Oxford Cognitive Behavioural Therapy (CBT) for Psychosis

Postgraduate Diploma

For over 20 years, Oxford Cognitive Therapy Centre has been providing renowned training in CBT including Postgraduate Diplomas awarded by the University of Oxford. From September 2016 we will be providing a Diploma in CBT, specialising in psychosis and bipolar disorder. This training is in two stages:

Attendance on the Postgraduate Certificate in CBT, covering core skills in CBT and CBT for anxiety and depression (September 2016 – February 2017). This provides 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;
♦ Competence in:
  ◊ Assessing patient suitability for CBT;
  ◊ Developing CBT case-formulations;
  ◊ Devising and implementing individual treatment programmes;
  ◊ Evaluating their effects;
  ◊ The ability to convey clearly the central concepts of CBT and to communicate core treatment skills.

Progression to the full Postgraduate Diploma via training in Enhanced CBT: Psychosis and Bipolar (October 2017 – August 2018). This provides students with:

♦ A thorough understanding of cognitive behavioural models of psychosis and the related evidence-base;
♦ Competence in engaging, assessing, and developing collaborative formulations with individuals with psychotic and bipolar illness;
♦ Competence to deliver high quality, individualised, evidence-based interventions in accordance with NICE guidance and the competence framework for work with people with psychosis and bipolar disorder (Roth & Pilling 2013).

Both courses include access to:

Regular Oxford-based training and small group supervision (weekly or fortnightly) by leading experts in the fields of CBT and CBT for psychosis.

OCTC online training programme (covering a broad range of CBT training modules from CBT basics to advanced topics)

NB: Funded places on this course are limited as per HEE directions and applications must be made in agreement with your local trust. For further details, entry criteria, and application forms please see [https://www.octc.co.uk/training/hee-funded-training-in-cbtp](https://www.octc.co.uk/training/hee-funded-training-in-cbtp)