



PSYC22002 *Health Psychology and Rehabilitation*

Term 2 - 2018

Profile information current as at 04/05/2024 01:56 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 - 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. **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 Student feedback

Feedback

Technology between campuses was disrupted and lecture rooms were not appropriate some of the online lectures.

Recommendation

After discussions with Teaching Technology and Timetabling, we recommend appropriate rooms be allocated and Teaching Technology be more involved on site(s) at the start of each term.

Feedback from Student feedback

Feedback

Having guest lecturers for each specific topic was really helpful.

Recommendation

This format was successful and we recommend retaining this for 2018.

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

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Schedule

Week 1 - Overview and theories of health - 09 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
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Overview of the course and introduction to models and theories of health
 Chapters 1-3
 Health Psychology in Australia (2017)

Week 2 - Key body systems presentations - 16 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Key Body Presentations		Assessment 1: Key Body Presentations will occur during week 3 lecture and then must be uploaded to Moodle.
		Key Body Systems Presentation Due: Week 2 Thursday (19 July 2018) 5:00 pm AEST

Week 3 - Motivational Interviewing - 23 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Motivational Interviewing	Read relevant chapters from textbook. Motivational Interviewing in Healthcare: Helping patients change behaviour.	

Week 4 - Chronic Disease and Cancer - 30 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Chronic Disease and Cancer	Chapter 11 Health Psychology in Australia	

Week 5 - Eating Disorders - 06 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
Eating disorders	Chapter 5 Health Psychology in Australia Readings on Moodle	

Vacation Week - 13 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
No lecture this week. Please prepare and record your Motivational Interviewing skills assessment videos.		

Week 6 - Indigenous Health - 20 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
Health psychology in Indigenous Australians	Readings on Moodle	Assessment 2: Motivational Interviewing assignment
		Motivational Interviewing Skills Assessment Due: Week 6 Thursday (23 Aug 2018) 5:00 pm AEST

Week 7 - Residential School: Motivational interviewing skills workshop - 27 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
Residential Week - Review and assess the Motivational Interview videos.	Read relevant chapters from textbook Motivational Interviewing in Healthcare: Helping patients change behaviour.	

Week 8 - sleep disorders - 03 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Sleep Disorders	Readings on Moodle	

Week 9 - Chronic pain - 10 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic

Chronic Pain Readings on Moodle

Week 10 - Diabetes - 17 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Diabetes	Chapter 11 Health Psychology In Australia Readings on Moodle	

Week 11- Presentations - 24 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Presentations		

Week 12 - Presentations - 01 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
Presentations		

Review/Exam Week - 08 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
		Assessment 3: Manual and presentations Manual Development and Presentaion Due: Review/Exam Week Thursday (11 Oct 2018) 5:00 pm AEST

Exam Week - 15 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
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Assessment Tasks

1 Key Body Systems Presentation

Assessment Type

Presentation

Task Description

A health psychologists, it is important to have a basic understanding of our biological systems (e.g. heart, lungs, circulatory systems) and how they help us to live and function but also how they can also be damaged or compromised when we are sick, stressed and/or engage in unhealthy behaviours. Helping clients manage health conditions and change unhealthy behaviours is a key focus of health psychology. Having a basic understanding of how key biological processes affect our health is thus important. Therefore, you are asked to identify a body system (as outlined on Moodle) provide an overview of the system and identify the particular relationship between the system, its psychological impact and your work as a psychologist. See the Marking Criteria for more information.

Assessment Due Date

Week 2 Thursday (19 July 2018) 5:00 pm AEST
Presentations will be during class

Return Date to Students

Week 4 Thursday (2 Aug 2018)
Feedback will be via Moodle

Weighting

15%

Assessment Criteria

Marking Guide Week 2: Review of key body systems (15 marks in total)

Review of Key Body System relating to disorder/disease chosen (40%):

1. Clear oral presentation of key body system to class including overview of overall key body system (what it is, purpose, major parts) and, if relevant, specific body system relevant to article and why (30 marks).
2. Quality of PowerPoint slides/presentation, well explained in easy to understand language, engaging/interesting, ability to answer questions, delivered on time (10 marks)

Discussion of article chosen on how to (psychologically) manage specific disorder related to that system (60%)

- 1 Clear oral presentation of management/assessment of specific disorder (based on article) including a rationale for choosing the article. Marks also for quality and recent article (40 marks). Remember to present summary of key points of article and rationale for using this article and how it is related to your key system/relevance to psychology/psychological practice and importance of it.
- 2 Quality of presentation, well explained, engaging /interesting, ability to answer questions (10 marks)
- 3 Article provided to students prior to class as well as summary of key points (10 marks).

Referencing Style

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

Submission

Online

Submission Instructions

Presentations should be uploaded 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

Assessment Type

Practical Assessment

Task Description

Motivational Interviewing is a key strategy and skill set health psychologists utilise in their everyday practice to help their clients change and/or adopt different behaviours. Students will be required to submit a 20 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 for improvement of relevance to their interview. This piece of work will represent 40% of the grade course.

Assessment Due Date

Week 6 Thursday (23 Aug 2018) 5:00 pm AEST

Up load to Moodle

Return Date to Students

Week 8 Thursday (6 Sept 2018)

Feedback during Residential school and then uploaded to Moodle

Weighting

40%

Assessment Criteria

Students will be assessed on the following:

- rapport building including OARS
- setting the agenda
- assess readiness to change
- importance & discrepancy
- confidence
- management of resistance
- evoke hope and change talk
- establish goals

Referencing Style

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

Submission

Online

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 Manual Development and Presentation

Assessment Type

Presentation and Written Assessment

Task Description

Students will be required to choose an area of health psychology and develop an information and treatment manual appropriate for use by a clinical psychologist. This will include information such as an overview of the area of interest with specific reference to the recent research literature relating to issues of aetiology and problem maintenance. Aspects of therapeutic intervention must also be provided again with reference to the recent literature. A rationale for the treatment protocol must be presented with discussion (literature based) of potential treatment problems and solutions. Therapist tools and support information should also be included.

This piece of work should not exceed 5000 words in length (not including references or title page).

This entire piece of work will represent 45% of the overall grade for the course with 60% of this mark allocated to the written piece of work and 40% to the oral presentation.

Note the oral presentation will occur during Weeks 11 and 12. Students have allocated 20-30 minutes and presentations must fit within this allocated time frame - try to think creatively about your presentation to maximise your colleagues' appreciation of your area of interest.

Assessment Due Date

Review/Exam Week Thursday (11 Oct 2018) 5:00 pm AEST

Presentations will occur over weeks 11 and 12. The manual will be due in week 13.

Return Date to Students

Exam Week Thursday (18 Oct 2018)

Feedback via Moodle

Weighting

45%

Assessment Criteria

Written component (60 Marks)

1. Effective use of evidence based therapy plan which is supported by current research (5 marks).
2. Inclusion and overview of the area of interest with reference to the literature and including issues of aetiology and problem maintenance (10 marks).
3. Rationale for the treatment protocol was presented with discussion (literature based) of potential treatment problems and solutions (10 marks)..
4. Therapist tools and support information should also be included (i.e. information and treatment manual is appropriate for use by a clinical psychologist and relevant to targeted population/area of interest (30 marks).
5. Effective use of APA formatting and referencing, spelling, grammar (5 marks)

Oral component (40%)

1. Clear oral presentation of therapy plan - including a rationale for choosing the therapeutic approach (25 marks).
2. Quality of PowerPoint slides/presentation, well explained, engaging /interesting, ability to answer questions (10 marks)
3. Oral presentation was internalised and student did not overly rely on written notes; presentation was delivered within time limits (5 marks)

Referencing Style

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

Submission

Online

Submission Instructions

Uploaded 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