

MSt MBCT

TT 2015

Department for Continuing Education

Approved: by correspondence 1 April 2015

Title of Programme: MSt in Mindfulness-Based Cognitive Therapy

Clarification of assessment requirements in the second year; some other minor changes

Effective date

With immediate effect

Location of change

In *Examination Regulations* [2014] as amended by Gazette of 25 September 2014

Detail of change

Page 587 to page 588

Delete from line 21 on p 587 to line 25 on p 588 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 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) 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 project report, 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, and digital recordings of all MBCT classes delivered (Year II)

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

The written assignments and digital recordings under 2b) 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 2c) shall be delivered to the examiners for the MSt. 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.

- 3 Candidates may be required to attend a viva voce examination at the end of the course of study.
- 4 Candidates who fail to satisfy the examiners in any of the assessed work 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.
- 5 The examiners may award a Distinction for the Master of Studies.

