



PSYC8985

Clinical Psychology Therapy 1

Session 1, Weekday attendance, North Ryde 2021

Archive (Pre-2022) - Department of Psychology

Contents

<u>General Information</u>	2
<u>Learning Outcomes</u>	2
<u>General Assessment Information</u>	3
<u>Assessment Tasks</u>	3
<u>Delivery and Resources</u>	6
<u>Unit Schedule</u>	7
<u>Policies and Procedures</u>	7

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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

Maria Kangas

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Carolyn Schniering

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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://www.mq.edu.au/study/calendar-of-dates>

Learning Outcomes

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

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

VIVAs take place in-person, whilst Reflective and Case reports are to be submitted via Turnitin.

Specific Due dates for Assessments will be confirmed on the Ilearn page during Week 1 of session.

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 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, and when possible, should be requested in advance as there is no guarantee for extensions. When special consideration has not been granted, late submissions will not be accepted.

Hurdle requirements All of the assessment tasks are hurdle requirements - hence, 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 requisite assessment task.

Assessment Tasks

Name	Weighting	Hurdle	Due
<u>Viva 1 and Report</u>	20%	Yes	Week 4
<u>Risk Assessment Quiz</u>	10%	Yes	Week 6: 1st April 2021

Name	Weighting	Hurdle	Due
Treatment plan report	15%	Yes	Week 8: 26th April 2021
VIVA 2 and Reflective Report	45%	Yes	Week 13
Ethical Practice Report	10%	Yes	Week 13

Viva 1 and Report

Assessment Type ¹: Viva/oral examination

Indicative Time on Task ²: 20 hours

Due: **Week 4**

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.

Risk Assessment Quiz

Assessment Type ¹: Quiz/Test

Indicative Time on Task ²: 4 hours

Due: **Week 6: 1st April 2021**

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.

Treatment plan report

Assessment Type ¹: Report

Indicative Time on Task ²: 18 hours

Due: **Week 8: 26th April 2021**

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.

VIVA 2 and Reflective Report

Assessment Type ¹: Viva/oral examination

Indicative Time on Task ²: 25 hours

Due: **Week 13**

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.

Ethical Practice Report

Assessment Type ¹: Report

Indicative Time on Task ²: 8 hours

Due: **Week 13**

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.

¹ 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.

² 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 3 full day workshops in the following weeks:

1) Week 1 - Friday 26th Feb

2) Week 8 - Friday 30th April

3) Week 12 - latter part of week (date TBC)

Students will also be required to complete an online workshop during the weeks between 5 and 6.

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 - Thursday and Friday 18th and 19th March

2) Week 13 - Thursday and Friday 3rd and 4th June.

Teaching will include seminar live and online 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.

Students are expected to present to all seminars on time. Pre-planned late arrivals and missed seminars must be discussed in advance with the Unit Convenor/Course Director.

Unit Schedule

This will be made available on the Unit iLearn page at the beginning of Week 1, Session 1.

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 or if you are a Global MBA student contact 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) 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

If you are a Global MBA student contact 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/.

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.