



PSYC21003 Therapy 1: Theory, Research, Practice

Term 1 - 2018

Profile information current as at 30/04/2024 04:16 am

All details in this unit profile for PSYC21003 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 is part of the sequence of units that culminates in the degree of Master in Clinical Psychology. This unit is intended to provide you with the basic knowledge in therapy research, theory and practice necessary for working as a Clinical Psychologist. The skills and knowledge developed in this unit, in conjunction with the other units offered in Term 1, will provide you with a basis for commencement of clinical practice. Specifically, this initial unit will focus on allowing you to develop fundamental skills in Cognitive Behaviour Therapy and to develop insight into the range of common and specific factors that shape therapeutic outcomes. A strong emphasis will be placed on the skill of cognitive conceptualisation and the relationship between conceptualisation and treatment planning.

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

Academic Course = CG17

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 1 - 2018

- Rockhampton

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. **Written Assessment**

Weighting: 50%

2. **Presentation**

Weighting: 25%

3. **Examination**

Weighting: 25%

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 Moodle site

Feedback

Several students commented on usefulness of class structure, including discussion of readings and practical tasks that were applicable to client work.

Recommendation

Continue to have a strong focus on learning and practice of practical skills in this course.

Feedback from Moodle site

Feedback

Several students did not like having a final in-class test that was purely knowledge based from core readings. They wanted the assessment to have a more practical focus, or to have the questions prior to prepare.

Recommendation

Review final in-class assessment to have focus more on practical application of core knowledge from core readings.

Feedback from Moodle Site / In Class

Feedback

Students expressed a preference for being able to use computers for all in-class assessments.

Recommendation

Review options re. access to computers without internet connections

Feedback from Email

Feedback

Requests for accommodations (incl. to sit final assessment at another location, separate room, additional time, use of computer, afternoon exams etc.,)

Recommendation

Recommend that final in-class test be changed to an examination, so that Examinations can provide appropriate accommodations.

Unit Learning Outcomes

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

1. Develop cognitive conceptualisations of common psychological conditions including mood, anxiety and somatoform disorders.
2. Utilise cognitive conceptualisations to develop and establish structured and effective treatment plans
3. Demonstrate an understanding of a range of behavioural and cognitive treatment strategies
4. Access and critique the research that describes the role of common and specific factors and issues around evidence based practice in psychotherapy.
5. Reflect critically on therapeutic practice as a way of improving as a learner and as a clinical psychologist.

The curriculum of this unit aligns with the APAC College Course approval guidelines for Clinical psychology 1 Interventions and the APAC standards under categories of Knowledge of the Discipline, Ethical, Legal and Professional Matters, Psychological Assessment and Measurement, Intervention Strategies and Communication and Interpersonal Relationships

Textbooks and Resources

Textbooks

PSYC21003

Prescribed

Learning Cognitive-Behavior Therapy

2nd Edition (2017)

Authors: Wright, J.H., Brown, G.K., Thase, M.E., & Basco, M. R.

American Psychiatric Association Publishing

Arlington , VA , United States of America

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

Leonie Lorien Unit Coordinator

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Schedule

Week 1 - 05 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Overview of Unit and Assessment Evidence base for Cognitive Behavioural Therapy (CBT) Principles of CBT	Wright et al., (2006). Chapter 1. Basic Principles of Cognitive-Behavior Therapy. Complete Learning Exercise 1-1.	Prior to class each week, please ensure that you have read the relevant chapter, completed learning exercises and watched videos as specified.

Week 2 - 12 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
The Therapeutic Relationship Assessments for Therapy	Wright et al., (2006). Chapter 2. The Therapeutic Relationship, and Chapter 3. Assessment and Formulation p45-51. Watch Video 1 & 2	Cognitive Conceptualisation (Part A) and Treatment Plan (Part B) Due: Week 11 Thursday (24 May 2018) 9:00 am AEST Presentation of CBT Strategy with Rationale and Critique Due: Week 9 Thursday (10 May 2018) 9:00 am AEST

Week 3 - 19 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Cognitive Conceptualisation - 5P Model	Wright et al., (2006). Chapter 3. Assessment and Formulation p51-61. Complete Learning Exercise 3-1	

Week 4 - 26 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Structuring and Educating in CBT	Wright et al., (2006). Chapter 4. Structuring and Educating Watch Video 3 & 4 Complete Learning Exercise 4-1 & 4-2.	

Week 5 - 02 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Working with Automatic Thoughts	Wright et al., (2006) Chapter 5. Working with Automatic Thoughts Watch Video 5 - 11 Complete Learning Exercise 5-2 - 5-6.	

Vacation Week - 09 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
No Classes Scheduled		

Week 6 - 16 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Behaviour Methods I	Wright et al., (2006).Chapter 6. Behavioral Methods I: Improving Energy, Completing Tasks and Solving Problems. Watch Video 12 - 15 Complete Learning Exercise 6-1 - 6-2	Assessment 1 (Part A) In-class. Watch Intake assessment and complete cognitive conceptualisation (19 April 2018) 9:00 am AEST.

Week 7 - 23 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Behavioural Methods II	Wright et al., (2006).Chapter 7. Behavioral Methods II: Reducing Anxiety and Breaking Patterns of Avoidance. Complete Learning Exercise 7-1 - 7-3 Watch Video 16 - 19	

Week 8 - 30 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Modifying Schemas	Wright et al., (2006). Chapter 8. Modifying Schemas. Watch Video 20 - 22 Complete Learning Exercise 8-1 - 8-6	

Week 9 - 07 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
Reflective Practice in CBT	Bennett-Levy, Thwaite, Chaddock & Davis (2009). Chapter 7. Reflective Practice in cognitive behavioral therapy: The engine of lifelong learning. In Rudi & Stedman. <i>Reflective Practice in Psychotherapy and Counselling</i> (online access)	Assessment 2 In-class Presentations Presentation of CBT Strategy with Rationale and Critique Due: Week 9 Thursday (10 May 2018) 9:00 am AEST

Week 10 - 14 May 2018

Module/Topic	Chapter	Events and Submissions/Topic

CBT to Reduce Suicide Risk
 Wright et al., (2006). Chapter 9.
 Cognitive-Behavior Therapy to Reduce
 Suicide Risk
 Watch Video 23
 Complete Learning Exercise 9-1

Week 11 - 21 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
Treating Chronic, Severe or Complex Disorders	Wright et al., (2006). Chapter 10. Treating Chronic, Severe, or Complex Disorders.	Assessment 1 (Part B) Due prior to commencement of class. Cognitive Conceptualisation (Part A) and Treatment Plan (Part B) Due: Week 11 Thursday (24 May 2018) 9:00 am AEST

Week 12 - 28 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
Building Competence in CBT Review	Wright et al., (2006). Chapter 11. Building Competence in Cognitive-Behavior Therapy. Complete Learning Exercise 11-1	

Review/Exam Week - 04 Jun 2018

Module/Topic	Chapter	Events and Submissions/Topic

Exam Week - 11 Jun 2018

Module/Topic	Chapter	Events and Submissions/Topic
		Examination

Term Specific Information

In order to pass this unit, students must attain at least 50% overall.

Assessment Tasks

1 Cognitive Conceptualisation (Part A) and Treatment Plan (Part B)

Assessment Type

Written Assessment

Task Description

The Written Assessment will be in two parts: Part A - Cognitive Conceptualisation and Part B - Treatment Plan.

Part A - Cognitive Conceptualisation. You will be required to develop and write up a cognitive conceptualisation from a clinical scenario provided during class in Week 6 (Thursday 19/4/18) 9:00 am AEST. The cognitive conceptualisation will include a 1-page dot-point summary of your cognitive conceptualisation using the 5P Model, and a 1-page written summary of the cognitive conceptualisation.

Part B - Treatment Plan. You will be required to develop and write up a 6-week treatment plan for a cognitive conceptualisation provided at the end of class in Week 10. Submit the written assessment to Moodle **prior** to the commencement of class in week 11 (Thursday 24/5/18) 9:00 am AEST. The Treatment Plan will be a maximum 2500 words dot-point summary including rationale, treatment goals, assessment measures, session plans and further recommendations, and a 1-page critical reflection on your learning.

Written feedback will be provided to each student at the end of class in week 7 for Part A, and at the end of class in Week 12 for Part B. Cumulative grades for Part A and Part B will be provided in Moodle in Week 12.

Assessment Due Date

Week 11 Thursday (24 May 2018) 9:00 am AEST

Part A to be completed in class and uploaded to Moodle during class time in Week 6. Part B will be due prior to commencement of class in Week 11.

Return Date to Students

Week 12 Thursday (31 May 2018)

Feedback and marks provided via Moodle

Weighting

50%

Assessment Criteria

This assessment is marked out of 50. Detailed marking criteria will be available on the unit Moodle site, and will be based on the following:

Part A - 25 marks

Part B - 25 marks

Referencing Style

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

Submission

Online

Submission Instructions

Part A to be uploaded to Moodle during class, in Week 6. Part B to be uploaded to Moodle prior to commencement of class in Week 11.

Learning Outcomes Assessed

- Develop cognitive conceptualisations of common psychological conditions including mood, anxiety and somatoform disorders.
- Utilise cognitive conceptualisations to develop and establish structured and effective treatment plans
- Demonstrate an understanding of a range of behavioural and cognitive treatment strategies
- Access and critique the research that describes the role of common and specific factors and issues around evidence based practice in psychotherapy.
- Reflect critically on therapeutic practice as a way of improving as a learner and as a clinical psychologist.

Graduate Attributes

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

2 Presentation of CBT Strategy with Rationale and Critique

Assessment Type

Presentation

Task Description

You will present a 10-minute video of you demonstrating a key Cognitive Behavioural Therapy (CBT) strategy for treatment of the client presented in Assessment 1 (Part A). You will then have 10 minutes to explain your rationale for selecting that specific CBT strategy and critique your implementation of it.

Assessment Due Date

Week 9 Thursday (10 May 2018) 9:00 am AEST

20 minute in-class presentation.

Return Date to Students

Week 10 Thursday (17 May 2018)

The lecturer will upload completed marking guide with feedback to Moodle.

Weighting

25%

Assessment Criteria

This assessment will be marked out of 25. Detailed marking criteria will be available on the unit Moodle site.

Referencing Style

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

Submission

Offline

Learning Outcomes Assessed

- Utilise cognitive conceptualisations to develop and establish structured and effective treatment plans
- Demonstrate an understanding of a range of behavioural and cognitive treatment strategies

Graduate Attributes

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

Examination

Outline

Complete an invigilated examination.

Date

During the examination period at a CQUniversity examination centre.

Weighting

25%

Length

120 minutes

Exam Conditions

Closed Book.

Materials

Dictionary - non-electronic, concise, direct translation only (dictionary must not contain any notes or comments).

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