PSYP905

Additional Therapeutic Modalities

S1 Day 2018

Department of Psychology

Contents

General Information

Unit convenor and teaching staff
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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 additional therapeutic modalities that are highly regarded by many professional psychologists, namely, Schema Therapy and Interpersonal Psychotherapy (IPT). An introduction to Dialectical Behaviour Therapy (DBT) and Psychodynamic Psychotherapy, is also provided. The key elements of each of these approaches are examined and illustrated. As with PSYP903, the unit is interactive and experiential in that students are supervised whilst observing and practising application of the different approaches. Students are again asked to reflect on the sorts of presentations most likely to benefit from each approach and whether and how these approaches 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:

Critique the theoretical models and approaches for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.

Review the clinical stages and goals of treatment for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.

Design and implement Interpersonal Psychotherapy, Schema Mode Therapy and

Dialectical Behaviour Therapy as evidence-based psychological interventions. Critically appraise outcome studies comparing Psychoanalytic and Psychodynamic therapy with other therapies.

Recognise the role of a psychologist with the issues and obstacles inherent in working professionally with clients and other professionals.

Develop professional skills for Interpersonal Psychotherapy and Schema Therapy.

Assessment Tasks

Name	Weighting	Hurdle	Due
Schema Live Skills Assessment	40%	No	TBA
CBT Essay	60%	No	TBA

Schema Live Skills Assessment

Due: **TBA**
Weighting: **40%**

Schema Live Skills Assessment

 A interviews B -C, B interviews C-A, C interviews A-B. 40 minutes each (25 minute role play plus 15 minutes discussion). For this small group supervision live skills assessment you need to role play a situation where you are using one of three maladaptive modes of coping with an interpersonal situation.

On successful completion you will be able to:
- Critique the theoretical models and approaches for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.
- Review the clinical stages and goals of treatment for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.
- Design and implement Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy as evidence-based psychological interventions.
- Critically appraise outcome studies comparing Psychoanalytic and Psychodynamic therapy with other therapies.
- Recognise the role of a psychologist with the issues and obstacles inherent in working professionally with clients and other professionals.
- Develop professional skills for Interpersonal Psychotherapy and Schema Therapy.

CBT Essay

Due: **TBA**

Weighting: **60%**

Psychodynamic Psychotherapy vs CBT Essay 2500 words

On successful completion you will be able to:
- Critique the theoretical models and approaches for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.
- Review the clinical stages and goals of treatment for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.
- Design and implement Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy as evidence-based psychological interventions.
- Critically appraise outcome studies comparing Psychoanalytic and Psychodynamic therapy with other therapies.
- Recognise the role of a psychologist with the issues and obstacles inherent in working professionally with clients and other professionals.
- Develop professional skills for Interpersonal Psychotherapy and Schema Therapy.

Delivery and Resources

The unit is comprised of lectures and workshops.

Lectures: 3 x 3 hour lecture on Wednesday

2 x 3 hour lecture on Saturday

Workshops: 3 x 3 hour workshop on Wednesday

2 x 3 hour workshop on Saturday

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

Learning and Teaching Activities

IPT

Role play and Debate

DBT

Small group supervision

Psychodynamic Approaches

Small group discussion and peer review

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). 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). 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 (https://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.

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

- Review the clinical stages and goals of treatment for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.
- Design and implement Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy as evidence-based psychological interventions.
- Critically appraise outcome studies comparing Psychoanalytic and Psychodynamic therapy with other therapies.
- Recognise the role of a psychologist with the issues and obstacles inherent in working professionally with clients and other professionals.

Assessment tasks

- Schema Live Skills Assessment
- CBT Essay

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

- Review the clinical stages and goals of treatment for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.
- Design and implement Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy as evidence-based psychological interventions.
- Critically appraise outcome studies comparing Psychoanalytic and Psychodynamic therapy with other therapies.
- Recognise the role of a psychologist with the issues and obstacles inherent in working professionally with clients and other professionals.
- Develop professional skills for Interpersonal Psychotherapy and Schema Therapy.

Assessment tasks

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- CBT Essay

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

- Critique the theoretical models and approaches for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.
- Review the clinical stages and goals of treatment for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.
- Critically appraise outcome studies comparing Psychoanalytic and Psychodynamic therapy with other therapies.
- Develop professional skills for Interpersonal Psychotherapy and Schema Therapy.

Assessment tasks

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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

- Critique the theoretical models and approaches for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.
- Review the clinical stages and goals of treatment for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.
- Design and implement Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy as evidence-based psychological interventions.
- Critically appraise outcome studies comparing Psychoanalytic and Psychodynamic therapy with other therapies.

Assessment tasks

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- CBT Essay

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

- Review the clinical stages and goals of treatment for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.
- Design and implement Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy as evidence-based psychological interventions.
- Critically appraise outcome studies comparing Psychoanalytic and Psychodynamic

therapy with other therapies.

- Recognise the role of a psychologist with the issues and obstacles inherent in working professionally with clients and other professionals.
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Assessment tasks

- Schema Live Skills Assessment
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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

- Review the clinical stages and goals of treatment for Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy.
- Design and implement Interpersonal Psychotherapy, Schema Mode Therapy and Dialectical Behaviour Therapy as evidence-based psychological interventions.
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Assessment tasks

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Changes since First Published

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