

MSt MBCT

TT 2021

Continuing Education Board

Approved by correspondence 08.06.21 and 12.06.21

Title of Programme/ Name of Regulation [if general]

Master of Studies in Mindfulness-Based Cognitive Therapy

Brief note about nature of change: Removal of submission deadline from the regulations, minor change regarding resubmission, removal of provision for distinction

Location of change

In *Examination Regulations* <https://examregs.admin.ox.ac.uk/Regulation?code=mosim-basecognter&srchYear=2020&srchTerm=1&year=2019&term=1>

Effective date

For students starting from MT 2021

[And]

For first examination from 2022-23

Detail of change

Master of Studies in Mindfulness-Based Cognitive Therapy

- 1 Candidates must follow a course of instruction in Mindfulness-Based Cognitive Therapy (MBCT) over 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) 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)

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

The written assignments under 2a) shall be submitted to the examiners for consideration by such date as the examiners shall determine and shall notify candidates. Written assignments shall be submitted via the approved online submission system. Recordings shall be submitted by such means and such dates as are provided in the course handbook. Two hard copies and a digital copy, format to be prescribed in the course handbook, of the dissertation under 2b) 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.~~ Submission deadlines and information are published in the course handbook.

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~~ will 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.~~

Explanatory Notes