**POSTGRADUATE CERTIFICATE IN ENHANCED COGNITIVE BEHAVIOURAL THERAPY (Psychosis and Bipolar) 2024-25**

The Course takes full advantage of the high levels of theoretical knowledge and clinical expertise available among practitioners of CBT in Oxford. The design, organisation, training, and supervision are by BABCP accredited or accreditable therapists and/or supervisors and trainers, who have extensive experience in the practice of CBT and in related training and research.

# COURSE STRUCTURE

The following are provisional term dates for 2024-2025 (please note there may be some changes to these dates and the website will be updated accordingly).

September School Day 1 – Thursday 12 September 2024 (teaching)

Day 2 – Friday 13 September 2024 (teaching)

Day 3 – Thursday 19 September 2024 (teaching)

Day 4 – Friday 20 September 2024 (teaching)

 Day 5 – Thursday 26 September 2024 (teaching)

|  |  |
| --- | --- |
| Term I  | Friday 27 September 2024 (supervision and personal study)Thursday 3 October 2024 (teaching)Thursday 10 October 2024 (teaching)Friday 11 October 2024 (supervision and personal study)Thursday 17 October 2024 (teaching)Thursday 24 October 2024 (teaching)Friday 25 October 2024 (supervision and personal study)Thursday 31 October 2024 (teaching)Thursday 7 November 2024 (supervision and personal study)Thursday 1 November 2024 (teaching)Thursday 21 November 2024 (supervision and personal study)Thursday 28 November 2024 (teaching)Thursday 5 December 2024 (supervision and personal study) Thursday 12 December 2024 (teaching) |
| Term II | Thursday 9 January 2025 (supervision and personal study)Thursday 16 & Friday 17 January 2025 (teaching)Thursday 23 January 2025 (supervision and personal study)Thursday 30 January 2025 (teaching)Thursday 6 February 2025 (supervision and personal study)Thursday 13 February 2025 (teaching)Thursday 20 February 2025 (supervision and personal study)Thursday 27 February 2025 (teaching) Thursday 6 March 2025 (supervision and personal study)Thursday 13 March 2025 (teaching)Thursday 20 March 2025 (supervision and personal study) |
| Term III | Thursday 24 April 2025 (supervision and personal study)Thursday 1 May 2025 (teaching) Thursday 8 May 2025 (supervision and personal study)Thursday 15 May 2025 (teaching)Thursday 22 May 2025 (supervision and personal study)Thursday 29 May 2025 (teaching)Thursday 5 June 2025 (supervision and personal study)Thursday 12 June 2025 (teaching)Thursday 29 June 2025 (final coursework submission and course endings) |

Formal teaching begins with a five-day September school followed by five weeks of weekly teaching on Thursdays in October (9.30am-5pm). Because this teaching is weekly (rather than fortnightly as is done later), supervision during this period will be scheduled on Fridays. Subsequently, teaching takes place fortnightly during term time (9.30am-4.45pm), and supervision, private course related study, and live assessed assignments take place on the alternate Thursday. The only exception to this is a two-day teaching block on the 16 - 17 January at the beginning of term 2. Students are expected to carry out CBT with at least 4-6 suitable patients and receive two hours of small group supervision fortnightly (time TBA with supervisor).

In addition to attending the scheduled course activities (teaching, supervision, and live assessed assignments), students will need to set aside some 6-7 hours a week of private study, review of therapy recordings etc. On supervision days, students are required to keep the rest of the day clear for course related study and other course activities. This will provide approximately 2 to 5 hours of course-related study time per fortnight, but students will need to ensure that they set aside the necessary additional time on top of this.

# COURSE CONTENT

Topics include:

* Introduction to Psychosis and Bipolar
* Assessment and engagement
* Formulation and understanding psychological models of psychosis and bipolar
* Assessing therapist competence
* Working with persecutory delusions (The Feeling Safe approach)
* Working with distressing anomalous experiences
* CBT for Bipolar Disorder
* Trauma focused CBT for psychosis
* Working in Early Intervention & At Risk Mental States
* Working with chronicity
* Reasoning biases in psychosis
* Working with social withdrawal & negative symptoms
* Ethnicity and psychosis
* Working with Carers
* Substance use & psychosis
* Learning from lived experience of CBTp to promote engagement and recovery
* Recovery & Relapse Management

Targeted skills workshops will also be provided to support students developing key competencies.

**Small group supervision of clinical casework**

Supervised clinical practice is organised to facilitate the application of theory to practice and to develop therapist competency in the delivery of CBT for psychosis. All supervisors are experienced CBT practitioners and are trained and experienced supervisors. Students are expected to follow through at least four cases during the course and routinely to record treatment sessions to review in supervision groups. Supervisors will also provide feedback on recordings of students’ therapy sessions.

# LOCATION

Clinical supervision will be delivered online. However, taught sessions will be delivered in different modalities with some sessions being offered face to face and others online. Clinical practice is carried out at the student’s normal place of work.