



PSYC20059 *Therapy: Skills, Approaches, and Techniques*

Term 2 - 2019

Profile information current as at 15/05/2024 04:38 am

All details in this unit profile for PSYC20059 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

In this unit you will focus on consolidating known and expanding psychological knowledge, through the exploration of contemporary intervention skills, approaches, and techniques. You will draw upon foundational competencies such as micro-counselling skills, assessment interviews, and record keeping, and be introduced to additional therapy models to broaden your knowledge of the discipline. The role of motivational interviewing in evidence-based therapeutic intervention and psychopharmacology will also be explored.

Details

Career Level: *Postgraduate*

Unit Level: *Level 9*

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 the Master of Professional Psychology course.

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 2 - 2019

- 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 Postgraduate 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: 30%

2. **Reflective Practice Assignment**

Weighting: 20%

3. **Report**

Weighting: 50%

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](#).

Unit Learning Outcomes

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

1. Synthesise knowledge of contemporary therapeutic approaches, skills, and techniques
2. Communicate high level, independent judgements regarding client presentations and therapeutic options in culturally responsive ways
3. Engage in critical self-reflective practice in regard to skills, techniques, and judgements.

Learning outcomes are related to core competencies stated by the Psychology Board of Australia (PsychBA), program of study criteria as stated by the Australian Psychology Accreditation Council (APAC), and specifications for study at level 9 as indicated by the Australian Qualifications Framework (AQF).

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - Practical Assessment - 30%	•	•	•
2 - Reflective Practice Assignment - 20%			•
3 - Report - 50%	•	•	

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes		
	1	2	3
1 - Knowledge	◦	◦	◦
2 - Communication	◦	◦	◦
3 - Cognitive, technical and creative skills	◦	◦	◦
4 - Research	◦	◦	◦
5 - Self-management	◦	◦	
6 - Ethical and Professional Responsibility	◦	◦	◦
7 - Leadership	◦	◦	◦
8 - 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
1 - Practical Assessment - 30%	o	o	o		o	o	o	
2 - Reflective Practice Assignment - 20%	o	o	o		o	o	o	
3 - Report - 50%	o	o	o	o	o	o	o	

Textbooks and Resources

Textbooks

PSYC20059

Prescribed

Clinical Interviewing

Sixth edition (2016)

Authors: Sommers-Flanagan, J. & Sommers-Flanagan, R.

Wiley

NJ , United States

ISBN: 978-1-1192-15585

Binding: Hardcover

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Prescribed

Motivational interviewing: Helping people change

Third edition (2013)

Authors: Miller, W. R. & Rollnick, S.

Guilford

NY , NY , United States

ISBN: 978 160 918 2274

Binding: Paperback

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Supplementary

Publication Manual of the American Psychological Association

Sixth edition (2009)

Authors: American Psychological Association

American Psychological Association

Washington , DC , United States

ISBN: 978-1-4338-0561-5

Binding: Paperback

[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 6th Edition \(APA 6th edition\)](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Helen Mason Unit Coordinator

h.g.mason@cqu.edu.au

Schedule

Week 1 - 15 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Therapeutic alliance and the common factors	See Reading List on moodle	

Week 2 - 22 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
The therapeutic journey and the importance of evaluation - Mental Status Examination - Outcome Rating Scale - Session Rating Scale	See Reading List on moodle	

Week 3 - 29 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Initial Interview	See Reading List on moodle	

Week 4 - 05 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Risk and suicide assessment	See Reading List on moodle	

Week 5 - 12 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Microcounselling skills	See Reading List on moodle	

Vacation Week - 19 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
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Week 6 - 26 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Writing effective case notes and keeping accurate client files	See Reading List on moodle	Initial interview Due: Week 6 Friday (30 Aug 2019) 11:59 pm AEST

Week 7 - 02 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Motivational Interviewing: Theory	See Reading List on moodle	

Week 8 - 09 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Motivational Interviewing: Practice	See Reading List on moodle	

Week 9 - 16 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
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Understanding the role of psychopharmacological intervention

Guest lecture by Dr Sonia Saluja

Motivational Interview and Reflection Due: Week 9 Friday (20 Sept 2019) 11:59 pm AEST

Week 10 - 23 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Acceptance Commitment Therapy (ACT) - Part 1	See Reading List on moodle	Full time students will be on Rockhampton campus for Residential School

Week 11 - 30 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Acceptance Commitment Therapy (ACT) - Part 1	See Reading List on Moodle	

Week 12 - 07 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
Narrative Therapy	See Reading List on Moodle	Therapy Case Report Due: Week 12 Friday (11 Oct 2019) 11:59 pm AEST

Review/Exam Week - 14 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
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Exam Week - 21 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
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Assessment Tasks

1 Initial interview

Assessment Type

Practical Assessment

Task Description

This assessment requires you to **record** an initial interview (50 mins maximum) **and to write up** your initial case note. Your 'client' will be a fellow student. Students undertaking the role of the client will be provided with a scenario providing them with the necessary client information.

Please note anything recorded over 50 minutes will not be considered when marking.

Assessment Due Date

Week 6 Friday (30 Aug 2019) 11:59 pm AEST

Recording to be emailed to Unit Coordinator and Initial case note to be uploaded through assessment portal

Return Date to Students

Week 8 Friday (13 Sept 2019)

Feedback will be uploaded through Moodle

Weighting

30%

Assessment Criteria

This assessment will be graded out of 100 and is worth 30% of the overall unit grade.

The recording of the initial interview will be graded out of 50 possible marks against criteria such as the quality of your:

- Session introduction - 10 marks
- Opening of session - 5 marks
- Body of the initial assessment 30 marks
- Closing - 5 marks

The initial case note will be graded out of 50 possible marks in relation to the quality of material underneath the following headings:

- Personal client details - 3 marks
- Referral information - 2 marks
- Sources of information - 5 marks
- Mental status examination - 5 marks
- History of presenting problem - 5 marks
- Individual and/or developmental History - 5 marks
- Family history - 5 marks
- Medical and mental health history - 5 marks
- Initial formulation - 10 marks
- Tentative intervention plan - 5 marks

Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

Submission

Offline Online

Submission Instructions

Recording to be emailed to Unit Coordinator and Initial case note to be uploaded through assessment portal

Learning Outcomes Assessed

- Synthesise knowledge of contemporary therapeutic approaches, skills, and techniques
- Communicate high level, independent judgements regarding client presentations and therapeutic options in culturally responsive ways
- Engage in critical self-reflective practice in regard to skills, techniques, and judgements.

Graduate Attributes

- Knowledge
- Communication
- Cognitive, technical and creative skills
- Self-management
- Ethical and Professional Responsibility
- Leadership

2 Motivational Interview and Reflection

Assessment Type

Reflective Practice Assignment

Task Description

This assessment requires you to **record** a section of a session utilising motivational interviewing techniques (10-15 minutes). You may choose the particular technique you wish to use. A fellow student will be your 'client'. At the beginning of your recording please show you asking consent from your 'client' that this recording can be used for assessment purposes.

You will then **write a reflection** of your performance. This should include comments related to both professional and personal growth.

This reflection is to be 800 - 1,000 words.

Assessment Due Date

Week 9 Friday (20 Sept 2019) 11:59 pm AEST

Recording to be emailed to Unit Coordinator and Reflection to be uploaded through assessment portal

Return Date to Students

Week 11 Friday (4 Oct 2019)

Feedback will be uploaded through Moodle

Weighting

20%

Assessment Criteria

A detailed marking rubric will be placed on Moodle and made available from Week 1.

The rubric will be based upon knowledge of motivational interviewing techniques, delivery of the recorded section of a session and your ability to self-reflect on your performance.

Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

Submission

Offline Online

Submission Instructions

Recording to be emailed to Unit Coordinator and Reflection to be uploaded through assessment portal

Learning Outcomes Assessed

- Engage in critical self-reflective practice in regard to skills, techniques, and judgements.

Graduate Attributes

- Knowledge
- Communication
- Cognitive, technical and creative skills
- Self-management
- Ethical and Professional Responsibility
- Leadership

3 Therapy Case Report

Assessment Type

Report

Task Description

This assessment requires you to write a Therapy case report as per the case report guidelines set down by the Psychology Board of Australia. The link to these guidelines indicating an expected word limit and headings will be placed on the unit Moodle page underneath the Assessment tab.

The case will build on from your initial interview undertaken in Assessment 1.
Additional case scenario information will be provided to expand known knowledge.

Assessment Due Date

Week 12 Friday (11 Oct 2019) 11:59 pm AEST

Report to be uploaded through assessment portal on Moodle

Return Date to Students

Exam Week Friday (25 Oct 2019)

Feedback will be uploaded through Moodle

Weighting

50%

Assessment Criteria

A detailed marking rubric will be placed on the Moodle page and made available from Week 1.

The rubric will be based upon Psychology Board of Australia Case Report Guidelines and graded based upon the accuracy of information contained in the report, general written quality (including APA format), and demonstration of understanding.

Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

Submission

Online

Submission Instructions

Report to be uploaded through assessment portal on Moodle

Learning Outcomes Assessed

- Synthesise knowledge of contemporary therapeutic approaches, skills, and techniques
- Communicate high level, independent judgements regarding client presentations and therapeutic options in culturally responsive ways

Graduate Attributes

- Knowledge
- Communication

- Cognitive, technical and creative skills
- Research
- Self-management
- Ethical and Professional Responsibility
- Leadership

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