



PSYC22002 *Health Psychology and Rehabilitation*

Term 2 - 2017

Profile information current as at 04/05/2024 05:37 pm

All details in this unit profile for PSYC22002 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 advanced knowledge in health psychology, behavioural medicine, and rehabilitation practice necessary for working as a Clinical Psychologist.

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 2 - 2017

- 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. **Presentation**

Weighting: 15%

2. **Practical Assessment**

Weighting: 40%

3. **Presentation and Written Assessment**

Weighting: 45%

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 students

Feedback

Add marks for student presentations on key body systems in week 2.

Recommendation

Course change proposal is submitted and currently being considered by committee.

Feedback from Student

Feedback

Ensure that Powerpoint slides for assessment 2 (manual presentation) be due and handed in on same day.

Recommendation

Ensure due date for Powerpoint slides is same date for all students.

Unit Learning Outcomes

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

1. Utilise evidence based interventions for management of major clinical health problems including substance use and obesity problems.
2. Demonstrate clinical skills in motivational interviewing and relapse prevention
3. Integrate the current literature, of relevance to the intersection between physical and psychological health, into clinical practice.
4. Understand models of behaviour change and implications for clinical practice

The learning outcomes described for this unit align with APS College and APAC course approval guidelines.

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Presentation - 15%	•		•	
2 - Practical Assessment - 40%	•	•	•	•
3 - Presentation and Written Assessment - 45%	•		•	•

Alignment of Graduate Attributes to Learning Outcomes

Textbooks and Resources

Textbooks

PSYC22002

Prescribed

Health Psychology in Australia

(2017)

Authors: Dorrian, Thorsteinsson, Benedetto, Lane-Krebs, et al

Cambridge

Port Melbourne , VIC , Australia

ISBN: 9781316623954

Binding: Paperback

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Supplementary

Motivational Interviewing in Healthcare: Helping Patients change behaviour

(?)

Authors: Rollnick, Miller & Butler

Guilford Press

New York , USA

Binding: Paperback

Additional Textbook Information

Re: **Motivational Interviewing in Healthcare: Helping Patients change Behaviour**. Please note that I have asked the library to purchase a digital copy of this text so students can access via library. This text is not compulsory but may be helpful particularly for one of your assignments.

[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

Sarah Blunden Unit Coordinator

s.blunden@cqu.edu.au

Schedule

Week 1 - 10 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
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- Introduction to course
- Health, definition, measurement and determinants within a cross cultural framework
- Task for week 2; selection of topic area.

Health Psychology in Australia.
(2017) Dorrien et al Chpt 1 & 2
Clinical references as provided on moodle

Week 2 - 17 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
The Body's Key Systems	Clinical references as presented by colleagues	Class/student presentation of body system and points of interaction with the professional practice of clinical psychology.

Week 3 - 24 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
Stress Coping and Illness	Chapter 8 Dorrian et al Clinical references as provided on Moodle	

Week 4 - 31 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
Motivational Interviewing	View power points and lectures on Moodle Clinical references as provided on moodle	

Week 5 - 07 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
Lifestyle Factors - Eating Disorders	Chapter 5 Dorrian et al Clinical references as provided on Moodle	

Vacation Week - 14 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
During this week you will prepare your MI interview assignment Motivational Interviewing Video		No class will be held this week. Students will need to book time in the Wellness Centre to complete their MI video.

Week 6 - 21 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
Lifestyle factors - Obesity	Chapter 3 and 5 , Dorrian et al Nutrition and Models of Behaviour Change	Motivational Interview video due Friday 25th August 2017 at 11.00PM. Upload to Moodle Motivational Interviewing Skills Due: Week 6 Friday (25 Aug 2017) 11:00 pm AEST

Week 7 - 28 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
Sexual health - HIV	Reading - some aspects of Chapter 12, Dorrian et al. Clinical references as provided on Moodle	

Week 8 - 04 Sep 2017

Module/Topic	Chapter	Events and Submissions/Topic

Chronic Pain
Reading, Chapter 11, Dorrian et al
Clinical references as provided on moodle

Week 9 - 11 Sep 2017

Module/Topic	Chapter	Events and Submissions/Topic
Student Presentations		

Week 10 - 18 Sep 2017

Module/Topic	Chapter	Events and Submissions/Topic
Student Presentations		

Week 11 - 25 Sep 2017

Module/Topic	Chapter	Events and Submissions/Topic
Remaining student presentations		

Week 12 - 02 Oct 2017

Module/Topic	Chapter	Events and Submissions/Topic
Unit Review	No Assigned Readings	Therapists Manual due Friday October 6th at 11.00 PM. Presentation and Written Assessment Due: Week 12 Friday (6 Oct 2017) 11:00 pm AEST

Review/Exam Week - 09 Oct 2017

Module/Topic	Chapter	Events and Submissions/Topic
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Exam Week - 16 Oct 2017

Module/Topic	Chapter	Events and Submissions/Topic
No exam for this unit		

Assessment Tasks

1 Presentation of Body Systems

Assessment Type

Presentation

Task Description

No Assessment Task Description

Assessment Due Date

Presentation during class time

Return Date to Students

Graded during presentation

Weighting

15%

Assessment Criteria

No Assessment Criteria

Referencing Style

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

Submission

Online

Submission Instructions

Upload presentation to Moodle

Learning Outcomes Assessed

- Utilise evidence based interventions for management of major clinical health problems including substance use and obesity problems.
- Integrate the current literature, of relevance to the intersection between physical and psychological health, into clinical practice.

Graduate Attributes

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

2 Motivational Interviewing Skills

Assessment Type

Practical Assessment

Task Description

Students will be required to submit a 30 minute video that demonstrates utilisation of motivational interviewing skills. Students will be required to also submit a critique of their video (no more than 1000 words) identifying strengths and areas of improvement of relevance to their interview.

Assessment Due Date

Week 6 Friday (25 Aug 2017) 11:00 pm AEST

Return Date to Students

Week 9 Friday (15 Sept 2017)

By email

Weighting

40%

Minimum mark or grade

50

Assessment Criteria

Assessment criteria will be provided to students via the moodle site

Referencing Style

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

Submission

Online

Submission Instructions

Upload to Moodle

Learning Outcomes Assessed

- Utilise evidence based interventions for management of major clinical health problems including substance use and obesity problems.
- Demonstrate clinical skills in motivational interviewing and relapse prevention
- Integrate the current literature, of relevance to the intersection between physical and psychological health, into clinical practice.
- Understand models of behaviour change and implications for clinical practice

Graduate Attributes

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

3 Presentation and Written Assessment

Assessment Type

Presentation and Written Assessment

Task Description

Students will be required to choose an area of health psychology and develop a treatment manual appropriate for use by clinical psychologists. This will include information such as an overview of the area of interest with specific reference to recent research literature relating to issues of aetiology and maintenance of the problem. Aspects of therapeutic intervention must also be provided again with reference to the recent literature. A rationale for a treatment protocol presented with discussion (literature based) of potential treatment problems and solutions. In addition to the development of the manual students will be required to make an in class presentation of the selected area of interest. The class presentation will be allocated 30 minutes with 10-15 mins time for questions . Overall grades for this piece of work will represent 60% for the manual and 40% for the class presentation.

Assessment Due Date

Week 12 Friday (6 Oct 2017) 11:00 pm AEST

Student Oral Presentations weeks 9 and 10; Manual due on Friday 6th October 2017

Return Date to Students

Exam Week Friday (20 Oct 2017)

Weighting

45%

Minimum mark or grade

50%

Assessment Criteria

Assessment Criteria will be provided to students via the moodle site.

Referencing Style

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

Submission

Online

Submission Instructions

Upload to Moodle

Learning Outcomes Assessed

- Utilise evidence based interventions for management of major clinical health problems including substance use and obesity problems.
- Integrate the current literature, of relevance to the intersection between physical and psychological health, into clinical practice.
- Understand models of behaviour change and implications for clinical practice

Graduate Attributes

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

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