



*OCTC: Inspiring Excellence in CBT Training,
Therapy & Research*

***POSTGRADUATE CERTIFICATE
in
Cognitive Behavioural Therapy for
Psychological Trauma***

PROSPECTUS 2015-16

Oxford Health 
NHS Foundation Trust

A POSTGRADUATE PROGRAMME PROVIDED IN COLLABORATION
WITH
OXFORD UNIVERSITY DEPARTMENT FOR CONTINUING EDUCATION
AND
THE OXFORD COGNITIVE THERAPY CENTRE

LEADING TO AN AWARD FROM THE UNIVERSITY OF OXFORD

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INTRODUCTION

This innovative Course has been designed to offer in depth training in the cognitive behavioural treatment of traumatized populations to qualified mental health professionals from a range of disciplines. The Course will extend Oxford Cognitive Therapy Centre's (OCTC) popular and very successful 12-day trauma series and will offer healthcare professionals an opportunity to study for an academic award in cognitive-behavioural therapy at Postgraduate Certificate level.

The Postgraduate Certificate in Cognitive Behavioural Therapy for Psychological Trauma is accredited by the University of Oxford and confers **60** CATS points. It offers experienced CBT therapists an advanced training in current theories, the up-to-date evidence-base, as well as strategies for working effectively with developmental and a range of adult trauma populations. Teaching and consultation will be provided by highly experienced OCTC staff and selected invited external speakers who are recognised specialists in their field.

COURSE AIMS

The Postgraduate Certificate aims to:

- Explore the generic impact of psychological trauma on;
 - Brain function
 - Memory
 - Psychological development
- Teach participants how to work effectively with different traumatized populations
- Enable students to critically appraise the evidence-base that supports the use of cognitive behavioural methods for a range of trauma related interventions
- Equip students to deliver evidence-based, formulation-driven CBT interventions for PTSD and other clinical presentations following developmental and adult trauma
- Take advantage of the growing interest in and need for CBT practitioners for accredited training in CBT
- Provide significant elements of training and consultation which will enable students to progress toward meeting BABCP criteria for accreditation as a cognitive behavioural psychotherapist (completion of the course in itself is not sufficient for BABCP accreditation)

The Postgraduate Certificate in CBT for Psychological Trauma provides a theoretical understanding of the principles of CBT and the theories that underpin a wide range of treatment strategies, and practical skills-training to facilitate skill development to a defined standard of competency. The Course will also aim to increase students' knowledge of the research and evidence-base underpinning CBT for traumatized populations, and promote a critical approach to the subject.

ORGANISATION AND TRAINING

The Course takes full advantage of the unusually high levels of theoretical knowledge and clinical expertise available among practitioners of cognitive therapy in Oxford. All those primarily responsible for its design and organisation, and for training and consultation, are BABCP accredited therapists and/or supervisors and trainers with extensive experience in the practice of cognitive therapy and in related training and research.

Course Director

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COURSE PARTICIPANTS

Applicants are normally expected to meet both of the following categories:

1. Be a graduate or equivalent and have successfully completed professional training in a related field such as mental health, social care or counselling (nursing, occupational therapy, social work, psychiatry, psychology, counselling, teaching) *plus* two years' post-qualification relevant work experience

And

2. Have undertaken specialist training in CBT either as part of their professional training, or in addition
 - i) Be able to demonstrate the skills and capacity necessary for academic study at postgraduate level
 - ii) Have a high level of motivation

In addition to the above entry requirements, all successful applicants must:

- Work in an environment that enables them to offer CBT based interventions to patients with clinical presentations following exposure to developmental and or adult trauma, drawing on behavioural and cognitive concepts and methods
- Have support from their employer for providing the time and suitable clinical opportunities necessary for completing the course
- Be able to demonstrate proficiency in English language to the level required by the University (see application process p.12) and have access to a computer with Internet access

Exceptions to these criteria are at the discretion of the course organisers.

COURSE STRUCTURE

The Course will be delivered in four teaching blocks over the course of one academic year. Each block will consist of three and a half days teaching and half a day of small group consultation.

Dates for teaching are:**Block One:**

One four-day teaching block 19th to 22nd October, 2015

Block Two:

One four-day teaching block 23rd to 26th November, 2015

Block Three:

One four-day teaching block 22nd to 25th February, 2016

Block Four:

One four-day teaching block 9th to 12th May, 2016

Formal teaching consists of training workshops (9.30am – 5.00pm). Four of the 16 workshops are open workshops. Students are expected to carry out cognitive therapy with at least two suitable patients and will participate in three hours small group consultation on the treatment of at least two clinical cases during each teaching block on Wednesday afternoons (1:15–4:30pm).

Reading and completion of written assignments is in addition to the teaching days outlined above. It is strongly recommended that students set aside extra time to provide for private study.

Further consultation through OCTC may also be negotiated, for example for participants wishing to achieve accreditation by the BABCP, as a therapist.

COURSE CONTENT

The Course will be classroom-based, with a combination of academic teaching, practical skills training, self-directed study and small group consultation in addition to substantial independent study and practice. The Course covers:

- **Theory and research** including: theoretical models, neuro-psychological processes relating to psychological trauma, treatment models theory; recent developments in the evidence-base and efficacy of CBT for traumatized populations.
- **Clinical applications** in a range of problem areas, including PTSD, disorders of extreme stress not otherwise specified and associated disorders including depression, affect regulation and interpersonal behaviours.
- **Practice** of CBT with patients presenting for the treatment of adult or childhood trauma reactions, drawing on relevant theory, research data and clinical literature and supported by small-group clinical consultation and in-workshop practical exercises and reflection.

Block One: Psychological trauma: Trans-diagnostic aspects and interventions

This four-day teaching block, will focus on the wide ranging biological and psychological consequences of childhood and adult trauma and the principles of working with a range of trauma reactions. To enable therapists to create a stable and safe basis for therapy and to develop skills and confidence in working with patients who exhibit extreme psychological and behavioural reactions.

The curriculum for Block One comprises of the following:

- Phenomenology of a range of traumatic reactions
- The distinctions between 'Type I' and 'Type II' trauma
- Diagnostic classifications and epidemiological characteristics of psychological trauma
- The neuropsychology and neuro-anatomy of psychological trauma
- Cognitive behavioural models and understandings of problems resulting from psychological trauma
- Key interpersonal issues associated with psychological trauma
- The conceptualizing dissociation and clinical treatment implications
- The underlying mechanisms of Types I & II flashbacks, exploring the similarities and differences between them

- Engaging, resourcing and motivating clients who are embarking on therapy for the psychological sequelae of trauma
- Making sense of self-injurious and dangerous behaviours and risk assessment
- Using cognitive behavioural techniques to create safety and to manage self-damaging behaviours

Block Two: Using trauma focused CBT for Post-Traumatic Stress Disorder (PTSD) and associated disorders following adult trauma

This four-day block provides students with an in depth understanding of the conceptual grounding underpinning treatment of PTSD following adult trauma and their implication for assessment and formulation will be explored. It offers clinicians an opportunity to explore in detail when and how to use reliving safely and sensitively, and how to interweave a wide range of strategies (verbal, experiential and imagery-based) to transform personal meaning of trauma and its aftermath and address unhelpful coping styles.

The curriculum for Block Two comprises of the following:

- Theoretical basis and evidence-base underpinning trauma focused CBT
- Assessment and treatment planning
- How and when to use reliving as part of treatment
- Preparing the patient and therapist for reliving of trauma memories
- Common obstacles and how to overcome them
- Inserting updated information into the trauma memory
- Using narrative approaches in the treatment of multiple or prolonged trauma
- Identifying and updating unhelpful meaning using:
 - Verbal strategies
 - Imagery re-scripting
- How and when to work with pre-existing beliefs
- What to do when memories bleed into each other
- Designing effective behavioural experiments and their application in PTSD to work with:
 - Post-trauma coping styles and strategies
 - Peri-traumatic unhelpful appraisals
 - Pre-trauma pre-existing appraisals

Block Three: Working with adult survivors of developmental trauma

This four-day block will help clinicians develop skills in conceptualizing the psychological problems following developmental trauma including disturbances in identity and considers how CBT can help. A range of interventions for problematic images and an 18 session CBT group programme for survivors of developmental trauma are described in detail.

The curriculum for Block Three comprises of the following:

- Assessment and formulation of the psychological problem(s) of survivors of childhood trauma
- Understanding and addressing inter-personal and systemic issues using CBT (including working with patients with personality disorders)
- Motivational enhancement
- Developing meta-cognitive awareness, provision of appropriate and effective validation, discovering personal values, and working to establish a sense of coherence and continuity
- Using cognitive behavioural formulations to guide the choice of therapeutic strategies for image management; deciding when to use when and with whom
- Using individual and group CBT to deal with key issues
- Dealing with interpersonal problems in session

Block Four: Treatment of specific populations

This four-day block considers the nature of traumatic presentations, specific approaches to treatment following four common, but different traumatized populations:

- Children and young people
- Asylum seekers and refugees
- Trauma and psychosis
- Occupational trauma (military and civilian)

Clinicians will develop population specific skills in assessing, conceptualizing and conducting, age, culture and context appropriate treatments.

The curriculum for Block Four comprises of the following:

- Range of psychological, behavioural and somatic traumatic reactions specific to childhood
- Prevalence and course of childhood reactions to trauma
- Theoretical base for intervention
- Evidence-base for trauma focused CBT
- Treatment targets and assessment
- Describe the political context of refugee trauma
- Understand the nature of pre-migration trauma and conceptualize the difficulties arising from multiple losses and the asylum process
- To plan and conduct a range of evidenced-based treatment in the context of on-going threat of repatriation
- To work in the context of on-going threat of repatriation
- Cultural appropriateness
- Working effectively with interpreters
- Theoretical basis and evidence base for intervention for trauma and psychosis
- Identification and management of on-going risk, and keeping safe in the future
- Conceptualization and interventions for trauma in patients with a diagnosis of psychosis.
- Range of traumatic reactions specific to occupational trauma including common co-morbidities
- Evidence-base for trauma focused CBT following exposure to a range of occupational trauma
- Key therapeutic strategies

Students will be required to attend small group consultation (usually four students per group) for three hours in each teaching block. Students will be expected to verbally present their client work at each consultation session and contribute to the discussion of their colleague's cases and to the overall work of the group. Students will be required to seek consent to record their sessions with clients and bring segments of these recordings to consultation on a weekly basis for the purpose of formative assessment and feedback. Summative assessment will be by evaluation of one clinical audio/video recording (or digitally equivalent format) using the Cognitive Therapy Scale-Revised and by one case study.

TEACHING METHODS

1. Formal teaching

This covers theoretical and research issues and clinical skills. A workshop format is normally used, involving active participation, a strong experiential element, and clear relevance to clinical practice. Teaching is provided by local experts and by invited speakers with specialised knowledge of particular topics.

2. Small group consultation of clinical casework

Supervised clinical practice is organised to encourage exposure to a variety of client groups and problem types, and to a range of therapeutic styles within cognitive therapy. All supervisors are trained, experienced and accredited cognitive therapists and experienced supervisors. Students will have supervisors with whom they negotiate personal learning objectives. They are expected

to follow through three cases and routinely to record treatment sessions to review in consultation groups. Supervisors will also provide individual feedback on recordings of students' therapy sessions.

3. Guided reading

Students need to set aside time regularly for reading. Guidance on references will be provided by tutors and supervisors. Students have access to a small library of core cognitive therapy text, and to a selection of therapy DVDs, videos and audio CDs. When students enrol on the Course, they are issued with University cards giving them remote access (via a 'Single Sign-on Account') to the wide range of resources available through the University of Oxford Libraries, including electronic books and journals. Further information about library services can be found on the University of Oxford Department for Continuing Education website:
www.conted.ox.ac.uk/facilities/library

ASSESSMENT

Assessment is designed to determine whether the aims of the Course have successfully been met. Students successfully completing the assessment will be awarded the Postgraduate Certificate in Cognitive Behavioural Therapy for Psychological Trauma from the University of Oxford Department for Continuing Education.

Students are expected to take an active part in teaching and consultation sessions, and to carry out cognitive therapy with the required number of patients. Their competence and knowledge will be assessed through written assignments and direct evaluation of clinical performance, as follows:

1. Written assignments

Essay:

Students are required to complete one 4,000 word essay in Term one. The essay will assess critical appreciation of the theory, research and practice related to teaching and presents an opportunity to explore areas of particular interest in depth.

Case Report:

Students are required to write up one treated case in the third term. A case report of no more than 6,000 words. The case report will describe CBT with a clinical case presenting with PTSD with or without associated disorders or complex trauma. The report includes formulation and treatment and presents these in the context of relevant theory, research and clinical literature.

2. Evaluation of clinical performance

Consultation of clinical casework:

Small group case consultation will take place for one in each teaching block; students will be expected to audio or video record all therapy sessions. Case discussions during consultation routinely include presentation of recordings. Students are expected to show competence in general therapeutic skills (ability to structure sessions and to form an equal collaborative relationship), in formulating an overall treatment, plan and in carrying out a range of appropriate interventions suitable to trauma focused or phased treatment.

Students will be expected to keep a log-book of their supervised practice over the course of the academic year. The format for this log-book taken from the BABCP will be provided in the Course Handbook.

Audio/video recorded treatment sessions

Students must submit one audio or video recorded example of a mid-therapy session with a patient presenting with PTSD with or without associated disorders, or a complex trauma presentation. Using this recording, the development of cognitive therapy skills with traumatized populations will be evaluated by means of the Cognitive Therapy Scale – Revised, an established measure of therapist performance.

LOCATION

Training and clinical consultation will take place at Ewert House, University of Oxford Department for Continuing Education, in Summertown, Oxford. Clinical practice is carried out at the student's normal place of work.

FEES

The fees for 2015-16 are £3600 for UK/EU and for overseas students. Please note there is no V.A.T. payable on this fee.

For NHS employees, CPD funding may be available through your employing Trust. For staff employed by Oxford Health NHS Foundation Trust, please direct your funding enquiries to David Slingo, Head of Learning & Development, Littlemore Mental Health Centre, Oxford.

APPLICATION PROCESS

The closing date for applications for the 2015-16 course is **21st May, 2015**.

Applications for this course should be made via the **University of Oxford Graduate Admissions website** http://www.ox.ac.uk/admissions/postgraduate_courses/index.html

This website includes **further information** about this course http://www.ox.ac.uk/admissions/postgraduate_courses/course_guide/cognitive_therapy.html and a **guide to applying** http://www.ox.ac.uk/admissions/postgraduate_courses/apply/index.html

Application forms should be accompanied by the following compulsory materials:

- CV
- Two academic references
- Transcript(s) from previous higher education
- A 500 word statement of purpose

All applications must be completed by the deadline

All information must be submitted in English. If your first language is not English, you must supply suitable evidence that you have reached the relevant higher level before any offer of a place can be confirmed. This requirement is given in full in the Guidance for International Students on the [Graduate Admission's website](#)

All information must be submitted in English. If your first language is not English, you must supply suitable evidence that you have reached the relevant higher level before any offer of a place can be confirmed. The University only recognises certain English tests. For guidance, please see:

www.ox.ac.uk/admissions/postgraduate_courses/apply/internat_students.html

Interviews will be held on 23th and 24th June, 2015.

CONTACT DETAILS

If you would like any further information, please contact:

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Further information on cognitive therapy training and other services provided by OCTC can be found at our website:

www.octc.co.uk