



PSYP8903

Cognitive Behavioural Therapy and Related Techniques

Session 1, In person-scheduled-intensive, North Ryde 2022

School of Psychological Sciences

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General Information

Unit convenor and teaching staff

Julie Boulis

julie.boulis@mq.edu.au

Josephine Paparo

josephine.paparo@mq.edu.au

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

Please see iLearn for detailed descriptions of assessment requirements and the rubrics used to provide feedback.

All assessments for this unit are compulsory in order to be eligible to pass the unit. Any student who does not attempt an assessment in this unit will be granted a Fail Absent grade.

All extensions need to be formally requested via ask.mq.edu.au in line with the special consideration policy.

Late submissions, without an approved extension, will receive a 5% per day penalty including weekends and public holidays. No late submissions will be accepted more than 5 days after the submission deadline, unless special consideration has been granted.

In line with policy for the majority of units in the MPP program, letter grades, not numeric marks, will be released for assessment tasks in this unit.

Any requests for remark need to follow the Psychology process and must be applied within 2 weeks of the assessment task being returned.

Assessment Tasks

Name	Weighting	Hurdle	Due
CBT Live Skills Assessment	50%	No	Sunday 15th May 2022 by 23:00
Self- managed report	50%	No	Sunday 22nd May 2022 by 23:00

CBT Live Skills Assessment

Assessment Type ¹: Clinical performance evaluation

Indicative Time on Task ²: 48 hours

Due: **Sunday 15th May 2022 by 23:00**

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.

Self- managed report

Assessment Type ¹: Case study/analysis

Indicative Time on Task ²: 48 hours

Due: **Sunday 22nd May 2022 by 23:00**

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.

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

This course consists of five workshops from 9am to 4pm. Each workshop will have a lecture component and hands-on skills practice component. Please see iLearn for instructions, slides, additional resources and reading materials relevant for each workshop. These can be found in the allocated section on iLearn for each individual workshop.

Unit Schedule

- Workshop 1 (Wednesday 13th April 2022) CBT 1
- Workshop 2 (Wednesday 20th April 2022) CBT 2
- Workshop 3 (Wednesday 27th April 2022) CBT 3 ACT/MIndfulness
- Workshop 4 (Wednesday 13rd April 2022) CBT 4

- Workshop 5 (Wednesday 11 May 2022) CBT Skills Assessment Preparation

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](#)
- [Assessment Procedure](#)
- [Complaints Resolution 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

Academic Integrity

At Macquarie, we believe [academic integrity](#) – honesty, respect, trust, responsibility, fairness and courage – is at the core of learning, teaching and research. We recognise that meeting the expectations required to complete your assessments can be challenging. So, we offer you a range of resources and services to help you reach your potential, including free [online writing and maths support](#), [academic skills development](#) and [wellbeing consultations](#).

Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

The Writing Centre

The Writing Centre provides resources to develop your English language proficiency, academic writing, and communication skills.

- [Workshops](#)
- [Chat with a WriteWISE peer writing leader](#)
- [Access StudyWISE](#)
- [Upload an assignment to Studiosity](#)
- [Complete the 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

Macquarie University offers a range of [Student Support Services](#) including:

- [IT Support](#)
- [Accessibility and disability support](#) with study
- Mental health [support](#)
- [Safety support](#) to respond to bullying, harassment, sexual harassment and sexual assault
- [Social support including information about finances, tenancy and legal issues](#)

Student Enquiries

Got a question? Ask us via [AskMQ](#), or contact [Service Connect](#).

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.