



# PSYP8903

## Cognitive Behavioural Therapy and Related Techniques

Session 1, Intensive attendance, North Ryde 2021

*Archive (Pre-2022) - Department of Psychology*

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#### Disclaimer

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#### Notice

As part of [Phase 3 of our return to campus plan](#), most units will now run tutorials, seminars and other small group activities on campus, and most will keep an online version available to those students unable to return or those who choose to continue their studies online.

To check the availability of face-to-face activities for your unit, please go to [timetable viewer](#). To check detailed information on unit assessments visit your unit's iLearn space or consult your unit convenor.

## General Information

Unit convenor and teaching staff

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Credit points

10

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:

**ULO1:** Integrate and synthesise various key cognitive and behavioural therapy procedures in addressing common psychological disorders.

**ULO2:** Critique empirically supported treatments associated with common needs and concerns presented to psychologists in practice.

**ULO3:** Develop professional skills for interventions and therapeutic programs.

**ULO4:** Design and implement intervention and treatment plans to test hypotheses generated from a client's presenting issues.

**ULO5:** Implement communication skills effectively in writing and through verbal communication.

## General Assessment Information

### 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.

## Assessment Tasks

Name	Weighting	Hurdle	Due
Self- managed report	50%	No	TBA
CBT Live Skills Assessment	50%	No	TBA

### Self- managed report

Assessment Type <sup>1</sup>: Case study/analysis

Indicative Time on Task <sup>2</sup>: 48 hours

Due: **TBA**

Weighting: **50%**

This assignment should be viewed as a self- monitoring/self-management task, selecting a behavioural aspect for development as a psychologist and designing an intervention plan to effect change. - 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.
- Implement communication skills effectively in writing and through verbal communication.

### CBT Live Skills Assessment

Assessment Type <sup>1</sup>: Clinical performance evaluation

Indicative Time on Task <sup>2</sup>: 48 hours

Due: **TBA**

Weighting: **50%**

Demonstrate CBT Skills in response to a vignette provided during the assessment.

On successful completion you will be able to:

- 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.

- Implement communication skills effectively in writing and through verbal communication.

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<sup>1</sup> If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment
- the [Writing Centre](#) for academic skills support.

<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

The unit is comprised of lectures and workshops.

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://policies.mq.edu.au) (<https://policies.mq.edu.au>). 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](#)

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

To find other policies relating to Teaching and Learning, visit [Policy Central](https://policies.mq.edu.au) (<https://policies.mq.edu.au>) and use the [search tool](#).

## Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/admin/other-resources/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](mailto: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 help you improve your marks and take control of your study.

- [Getting help with your assignment](#)
- [Workshops](#)
- [StudyWise](#)
- [Academic Integrity Module](#)

The Library provides online and face to face support to help you find and use relevant information resources.

- [Subject and Research Guides](#)
- [Ask a Librarian](#)

## 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](mailto:ask.mq.edu.au)

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