

TT 2024
MSt MBCT

Continuing Education Strategic Management Board

Approved by EPS for EdC 15.05.24

Title of programme

Master of Studies in Mindfulness-Based Cognitive Therapy

Brief note about nature of change: Removal of reference to year of submission of assessments, occasioned by a change to submission of one assessment from Year 1 to Year 2. Some general updating of description of course and routine minor updates.

Location of change in Examination Regulations

<https://examregs.admin.ox.ac.uk/Regulation?code=mosim-basecognther&srchYear=2023&srchTerm=1&year=2023&term=1>

Effective date

For students starting from MT 2024

And

For first examination from 2025-26

Detail of change

Text to be deleted struck through, new text underlined

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 develops knowledge and

understanding of the theoretical and empirical foundations of mindfulness and MBCT in psychological science and Buddhist psychology; professional knowledge and skills for teaching MBCT curricula competently and ethically, and experiential understanding of mindfulness through personal practice and reflection. 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 4,000 words, demonstrating understanding and critical appraisal of theory and research relevant to MBCT; 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, integrating personal experiences of mindfulness practice with theoretical and empirical foundations of MBCT; of personal meditation practice, relating experience to theory, research and clinical principles. (Year I)
- iii. one written teaching project report, of no more than 4,000 words, describing the set-up, teaching and evaluation of an 8-week course of MBCT suitable for the student's professional context, submitted with digital recordings of all sessions of the 8-week MBCT course taught, 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) One A-dissertation of not more than 10,000 words on a topic selected by the candidate and approved by the course committee any two of the examiners, 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 uploaded to the University approved online assessment platform. uploaded to the University approved online assessment platform by the dates published in the course handbook at the start of the course. Recordings shall be submitted by such means and such dates as are provided in the course handbook. A digital copy, format to

~~be prescribed in the course handbook, of the dissertation under 2b) shall be uploaded to the University approved online assessment platform. Submission deadlines and information are published in the course handbook.~~

The dissertation under 2b) shall be submitted to the University approved online assessment platform by noon on the third Tuesday of July in the second year of the course.

~~3 Candidates may be required to attend a viva voce examination at the end of the course of study.~~

4 3 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.

Explanatory Notes