**POSTGRADUATE CERTIFICATE IN ENHANCED COGNITIVE BEHAVIOURAL THERAPY (Psychosis and Bipolar) 2025-26**

The Course takes full advantage of the high levels of theoretical knowledge and clinical expertise available among practitioners of CBT in Oxford. The design, organisation, training, and supervision are by BABCP accredited or accreditable therapists and/or supervisors and trainers, who have extensive experience in the practice of CBT and in related training and research.

# COURSE STRUCTURE

The following are provisional term dates for 2025-2026 (please note there may be some changes to these dates and the website will be updated accordingly).

October School Day 1 Thursday 02 October 2025 (teaching)

Day 2 Friday 03 October 2025 (teaching)

Day 3 Thursday 09 October 2025 (teaching)

Day 4 Friday 10 October 2025 (teaching)

Day 5 Thursday 16 October 2025 (teaching)

**Term I**  Thursday 23 October 2025 (supervision and personal study)

Thursday 30 October 2025 (teaching)

Thursday 06 November 2025 (teaching)

Friday 07 November 2025 (supervision and personal study)

Thursday 13 November 2025 (teaching)

Thursday 20 November 2025 (teaching)

Friday 21 November 2025 (supervision and personal study)

Thursday 27 November 2025 (teaching)

Thursday 04 December 2025 (teaching)

Friday 05 December 2025 (supervision and personal study)

Thursday 11 December 2025 (teaching)

Thursday 18 December 2025 (teaching)

Friday 19 December 2025 (supervision and personal study)

**Term II**  Thursday 08 January 2026 (supervision and personal study)

Thursday 15 January 2026 (teaching)

Friday 16 January 2026 (teaching)

Thursday 22 January 2026 (supervision and personal study)

Thursday 29 January 2026 (teaching)

Thursday 05 February 2026 (supervision and personal study)

Thursday 12 February 2026 (teaching)

Thursday 19 February 2026 (supervision and personal study)

Thursday 26 February 2026 (teaching)

Thursday 05 March 2026 (supervision and personal study)

Thursday 12 March 2026 (teaching)

Thursday 19 March 2026 (supervision and personal study)

**Term III** Thursday 23 April 2026 (supervision and personal study)

Thursday 30 April 2026 (teaching)

Thursday 07 May 2026 (supervision and personal study)

Thursday 14 May 2026 (teaching)

Thursday 21 May 2026 (supervision and personal study)

Thursday 28 May 2026 (teaching)

Thursday 04 June 2026 (supervision and personal study)

Thursday 11 June 2026 (teaching)

Thursday 18 June 2026 (supervision and personal study)

Thursday 25 June 2026 (teaching)

Formal teaching begins with a five-day October school. For the remainder of term 1 students have weekly teaching every Thursday (9.30-5pm) and fortnightly small group supervision on Fridays. In term 2, there is a two-day teaching block at the start of term. Subsequently, teaching takes place fortnightly during term time (9.30am-4.45pm) on Thursdays, and supervision, private course related study, and live assessed assignments take place on the alternate Thursday. This pattern continues through term 3. Students are expected to carry out CBT with at least 5-6 suitable patients and receive two hours of small group supervision fortnightly (time TBA with supervisor).

In addition to attending the scheduled course activities (teaching, supervision, and live assessed assignments), students will need to set aside some 6-7 hours a week of private study, review of therapy recordings etc. On supervision days, students are required to keep the rest of the day clear for course related study and other course activities. This will provide approximately 2 to 5 hours of course-related study time per fortnight, but students will need to ensure that they set aside the necessary additional time on top of this.

# COURSE CONTENT

Topics include:

* Introduction to Psychosis and Bipolar
* Assessment and engagement
* Formulation and understanding psychological models of psychosis and bipolar
* Assessing therapist competence
* First generation CBT for Psychosis
* Experience-specific CBT for Psychosis including:
  + Working with persecutory delusions (The Feeling Safe approach)
  + Working with distressing anomalous experiences
* CBT for Bipolar Disorder
* Trauma focused CBT for psychosis
* Working in Early Intervention & At Risk Mental States
* Working with chronicity & negative symptoms
* Reasoning biases in psychosis
* Ethnicity and psychosis
* Working with Carers
* Substance use & psychosis
* Learning from lived experience of CBTp to promote engagement and recovery
* Recovery & Relapse Management

Targeted skills workshops will also be provided to support students developing key competencies.

**Small group supervision of clinical casework**

Supervised clinical practice is organised to facilitate the application of theory to practice and to develop therapist competency in the delivery of CBT for psychosis. All supervisors are experienced CBT practitioners and are trained and experienced supervisors. Students are expected to follow through at least four cases during the course and routinely to record treatment sessions to review in supervision groups. Supervisors will also provide feedback on recordings of students’ therapy sessions.

# LOCATION

Clinical supervision will be delivered online. However, taught sessions will be delivered in different modalities with some sessions being offered face to face and others online. Clinical practice is carried out at the student’s normal place of work.