

Continuing Education Board

Master of Studies in Mindfulness-Based Cognitive Therapy

1. Change to number of residential retreats,
2. To require the dissertation to be submitted in a digital copy as well as in hard copy;
3. To bring the arrangements for resubmission into line with other postgraduate courses offered by the Department;
4. Some general updating to bring the presentation in line with other regulations

Effective date

For students starting from MT 2014

Location of change

In *Examination Regulations* 2013

Detail of change

Delete from p 655 line 16 to p 656 line 19 and insert

- 1 Candidates must follow a course of instruction in Mindfulness-Based Cognitive Therapy (MBCT) for at least six terms. The course is designed to develop knowledge of the theoretical basis of MBCT and of related research and clinical principles, and to develop the competencies required in order to become an effective MBCT practitioner and teacher. The course places equal emphasis on critical understanding of theory, on critical appreciation of research, and on

candidates' capacity to demonstrate these through evidence of knowledge, understanding and the ability to apply these in practice. The course is available on a part-time basis only.

2 Candidates may be permitted under certain circumstances to suspend status for a maximum of six terms.

3 Every candidate will be required to satisfy the examiners in the following:

a) Attendance at the teaching days, spread across two years, and including three residential training retreats;

b) Written assignments as follows:

- i. two essays, each of not more than 4000 words, demonstrating the capacity critically to appraise theory, research and clinical literature relevant to MBCT (Year I)
- ii. one written reflective analysis of not more than 4,000 words of personal meditation practice, relating experience to theory, research and clinical principles. (Year I)
- iii. one written assignment, of no more than 4,000 words, describing the development, delivery and evaluation of a programme of MBCT teaching suitable for the student's client group, submitted with instructional materials as specified in the handbook.

c) Digital recordings of all MBCT classes, taught by the student in association with 4b)iii, to be examined for adherence to protocol and competence as an instructor (Year II);

d) A dissertation of not more than 10,000 words on a topic selected by the student, related to the theory and practice of MBCT (Year II);

The written assignments under 3b) and the recordings of the MBCT classes under 3c) shall be forwarded to the examiners for consideration by such date as the examiners shall determine and shall notify candidates. Two hard copies and a digital copy of the dissertation under 3d) shall be delivered to the examiners for the M.St. in Mindfulness-Based Cognitive Therapy c/o Examination Schools, High Street Oxford OX1 4BG no later than noon on 31 July in the final year of the course, or the immediately preceding Friday if that date falls on a weekend.

4 Candidates may be required to attend a viva voce examination at the end of the course of study.

5 Candidates who fail to satisfy the examiners in any of the assignments, including the written assignments under 3b) and 3d) and the recorded performances under 3c), may be permitted to resubmit work in the part or parts of the examination which they have failed on one further occasion only which shall normally be within one year of the original failure.

6 The examiners may award a Distinction for the Master of Studies.