



# PSYC8985

## Clinical Psychology Therapy 1

Session 1, Weekday attendance, North Ryde 2020

*Department of Psychology*

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#### **Disclaimer**

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## General Information

Unit convenor and teaching staff

Convenor and Lecturer

Maria Kangas

[maria.kangas@mq.edu.au](mailto:maria.kangas@mq.edu.au)

Email for appointment

Carolyn Schniering

[carolyn.schniering@mq.edu.au](mailto:carolyn.schniering@mq.edu.au)

Credit points

10

Prerequisites

Admission to MClInPsych

Corequisites

Co-badged status

Unit description

This unit covers the theoretical frameworks informing initial assessment and case formulation in tailoring and implementing a treatment intervention based on evidence-based cognitive and behavioural therapy (CBT) techniques. The specific aims of the unit are to introduce students to core counselling skills within the context of the client-therapist relationship, taking into account ethical practices in working with clients from diverse cultural backgrounds. Students will be introduced to the core components of (evolving) current evidence-based CBT [including cognitive therapy, behavioural strategies, exposure techniques and behavioural activation therapy) and will acquire some of the practical skills necessary to become a scientist-practitioner in the treatment of patients with anxiety, trauma and stress-related disorders (including adjustment), and mood/depressive disorders. Students will learn how to effectively draw upon and integrate interviewing, counselling and therapeutic skills associated with the cognitive behavioural therapies, as well as monitoring treatment progress and outcomes. Emphasis will be placed on client engagement, therapeutic alliance including managing ruptures, and reflective practice.

## Important Academic Dates

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

## Learning Outcomes

**ULO1:** Gather relevant information from the initial interview to inform an evidence-based case formulation.

**ULO2:** Develop and maintain the therapeutic alliance during the initial assessment.

**ULO3:** Apply relevant evidence-based core CBT techniques in treating anxiety, stress, trauma-related, and depressive disorders in an integrated manner.

**ULO4:** Critically evaluate the current evidence base in integrating therapeutic approaches in the treatment of anxiety, stress/trauma, adjustment and depressive disorders.

**ULO5:** Explain how to monitor treatment progress and outcomes, inclusive of the need to revise a case formulation as new information unfolds through the course of therapy.

## General Assessment Information

Please see links to the Assessment Policy and the Special Consideration Policy in the Policies and Procedures section of this Unit Guide.

### Late submissions

All assessment tasks have a strict due date. Ordinarily, no extensions of time for submission of assessment tasks will be granted. If students experience unexpected, unavoidable, and serious circumstances affecting submission of assessable work they may lodge an application for Special Consideration via [ask.mq.edu.au](http://ask.mq.edu.au) with supporting documentary evidence. All requests for special consideration must be made no later than five working days after the due date of the assessment task. Where special consideration has not been granted, late submissions will not be accepted.

### Hurdle requirements

All of the assessment tasks are hurdle requirements - they require a minimum level of performance in order for students to pass the Unit. The assessment tasks allow demonstration of 'fitness to practice' as a clinical psychologist, which is essential prior to the first placement in the Macquarie University Psychology Clinic. Consistent with the Assessment Policy of the University, students who make a serious attempt at the task but fail to meet the required standards, will be provided with one additional opportunity to complete the task to a satisfactory standard. Failure of the second attempt will result in a Fail (FH) grade for the entire unit (even if the raw mark for the Unit is over 50) and this, in turn, will result in a delay in starting the Clinic placement or further placements. The required standards for the hurdle tasks will be provided via iLearn prior to completion of the task.

## Assessment Tasks

Name	Weighting	Hurdle	Due
<a href="#">Viva 1 and Report</a>	20%	Yes	Week 4: 20th March 2020
<a href="#">Ethical Practice Report</a>	10%	Yes	Week 12
<a href="#">VIVA 2 and Reflective Report</a>	45%	Yes	Week 13: 4th and 5th June 2020
<a href="#">Treatment plan report</a>	15%	Yes	Week 8: Tuesday 28th April 2020
<a href="#">Risk Assessment Quiz</a>	10%	Yes	Week 6: Tuesday 31st March 2020

### Viva 1 and Report

Assessment Type <sup>1</sup>: Viva/oral examination

Indicative Time on Task <sup>2</sup>: 20 hours

Due: **Week 4: 20th March 2020**

Weighting: **20%**

**This is a hurdle assessment task (see [assessment policy](#) for more information on hurdle assessment tasks)**

Students will be conducting part of the initial assessment and preliminary case formulation (15 mins) followed by the submission of 500 word reflective report.

On successful completion you will be able to:

- Gather relevant information from the initial interview to inform an evidence-based case formulation.
- Develop and maintain the therapeutic alliance during the initial assessment.
- Apply relevant evidence-based core CBT techniques in treating anxiety, stress, trauma-related, and depressive disorders in an integrated manner.
- Explain how to monitor treatment progress and outcomes, inclusive of the need to revise a case formulation as new information unfolds through the course of therapy.

### Ethical Practice Report

Assessment Type <sup>1</sup>: Report

Indicative Time on Task <sup>2</sup>: 8 hours

Due: **Week 12**

Weighting: **10%**

**This is a hurdle assessment task (see [assessment policy](#) for more information on hurdle assessment tasks)**

Students will be required to complete a brief 1000 word report based on full day ethics workshop

On successful completion you will be able to:

- Gather relevant information from the initial interview to inform an evidence-based case formulation.
- Develop and maintain the therapeutic alliance during the initial assessment.
- Explain how to monitor treatment progress and outcomes, inclusive of the need to revise a case formulation as new information unfolds through the course of therapy.

## VIVA 2 and Reflective Report

Assessment Type <sup>1</sup>: Viva/oral examination

Indicative Time on Task <sup>2</sup>: 25 hours

Due: **Week 13: 4th and 5th June 2020**

Weighting: **45%**

**This is a hurdle assessment task (see [assessment policy](#) for more information on hurdle assessment tasks)**

Students will be required to conduct a 20 minute therapy segment and submit an 800 word reflective report based on performance.

On successful completion you will be able to:

- Gather relevant information from the initial interview to inform an evidence-based case formulation.
- Develop and maintain the therapeutic alliance during the initial assessment.
- Apply relevant evidence-based core CBT techniques in treating anxiety, stress, trauma-related, and depressive disorders in an integrated manner.
- Critically evaluate the current evidence base in integrating therapeutic approaches in the treatment of anxiety, stress/trauma, adjustment and depressive disorders.
- Explain how to monitor treatment progress and outcomes, inclusive of the need to revise a case formulation as new information unfolds through the course of therapy.

## Treatment plan report

Assessment Type <sup>1</sup>: Report

Indicative Time on Task <sup>2</sup>: 18 hours

Due: **Week 8: Tuesday 28th April 2020**

Weighting: **15%**

**This is a hurdle assessment task (see [assessment policy](#) for more information on hurdle assessment tasks)**

Students will be required to demonstrate in 2200 words that they can formulate an evidence based treatment plan to address the client's presenting problem (based on a client vignette), as well as discuss the recommended treatment formulation with the client.

On successful completion you will be able to:

- Gather relevant information from the initial interview to inform an evidence-based case formulation.
- Develop and maintain the therapeutic alliance during the initial assessment.
- Apply relevant evidence-based core CBT techniques in treating anxiety, stress, trauma-related, and depressive disorders in an integrated manner.
- Critically evaluate the current evidence base in integrating therapeutic approaches in the treatment of anxiety, stress/trauma, adjustment and depressive disorders.
- Explain how to monitor treatment progress and outcomes, inclusive of the need to revise a case formulation as new information unfolds through the course of therapy.

## Risk Assessment Quiz

Assessment Type <sup>1</sup>: Quiz/Test

Indicative Time on Task <sup>2</sup>: 4 hours

Due: **Week 6: Tuesday 31st March 2020**

Weighting: **10%**

**This is a hurdle assessment task (see [assessment policy](#) for more information on hurdle assessment tasks)**

Students will complete 6- 7 short answer and 3- 4 multiple choice questions online. No time limit to complete. Due 24 hours following workshop.

On successful completion you will be able to:

- Gather relevant information from the initial interview to inform an evidence-based case formulation.
- Apply relevant evidence-based core CBT techniques in treating anxiety, stress, trauma-related, and depressive disorders in an integrated manner.
- Explain how to monitor treatment progress and outcomes, inclusive of the need to revise a case formulation as new information unfolds through the course of therapy.

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<sup>1</sup> If you need guidance or support to understand or complete this type of assessment, please contact the Learning Skills Team

<sup>2</sup> Indicative time-on-task is an estimate of the time required for completion of the assessment task and is subject to individual variation

## Delivery and Resources

There will be one 2 to 3-hour seminar per week (Tuesday 9 - 12noon) throughout Session 1.

Students will also be required to attend 4 full day workshops in the following weeks:

- 1) Week 1 - Friday 28th Feb
- 2) Week 5 - Friday 27th March
- 3) Week 8 - Friday 1st May
- 4) Week 11 - Friday 22nd May

Students must also be available to attend their specific designated time (TBA in class with 2 weeks notice) for their Live VIVA assessments on the following weeks:

- 1) Week 4 - Friday 20th March
- 2) Week 13 - Thursday and Friday 4th and 5th June

Teaching will include seminar presentations, role-plays, practical skills training, class discussions, and video and/or audio clips. There will be weekly required readings. Additional resources and reading material will be provided throughout the course during the relevant sections.

## Unit Schedule

The schedule of seminars and workshops for this unit are listed below.

Week	Date	Topic	Lecturer
1	Tuesday 25 Feb	Introduction to unit: Conducting Initial Assessment using a CBT framework	Maria Kangas (MK)
1	<i>Friday 28 Feb</i>	Initial assessment and introduction to counselling skills in developing a client-therapist relationship  <i>[Full day Workshop]</i>	MK
2	Tuesday 3 March	CBT based Case Formulation	MK
3	Tuesday 10 March	Case Formulation (CF) – Part 2	MK
4	Friday 20 March	Live Viva Assessments  <i>[Students will be allocated set times]</i>	MK
5	Tuesday 24 March	Mood disorders – Part 1	MK
5	<i>Friday 27 March</i>	Risk Assessment/Suicide Full day workshop	MK
6	Tuesday 31 March	Mood disorders – Part 2	MK
7	Tuesday 7 April	Mood disorders – Part 3	MK

Mid-Session Break: 10 <sup>th</sup> to 24 <sup>th</sup> April			
8	Tuesday 28 April	Anxiety /Stress disorders – Part 1	MK
8	Friday 1 May	Working with clients from diverse cultural backgrounds [ Full day Workshop]	Jennie Hudson
9	Tuesday 5 May	Anxiety /Stress Disorders – Part 2	MK
10	Tuesday 12 May	Anxiety /Stress Disorders – Part 3	MK
11	Tuesday 19 May	Anxiety /Stress Disorders – Part 4	MK
11	Friday 22 May	Ethics Full day Workshop	Carolyn Schniering
12	Tuesday 26 May	Anxiety /Stress Disorders – Part 5	MK
13	Thursday and Friday 4 <sup>th</sup> and 5 <sup>th</sup> June 2020	Live Viva Assessments  [Students will be allocated set times]	Maria Kangas

## 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.*)



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 published on platform other than [eStudent](#), (eg. iLearn, Coursera etc.) 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) or if you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@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 Enquiry Service

For all student enquiries, visit Student Connect at [ask.mq.edu.au](http://ask.mq.edu.au)

If you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## Equity 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.

## IT Help

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

## Changes since First Published

Date	Description
17/ 02/ 2020	There was a technical glitch and all assessments have now been correctly updated to reflect they are all Hurdle assessments for this unit.