

OCTC / University of Oxford courses



Collaborations between OCTC and the University of Oxford, leading to academic awards from the university.



Postgraduate Certificate in CBT (Introductory)

Course Director: Joy McGuire

Designed for people with some relevant experience but little or no specific CBT training. A comprehensive introduction to the theory and practice of CBT for common mental health problems, with 14 days of teaching over two terms, in 2- or 3-day blocks, followed by 13 weekly supervision groups in the third term (subject to university approval, a non clinical option will also be available in 2013 for those who are not in clinical practice).

Postgraduate Certificate in CBT for Psychological Trauma

Course Director: Martina Mueller

For people with some CBT training who have a particular interest in working with trauma. The impact of psychological trauma on brain function, memory and psychological development will be covered, as well as techniques for working effectively with developmental and adult trauma in a range of trauma populations. 16 days of teaching in 4 blocks over a year, with each block including a half-day of supervision groups.

Postgraduate Diploma in CBT [Accredited at Level 1 by BABCP]

Course Director: Dr Freda McManus

With over 20 years' proven track record in CBT training, this course equips practitioners with the CBT skills necessary to work with disorders and problems at all levels of complexity. Open to all mental health professionals, & consists of 39 days of teaching over three terms (on Fridays), and including weekly supervision groups. We are hoping to introduce an MSc option in autumn 2013.

Postgraduate Diploma/ MSc in Advanced Cognitive Therapy Studies

Course Director: Dr Helen Kennerley

This specialist training for experienced practitioners includes cutting edge clinical updates; high impact training skills; creative supervision principles and practice; research skills for real world clinicians; & CBT service development. The course is flexible, so you can take all the modules within one year or over up to four years – whatever suits you best.

More details, prospectuses and application forms are available on our website, or enquire with the Course Administrator, Kim Morris-Smith (contact details below).

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Behavioural and Cognitive Psychotherapy

Instructions to Authors

Submission to Behavioural and Cognitive Psychotherapy

Articles written in English and not submitted for publication elsewhere should be sent via <http://mc.manuscriptcentral.com/babcp>.

Manuscript preparation

A Word document of the manuscript must be submitted electronically and original figures can be supplied as attachments.

Articles must be typed double-spaced throughout allowing wide margins all round. Where unpublished material e.g. behaviour rating scales, therapy manuals etc, is referred to in an article, copies should be submitted as an additional document to facilitate review.

Attention should be paid to the Editorial Statement that is accessed online at <http://journals.cambridge.org/action/displayMoreInfo?jid=BCP&type=ifc>

Submissions will be sent out for review exactly as submitted. Authors who want a blind review should indicate this at the point of submission of their article, omitting details of authorship and other information. Submission for blind review is encouraged.

Abbreviations where used must be standard. The Systeme International (SI) should be used for all units; where metric units are used the SI equivalent must also be given. Probability values and power statistics should be given with statistical values and degrees of freedom (e.g. $F(1,34) = 123.07, p < .001$), but such information may be included in tables rather than the main text.

Spelling must be consistent within an article, either using British usage (*The Shorter Oxford English Dictionary*), or American usage (*Webster's New Collegiate Dictionary*). However, spelling in the list of references must be literal to each original publication.

Details of style not specified here may be determined by reference to the *Publication Manual of the American Psychological Association* or the style manual of the British Psychological Society.

Articles should conform to the following scheme:

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Tharp, R. G. and Wetzel, R. J. (1969). *Behaviour Modification in the Natural Environment*. New York: Academic Press.**Roskies, E. and Lazarus, R. S.** (1980). Coping theory and the teaching of coping skills. In P. O. Davidson and S. M. Davidson (Eds), *Behavioural Medicine: changing health lifestyles*. New York: Brunner/Mazel.
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- (i) **Figures.** Original drawings or prints must be submitted for each line or half-tone illustration. Figures should be clearly labelled and be camera-ready wherever possible.

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Behavioural and Cognitive Psychotherapy

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