PSYC14049 *Professional Practice of Cognitive Therapies*
Term 3 - 2020

Profile information current as at 19/04/2024 05:15 pm

All details in this unit profile for PSYC14049 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview
This unit focuses on both conceptual and practical implications of cognitive behavioural theories. You will have opportunity to explore and learn the different approaches and theoretical debates for the use of cognitive behavioural theory in evidence-based practice of psychology.

Details
Career Level: *Undergraduate*
Unit Level: *Level 4*
Credit Points: *6*
Student Contribution Band: *10*
Fraction of Full-Time Student Load: *0.125*

Pre-requisites or Co-requisites
Students must be enrolled in CC42 Bachelor of Psychological Science (Honours).
Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the Assessment Policy and Procedure (Higher Education Coursework).

Offerings For Term 3 - 2020

- Online

Attendance Requirements
All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website
This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

Regional Campuses
Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

Metropolitan Campuses
Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **Practical Assessment**
Weighting: 25%
2. **Written Assessment**
Weighting: 20%
3. **Online Quiz(zes)**
Weighting: 15%
4. **Online Test**
Weighting: 40%

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the University's Grades and Results Policy for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the CQUniversity Policy site.
You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the CQUniversity Policy site.

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from Student Unit and Teaching Evaluation (SUTE).

Feedback
Would like weekly tutorials.

Recommendation
Tutorials will be offered weekly, alongside recorded material.

Feedback from Student Unit and Teaching Evaluation (SUTE).

Feedback
Enjoyed the psychoeducational assessment piece.

Recommendation
The psychoeducational assessment will be retained.

Feedback from Student Unit and Teaching Evaluation (SUTE).

Feedback
The moodle site is ok on a desktop computer but pretty poor for mobile or other smart devices.

Recommendation
Material presented on Moodle will be changed to a tile format which is more easily accessible on a variety of devices.

Unit Learning Outcomes

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

1. Apply a theoretical and practical understanding of the cognitive therapy model
2. Use case information to formulate case conceptualisations and basic treatment plans with appropriate processes and principles of cognitive therapy
3. Apply core principles of ethical and professional practice to therapeutic processes across psychological case studies and themes
4. Use cognitive therapy processes and decision-making strategies in case-study presentations.

Learning outcomes fulfil the level 2 pre-professional competencies required by the updated Australian Psychology Accreditation Council (APAC) guidelines. The learning outcomes also meet the study criteria as specified by the Psychology Board of Australia (PsyBA) as appropriate for study at level 8 as stated by the Australian Qualifications Framework (AQF).

Alignment of Learning Outcomes, Assessment and Graduate Attributes

— N/A Level ◦ Introductory Level • Intermediate Level • Graduate Level ◦ Professional Level ◦ Advanced Level

Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Online Quiz(zes) - 15%			•	•
2 - Practical Assessment - 25%	•			

Assessment Tasks	Learning Outcomes			
	1	2	3	4
3 - Written Assessment - 20%		•		•
4 - Online Test - 40%	•	•	•	

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes			
	1	2	3	4
1 - Communication		•	•	•
2 - Problem Solving		•	•	•
3 - Critical Thinking	•	•	•	•
4 - Information Literacy				
5 - Team Work				
6 - Information Technology Competence				
7 - Cross Cultural Competence	•			
8 - Ethical practice	•	•		•
9 - Social Innovation				
10 - Aboriginal and Torres Strait Islander Cultures				

Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Online Quiz(zes) - 15%		•	•	•			•	•		
2 - Practical Assessment - 25%	•	•	•			•	•	•		
3 - Written Assessment - 20%	•	•	•	•			•	•		
4 - Online Test - 40%	•	•	•				•	•		

Textbooks and Resources

Textbooks

PSYC14049

Prescribed

Cognitive behavior therapy: Basics and beyond
Edition: 2nd ed (2011)
Authors: Beck, J. S.
Guildford Press
New York , New York , United States of America
ISBN: 9781609185046
Binding: Hardcover

View textbooks at the CQUniversity Bookshop

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

Referencing Style

All submissions for this unit must use the referencing style: American Psychological Association 7th Edition (APA 7th edition)
For further information, see the Assessment Tasks.

Teaching Contacts

Tina McAdie Unit Coordinator
t.mcadie@cqu.edu.au
Helen Mason Unit Coordinator
h.g.mason@cqu.edu.au
Sarah Blunden Unit Coordinator
s.blunden@cqu.edu.au

Schedule

Week 1 - 09 Nov 2020

Module/Topic	Chapter	Events and Submissions/Topic
Introduction, principles, the therapeutic relationship	Chapters 1 and 2	

Week 2 - 16 Nov 2020

Module/Topic	Chapter	Events and Submissions/Topic
Case conceptualisation	Chapter 3	

Week 3 - 23 Nov 2020

Module/Topic	Chapter	Events and Submissions/Topic
Evaluation and assessment	Chapter 4	

Week 4 - 30 Nov 2020

Module/Topic	Chapter	Events and Submissions/Topic

First and second therapy sessions	Chapters 5 and 7	

Vacation Week - 07 Dec 2020

Module/Topic	Chapter	Events and Submissions/Topic

Week 5 - 14 Dec 2020

Module/Topic	Chapter	Events and Submissions/Topic
Thoughts and emotions	Chapters 9 and 10	

Week 6 - 21 Dec 2020

Module/Topic	Chapter	Events and Submissions/Topic
Behavioural and additional interventions	Chapters 6 and 15	

Vacation Week - 28 Dec 2020

Module/Topic	Chapter	Events and Submissions/Topic

Week 7 - 04 Jan 2021

Module/Topic	Chapter	Events and Submissions/Topic
Mindfulness and mindfulness-based cognitive behavioural therapy (MCBT)	Selected Moodle readings	**Assessment due**: Video recording of psychoeducation session (25% of your total grade). Due 9am (QLD time) Monday 4th of January. **Video Recording of Psychoeducation Session (25% of your total grade)** Due: Week 7 Monday (4 Jan 2021) 9:00 am AEST

Week 8 - 11 Jan 2021

Module/Topic	Chapter	Events and Submissions/Topic
Treatment planning for anxiety disorders	Chapter 19	

Week 9 - 18 Jan 2021

Module/Topic	Chapter	Events and Submissions/Topic
Client homework	Chapter 17	

Week 10 - 25 Jan 2021

Module/Topic	Chapter	Events and Submissions/Topic
Client homework - troubleshooting	Chapter 20	**Assessment due**: Case report, formulation and treatment plan (20% of your total grade). Due 9am (QLD time) Monday the 25th of January. **Case Report, Formulation and Treatment Plan (20% of your total grade)** Due: Week 10 Monday (25 Jan 2021) 9:00 am AEST

Week 11 - 01 Feb 2021

Module/Topic	Chapter	Events and Submissions/Topic
Termination, relapse prevention, therapist competency	Chapter 18 and selected Moodle readings	Online quiz (worth 15% of your total grade) is available from 7am (QLD time) on Friday the 5th of February through to 11.59pm (QLD time) Monday the 8th of February.

Week 12 - 08 Feb 2021

Module/Topic	Chapter	Events and Submissions/Topic

Review of course content and skills	No formal reading	**Assessment due**: Online quiz (worth 15% of your total grade). Due 11.59pm (QLD time) Monday the 8th of February. **Online Quiz (15% of your total grade)** Due: Week 12 Monday (8 Feb 2021) 12:00 am AEST
Exam Week - 15 Feb 2021		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
		Assessment due: Online test will be scheduled during the Exam week (date tbc). This is worth 40% of your final grade.

Assessment Tasks

1 Video Recording of Psychoeducation Session (25% of your total grade)

Assessment Type
Practical Assessment

Task Description
Video recording of a psycho-education session (100%)
You will record and submit a video of a psycho-education session.

- The assignment is an opportunity to demonstrate your professional practice in the delivery of a basic component of cognitive behaviour therapy (CBT).
- Specifically, you will provide a psycho-education session to a client on the cognitive behavioural model.
- Competence in psycho-education and socialising the client to the CBT model is a fundamental element of the therapeutic process.
- Further details including marking criteria are provided on the Moodle site.

Assessment Due Date
Week 7 Monday (4 Jan 2021) 9:00 am AEST

Return Date to Students
Week 10 Monday (25 Jan 2021)
Feedback and the mark will be uploaded to Moodle

Weighting
25%

Assessment Criteria

- The video is marked with reference to the Cognitive Therapy Rating Scale. Please refer to Appendix C in the textbook and the feedback sheet on the PSYC14049 Moodle site.
- Referencing Style - American Psychological Association (APA 7th Edition).

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Submission Instructions
Make sure that the file is not too big to be uploaded (refer to information provided in Moodle)

Learning Outcomes Assessed

- Apply a theoretical and practical understanding of the cognitive therapy model

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Technology Competence
- Cross Cultural Competence
- Ethical practice

2 Case Report, Formulation and Treatment Plan (20% of your total grade)

Assessment Type
Written Assessment

Task Description

Task Description:

- Two case studies are provided on the Moodle site.
- Choose one of these case studies and complete a case history, generate a case conceptualisation, and develop a treatment plan.
- Use the assessment criteria from the Moodle site to guide you on the development of this task.

General Guidelines:

- Submit via the Moodle site and please submit as a Word document.
- Use APA 7th Edition formatting with appropriate headings.
- Use appropriate citations and referencing (although citations should be minimal).
- Please include a title page. An abstract is **not** required for this assessment task.

Assessment Due Date
Week 10 Monday (25 Jan 2021) 9:00 am AEST

Return Date to Students
Exam Week Friday (19 Feb 2021)
Feedback and the mark will be uploaded to Moodle

Weighting
20%

Assessment Criteria

- Marking guide provided on Moodle site.
- Referencing style is American Psychological Association (APA)-7th Edition.

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Learning Outcomes Assessed

- Use case information to formulate case conceptualisations and basic treatment plans with appropriate processes and principles of cognitive therapy
- Use cognitive therapy processes and decision-making strategies in case-study presentations.

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Cross Cultural Competence
- Ethical practice

3 Online Quiz (15% of your total grade)

Assessment Type
Online Quiz(zes)

Task Description

- You have a multiple choice quiz to complete via the PSYC14049 Moodle site. Online quiz (worth 15% of your total grade) is available from 7am (QLD time) on Friday the 5th of February through to 11.59pm (QLD time) Monday the 8th of February.
- Only one attempt is possible.

Number of Quizzes
1

Frequency of Quizzes
Other

Assessment Due Date
Week 12 Monday (8 Feb 2021) 12:00 am AEST
Quiz available from Friday until Monday

Return Date to Students

You will receive immediate feedback on your grade on completion of Quiz 1

Weighting
15%

Assessment Criteria
The quiz is multiple choice.

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Learning Outcomes Assessed

- Apply core principles of ethical and professional practice to therapeutic processes across psychological case studies and themes
- Use cognitive therapy processes and decision-making strategies in case-study presentations.

Graduate Attributes

- Problem Solving
- Critical Thinking
- Information Literacy
- Cross Cultural Competence
- Ethical practice

4 End of Year Online Test

Assessment Type
Online Test

Task Description
The end of year online test will consist of short answer questions. Further details will be provided during the semester.

Assessment Due Date

EOY Online Test will be scheduled during university exam period.

Return Date to Students

Weighting
40%

Assessment Criteria
Complete an online short answer test during the exam period. Further information will be provided during the term.

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Learning Outcomes Assessed

- Apply a theoretical and practical understanding of the cognitive therapy model
- Use case information to formulate case conceptualisations and basic treatment plans with appropriate processes and principles of cognitive therapy
- Apply core principles of ethical and professional practice to therapeutic processes across psychological case studies and themes

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Cross Cultural Competence
- Ethical practice

Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the **Student Academic Integrity Policy and Procedure**. This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

What is a breach of academic integrity?
A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

Why is academic integrity important?
A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

Where can I get assistance?
For academic advice and guidance, the Academic Learning Centre (ALC) can support you in becoming confident in completing assessments with integrity and of high standard.

What can you do to act with integrity?

Be Honest
If your assessment task is done by someone else, it would be dishonest of you to claim it as your own

Seek Help
If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)

Produce Original Work
Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem