



# PSYP903

## Cognitive Behavioural Therapy and Related Techniques

S1 Day 2018

*Department of Psychology*

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## General Information

Unit convenor and teaching staff

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Julie Boulis

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Credit points

4

Prerequisites

Admission to MProfPsych

Corequisites

Co-badged status

Unit description

This unit provides theory and skills training in two psychotherapeutic treatment approaches for which empirical evidence is considered to be strongest, namely, Cognitive Behaviour Therapy (CBT). Instruction in mindfulness-based treatment approaches, such as Acceptance and Commitment Therapy (ACT), is also provided. Efforts are made to ensure that students have the opportunity to observe and practice the application of these different approaches in effecting attitudinal and behavioural change. Students are instructed in the techniques underpinning each modality and are asked to reflect on the similarities and differences between the respective approaches, the sorts of presentations most likely to benefit from each approach, and whether and how these treatments might be integrated with each other and with other treatment approaches.

## 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:

Integrate and synthesise various key cognitive and behavioural therapy procedures in addressing common psychological disorders.

Critique empirically supported treatments associated with common needs and concerns presented to psychologists in practice.

Develop professional skills for interventions and therapeutic programs.

Design and implement intervention and treatment plans to test hypotheses generated from a client's presenting issues.

Differentiate and distinguish procedural knowledge of Cognitive Behaviour Therapy and Acceptance and Commitment Therapy as intervention and treatment approaches.

Implement communication skills effectively in writing and through verbal communication.

## Assessment Tasks

Name	Weighting	Hurdle	Due
<u>Self-Management Report</u>	50%	No	TBA
<u>CBT Live Skills Assessment</u>	50%	No	TBA

### Self-Management Report

Due: **TBA**

Weighting: **50%**

Self Management Report 2500 words

On successful completion you will be able to:

- Integrate and synthesise various key cognitive and behavioural therapy procedures in addressing common psychological disorders.
- Critique empirically supported treatments associated with common needs and concerns presented to psychologists in practice.
- Develop professional skills for interventions and therapeutic programs.
- Design and implement intervention and treatment plans to test hypotheses generated from a client's presenting issues.
- Differentiate and distinguish procedural knowledge of Cognitive Behaviour Therapy and Acceptance and Commitment Therapy as intervention and treatment approaches.
- Implement communication skills effectively in writing and through verbal communication.

### CBT Live Skills Assessment

Due: **TBA**

Weighting: **50%**

Live demonstration of CBT skills

Three hours small group supervision time (four in group, A interviews B, B interviews C, C

interviews D, D interviews A). Interviewees: You will be given a scenario to role play when you are being interviewed.

On successful completion you will be able to:

- Integrate and synthesise various key cognitive and behavioural therapy procedures in addressing common psychological disorders.
- Critique empirically supported treatments associated with common needs and concerns presented to psychologists in practice.
- Develop professional skills for interventions and therapeutic programs.
- Design and implement intervention and treatment plans to test hypotheses generated from a client's presenting issues.
- Differentiate and distinguish procedural knowledge of Cognitive Behaviour Therapy and Acceptance and Commitment Therapy as intervention and treatment approaches.
- Implement communication skills effectively in writing and through verbal communication.

## Delivery and Resources

The unit is comprised of lectures and workshops.

Lectures: 4 x 3 hour lecture on Wednesday

1 x 3 hour lecture on Saturday

Workshops: 4 x 3 hour workshop on Wednesday

1 x 3 hour workshop on Saturday

If more than one workshop per unit is missed, then the student is at risk of being excluded and university rules may apply.

## Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central>). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Grade Appeal Policy](#)

- [Complaint Management Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#) (**Note:** *The Special Consideration Policy is effective from 4 December 2017 and replaces the Disruption to Studies Policy.*)

Undergraduate students seeking more policy resources can visit the [Student Policy Gateway](https://students.mq.edu.au/support/study/student-policy-gateway) (<https://students.mq.edu.au/support/study/student-policy-gateway>). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

If you would like to see all the policies relevant to Learning and Teaching visit [Policy Central](http://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<http://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/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/study/getting-started/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](http://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](http://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](http://ask.mq.edu.au)

## IT Help

For help with University computer systems and technology, visit [http://www.mq.edu.au/about\\_us/](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

- Integrate and synthesise various key cognitive and behavioural therapy procedures in addressing common psychological disorders.
- Develop professional skills for interventions and therapeutic programs.
- Design and implement intervention and treatment plans to test hypotheses generated from a client's presenting issues.
- Differentiate and distinguish procedural knowledge of Cognitive Behaviour Therapy and Acceptance and Commitment Therapy as intervention and treatment approaches.
- Implement communication skills effectively in writing and through verbal communication.

#### Assessment tasks

- Self-Management Report
- CBT Live Skills Assessment

### 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

- Integrate and synthesise various key cognitive and behavioural therapy procedures in addressing common psychological disorders.
- Critique empirically supported treatments associated with common needs and concerns presented to psychologists in practice.
- Develop professional skills for interventions and therapeutic programs.

- Design and implement intervention and treatment plans to test hypotheses generated from a client's presenting issues.
- Differentiate and distinguish procedural knowledge of Cognitive Behaviour Therapy and Acceptance and Commitment Therapy as intervention and treatment approaches.
- Implement communication skills effectively in writing and through verbal communication.

## **Assessment tasks**

- Self-Management Report
- CBT Live Skills Assessment

## **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**

- Integrate and synthesise various key cognitive and behavioural therapy procedures in addressing common psychological disorders.
- Critique empirically supported treatments associated with common needs and concerns presented to psychologists in practice.
- Develop professional skills for interventions and therapeutic programs.
- Design and implement intervention and treatment plans to test hypotheses generated from a client's presenting issues.
- Differentiate and distinguish procedural knowledge of Cognitive Behaviour Therapy and Acceptance and Commitment Therapy as intervention and treatment approaches.
- Implement communication skills effectively in writing and through verbal communication.

## **Assessment tasks**

- Self-Management Report
- CBT Live Skills Assessment

## **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**

- Integrate and synthesise various key cognitive and behavioural therapy procedures in addressing common psychological disorders.
- Critique empirically supported treatments associated with common needs and concerns presented to psychologists in practice.
- Design and implement intervention and treatment plans to test hypotheses generated from a client's presenting issues.
- Differentiate and distinguish procedural knowledge of Cognitive Behaviour Therapy and Acceptance and Commitment Therapy as intervention and treatment approaches.
- Implement communication skills effectively in writing and through verbal communication.

## **Assessment tasks**

- Self-Management Report
- CBT Live Skills 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 outcomes**

- Integrate and synthesise various key cognitive and behavioural therapy procedures in addressing common psychological disorders.
- Critique empirically supported treatments associated with common needs and concerns presented to psychologists in practice.
- Develop professional skills for interventions and therapeutic programs.
- Design and implement intervention and treatment plans to test hypotheses generated from a client's presenting issues.
- Differentiate and distinguish procedural knowledge of Cognitive Behaviour Therapy and Acceptance and Commitment Therapy as intervention and treatment approaches.
- Implement communication skills effectively in writing and through verbal communication.

## **Assessment tasks**

- Self-Management Report
- CBT Live Skills Assessment



## 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 outcomes

- Integrate and synthesise various key cognitive and behavioural therapy procedures in addressing common psychological disorders.
- Critique empirically supported treatments associated with common needs and concerns presented to psychologists in practice.
- Develop professional skills for interventions and therapeutic programs.
- Design and implement intervention and treatment plans to test hypotheses generated from a client's presenting issues.
- Differentiate and distinguish procedural knowledge of Cognitive Behaviour Therapy and Acceptance and Commitment Therapy as intervention and treatment approaches.
- Implement communication skills effectively in writing and through verbal communication.

### Assessment tasks

- Self-Management Report
- CBT Live Skills Assessment

## Changes since First Published

Date	Description
19/02/2018	Overview of Assessment
13/12/2017	student is at risk