



PSY 979

Advanced Assessment and Therapy

S2 Day 2017

Department of Psychology

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General Information

Unit convenor and teaching staff

Unit Convenor

Lorna Peters

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C3A 712

Unit Convenor

Carolyn Schniering

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Credit points

4

Prerequisites

(Admission to MCLinPsych or DCLinPsych) and PSY977 and PSY978

Corequisites

Co-badged status

Unit description

This unit has two aims. The first aim is to introduce the theory and practice of a range of cognitive behavioural techniques (CBT) for a variety of emotional problems. Topics include self-management, schema therapy, motivational interviewing, relapse prevention, transdiagnostic processes, as well as issues around comorbidity and integration of techniques. The second aim is to cover the principles and methods of psychological assessment in the clinical context with a focus on assessment for treatment planning and outcome assessment. The focus is on problems commonly seen in clinical practice.

Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

Learning Outcomes

On successful completion of this unit, you will be able to:

Apply an evidence-based framework for judging the quality of psychological tests.

Select assessment techniques for treatment planning and outcome assessment in the

clinical context.

Identify the appropriate assessment methods for a range of clinical problems.

Demonstrate an understanding of further CBT strategies for treating a range of emotional problems.

Demonstrate knowledge of basic therapeutic skills

Assessment Tasks

| Name | Weighting | Hurdle | Due |
|---|-----------|--------|---------|
| Assignment 1 (Treatment) | 40% | No | Week 9 |
| Assignment 2 (Assessment) | 45% | No | Week 13 |
| Mid-semester exam (Treatment) | 15% | No | Week 7 |

Assignment 1 (Treatment)

Due: **Week 9**

Weighting: **40%**

The objective of this assignment is to familiarise you with the principles of self-management and to apply these principles to establishing and maintaining some desired behaviour/s, feelings, cognitions and possibly removing some undesired or self--defeating behaviours or habits.

On successful completion you will be able to:

- Select assessment techniques for treatment planning and outcome assessment in the clinical context.
- Demonstrate an understanding of further CBT strategies for treating a range of emotional problems.
- Demonstrate knowledge of basic therapeutic skills

Assignment 2 (Assessment)

Due: **Week 13**

Weighting: **45%**

The assignment will provide an assessment plan for a client described in a case description.

On successful completion you will be able to:

- Apply an evidence-based framework for judging the quality of psychological tests.
- Select assessment techniques for treatment planning and outcome assessment in the clinical context.

- Identify the appropriate assessment methods for a range of clinical problems.

Mid-semester exam (Treatment)

Due: **Week 7**

Weighting: **15%**

A short answer test will be given mid-semester.

On successful completion you will be able to:

- Select assessment techniques for treatment planning and outcome assessment in the clinical context.
- Demonstrate an understanding of further CBT strategies for treating a range of emotional problems.
- Demonstrate knowledge of basic therapeutic skills

Delivery and Resources

For PSY979, there are two seminars a week corresponding to the separate strands: **Monday 10am-1pm** (Strand 1; Treatment; NOTE: This is listed as two separate timeslots on the university timetable - Monday 10-12 and Monday 12-1) and **Monday 3pm-5pm** (Strand 2; Assessment).

Unit Schedule

The schedule of weekly classes will be provided in the first week.

Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](#). Students should be aware of the following policies in particular with regard to Learning and Teaching:

Academic Honesty Policy http://mq.edu.au/policy/docs/academic_honesty/policy.html

Assessment Policy http://mq.edu.au/policy/docs/assessment/policy_2016.html

Grade Appeal Policy <http://mq.edu.au/policy/docs/gradeappeal/policy.html>

Complaint Management Procedure for Students and Members of the Public http://www.mq.edu.au/policy/docs/complaint_management/procedure.html

Disruption to Studies Policy (in effect until Dec 4th, 2017): http://www.mq.edu.au/policy/docs/disruption_studies/policy.html

Special Consideration Policy (in effect from Dec 4th, 2017): <https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policies/special-consideration>

In addition, a number of other policies can be found in the [Learning and Teaching Category](#) of Policy Central.

Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: https://students.mq.edu.au/support/student_conduct/

Results

Results shown in *iLearn*, or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit ask.mq.edu.au.

Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

Learning Skills

Learning Skills (mq.edu.au/learningskills) provides academic writing resources and study strategies to improve your marks and take control of your study.

- [Workshops](#)
- [StudyWise](#)
- [Academic Integrity Module for Students](#)
- [Ask a Learning Adviser](#)

Student Services and Support

Students with a disability are encouraged to contact the [Disability Service](#) who can provide appropriate help with any issues that arise during their studies.

Student Enquiries

For all student enquiries, visit Student Connect at ask.mq.edu.au

IT Help

For help with University computer systems and technology, visit http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/.

When using the University's IT, you must adhere to the [Acceptable Use of IT Resources Policy](#). The policy applies to all who connect to the MQ network including students.

Graduate Capabilities

PG - Capable of Professional and Personal Judgment and Initiative

Our postgraduates will demonstrate a high standard of discernment and common sense in their professional and personal judgment. They will have the ability to make informed choices and

decisions that reflect both the nature of their professional work and their personal perspectives.

This graduate capability is supported by:

Learning outcomes

- Apply an evidence-based framework for judging the quality of psychological tests.
- Select assessment techniques for treatment planning and outcome assessment in the clinical context.
- Identify the appropriate assessment methods for a range of clinical problems.
- Demonstrate an understanding of further CBT strategies for treating a range of emotional problems.
- Demonstrate knowledge of basic therapeutic skills

Assessment tasks

- Assignment 1 (Treatment)
- Assignment 2 (Assessment)
- Mid-semester exam (Treatment)

PG - Discipline Knowledge and Skills

Our postgraduates will be able to demonstrate a significantly enhanced depth and breadth of knowledge, scholarly understanding, and specific subject content knowledge in their chosen fields.

This graduate capability is supported by:

Learning outcomes

- Apply an evidence-based framework for judging the quality of psychological tests.
- Select assessment techniques for treatment planning and outcome assessment in the clinical context.
- Identify the appropriate assessment methods for a range of clinical problems.
- Demonstrate an understanding of further CBT strategies for treating a range of emotional problems.
- Demonstrate knowledge of basic therapeutic skills

Assessment tasks

- Assignment 1 (Treatment)
- Assignment 2 (Assessment)
- Mid-semester exam (Treatment)

PG - Critical, Analytical and Integrative Thinking

Our postgraduates will be capable of utilising and reflecting on prior knowledge and experience,

of applying higher level critical thinking skills, and of integrating and synthesising learning and knowledge from a range of sources and environments. A characteristic of this form of thinking is the generation of new, professionally oriented knowledge through personal or group-based critique of practice and theory.

This graduate capability is supported by:

Learning outcomes

- Apply an evidence-based framework for judging the quality of psychological tests.
- Select assessment techniques for treatment planning and outcome assessment in the clinical context.
- Identify the appropriate assessment methods for a range of clinical problems.
- Demonstrate an understanding of further CBT strategies for treating a range of emotional problems.
- Demonstrate knowledge of basic therapeutic skills

Assessment tasks

- Assignment 1 (Treatment)
- Assignment 2 (Assessment)
- Mid-semester exam (Treatment)

PG - Research and Problem Solving Capability

Our postgraduates will be capable of systematic enquiry; able to use research skills to create new knowledge that can be applied to real world issues, or contribute to a field of study or practice to enhance society. They will be capable of creative questioning, problem finding and problem solving.

This graduate capability is supported by:

Learning outcomes

- Apply an evidence-based framework for judging the quality of psychological tests.
- Select assessment techniques for treatment planning and outcome assessment in the clinical context.
- Identify the appropriate assessment methods for a range of clinical problems.
- Demonstrate an understanding of further CBT strategies for treating a range of emotional problems.
- Demonstrate knowledge of basic therapeutic skills

Assessment tasks

- Assignment 1 (Treatment)
- Assignment 2 (Assessment)

PG - Effective Communication

Our postgraduates will be able to communicate effectively and convey their views to different social, cultural, and professional audiences. They will be able to use a variety of technologically supported media to communicate with empathy using a range of written, spoken or visual formats.

This graduate capability is supported by:

Learning outcome

- Demonstrate knowledge of basic therapeutic skills

Assessment task

- Assignment 1 (Treatment)

PG - Engaged and Responsible, Active and Ethical Citizens

Our postgraduates will be ethically aware and capable of confident transformative action in relation to their professional responsibilities and the wider community. They will have a sense of connectedness with others and country and have a sense of mutual obligation. They will be able to appreciate the impact of their professional roles for social justice and inclusion related to national and global issues

This graduate capability is supported by:

Learning outcome

- Demonstrate knowledge of basic therapeutic skills

Assessment task

- Assignment 1 (Treatment)