlined above. It is strongly recommended that students set aside 6 to 7 hours a week, and keep Fridays free throughout the year, to provide time 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 cognitive therapy 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.

## **COURSE CONTENT**

While it is important to cover the main methods and concepts of cognitive therapy, 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 term will concentrate on the acquisition of basic concepts and skills, the second on developing these in relation to particular client groups and problem areas, and the third on dealing with complications in therapy including working with chronic, treatment resistant cases, severe mental illness, and personality disorders.

### **Term I : Basic concepts and skills**

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

Topics include: Beck's cognitive model of emotional disorder; the characteristics of cognitive therapy (session structure, establishing an active collaboration, setting homework etc.); developing a cognitive formulation; assessment issues (patient selection, measuring progress, evaluating treatment outcome, etc.); Socratic questioning; identifying and questioning negative automatic thoughts, identifying and re-evaluating dysfunctional assumptions and basic beliefs; the role of behavioural experiments; working with imagery, role-play and other non-verbal methods; and process and termination issues in cognitive therapy.

### **Term II : Special applications: Developing the basics**

Term II covers the use of cognitive therapy 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 cognitive therapy skills is linked to outcome data and other related empirical research. Workshops focus on problem areas such as panic disorder, agoraphobia, social phobia, OCD, PTSD, depression, eating disorders, suicidality and psychosis.

### **Term III : Complications and advances in cognitive therapy**

Sessions focus on pinpointing and managing difficulties arising in the practice of cognitive therapy, and on recent developments in working with difficult cases and personality disorders.

Topics include: Formulation with complex cases; cognitive therapy with personality disorders; practical difficulties in applying cognitive therapy (e.g. managing avoidance, problems in the therapeutic relationship); use of compassion in cognitive therapy; meta cognitive approaches to cognitive therapy; working with victims of childhood trauma; cognitive therapy and severe mental illness; cognitive therapy for low self-esteem; ethical issues in cognitive therapy.

## **TEACHING METHODS**

### **1. Formal teaching**

This covers theoretical and research issues and 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 organized to encourage exposure to a variety of client groups and problem types, and to a range of therapeutic styles within cognitive therapy. All supervisors are trained, experienced and accredited cognitive therapists and experienced supervisors. Students have a different supervisor each term, with whom they negotiate personal learning objectives. They are expected to follow through two cases each term and routinely to record treatment sessions to review in supervision groups. Supervisors will also provide individual 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 cognitive therapy texts, to the larger Warneford Hospital library (including Internet access), and to a selection of therapy video- and audio-tapes. University of Oxford student cards and the "single sign on" give students access to web-based databases for downloading journal papers remotely.

## **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 Diploma in Cognitive 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 cognitive therapy 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 three treated cases, one in the second and two in the third term. Case reports are between 2000 and 4000 words. Case reports include: references to relevant literature, a description of the patient, a cognitive-behavioural formulation of the case, a treatment plan demonstrating knowledge of appropriate cognitive therapy interventions, and an evaluation of outcome, and a concluding discussion.

### **b) Essay**

Students are required to complete one 10,000 word essay in the final term. This is an opportunity to explore areas of particular interest to them in depth.

## **2. Evaluation of Clinical Performance**

### **a) Supervision of clinical casework**

In addition to weekly supervision, supervisors provide ratings and commentaries on two therapy recordings each term. Students audio- or video record all therapy sessions, and case discussions during supervision routinely include presentation of recordings. Students are expected to show competence in general therapeutic skills (e.g. ability to structure sessions and to form an equal collaborative relationship), in formulating overall treatment strategies, and in carrying out specific cognitive therapy techniques.

### **b) Audio/video-taped treatment sessions**

Students must submit 6 audio- or video recorded examples of mid-treatment cognitive therapy sessions, two in each term. Using these recordings, competence as a cognitive therapist is evaluated by means of the Cognitive Therapy Scale - Revised, an established measure of therapist performance. Two of these recordings, one from the second term and one from the final term, are used as part of the formal assessment procedure.

## LOCATION

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

## FEES

Fee for 2009-10 was £6495. The 2010-11 fee will be available on our website from February 2010. Please note there is no V.A.T. payable on this fee. Fees are payable by 31st August 2010.

Bursaries may be available to NHS staff within South Central SHA. NHS Education South Central operates an Education Bursary Scheme for all staff (in any job role) employed by the NHS, and staff in Public Health roles who are employed by the Health and Social Care Sector, within South Central SHA boundaries such as Oxford, Buckinghamshire, Berkshire, Hampshire and the Isle of Wight. For more information, please see:

[http://www.nesc.nhs.uk/about\\_nesc/research\\_and\\_innovation/education\\_bursary\\_scheme.aspx](http://www.nesc.nhs.uk/about_nesc/research_and_innovation/education_bursary_scheme.aspx)

## APPLICATION PROCESS

The closing date for applications for the 2010-11 course is **30<sup>th</sup> April 2010**. Applicants should be made on the University's of Oxford's application form for Graduate Study 2010-11 which can be downloaded from our website. Before completing the application form it is essential that applicants read the University's of Oxford's Department of Continuing Educations Notes for Guidance for Applicants for Graduate Study, also available from the website ([www.octc.co.uk](http://www.octc.co.uk)). Application forms should be accompanied by a CV which should include:

- Professional experience
- Experience of using psychological treatment methods
- Knowledge and experience of using cognitive therapy (please include details of reading, training events attended, membership of relevant professional organisations, supervised cognitive therapy practice, etc)
- Two references

- Any other information which you think is relevant to your application

Applications should also include a 500 word statement detailing why you wish to attend the course and how you plan to use what you learn.

Interviews will be held on the **16<sup>th</sup> & 17<sup>th</sup> June 2010.**

Both the application form and Notes for Guidance are also available from the Course Administrator.

*We hope that this prospectus has told you everything you need to know about the Oxford Diploma in Cognitive Therapy. However, if you would like any further information, please contact:*

*Mrs Kim Morris-Smith, Administrator, OCTC, Warneford Hospital,  
Headington, Oxford OX3 7JX*

*Tel: 01865 738 816*

*Fax: 01865 738 817*

*E-Mail: [octc@obmh.nhs.uk](mailto:octc@obmh.nhs.uk)*

*Further information on cognitive therapy training and other services provided by OCTC will be found at our website:*

***[www.octc.co.uk](http://www.octc.co.uk)***

“The course gave me the opportunity to spend time immersing myself in one model so that I really had a chance to apply my learning in a way that will have a lasting impact upon my clinical practice”

“I found it a most exhilarating experience: enormously informative, intellectually exciting, and also great fun. Adult education at its best”

“Everything was excellent. The organisation was brilliant and the level of teaching outstanding throughout”

“I very much liked the combination of clinical supervision with the workshops. This gave a simple but effective structure to each day that provided an engaging variation. The teaching and supervision team must be without peer”

“I so much enjoyed really learning again after so many years of just rolling out the same old stuff”

“What I learnt from this course is that it *is* possible for me to be a competent therapist”

“Really excellent teaching and supervision combined with support from staff and peers made this a really enjoyable learning experience for me”

“The calibre of the teaching staff and supervisors was second to none. I can’t recommend it highly enough to anyone wanting to further their CBT skills. Not only has it improved my CBT skills and therefore the outcomes for my patients, it has improved my confidence and self-esteem tenfold”

“The teaching was of a uniformly high standard and was well organised and taught. Good balance between didactic teaching and experiential exercises”

“A truly exceptional course”

### **Feedback from previous students**