PSYT90022 Cognitive Behaviour Therapy

Credit Points:	6.25
Level:	9 (Graduate/Postgraduate)
Dates & Locations:	2011, Parkville This subject commences in the following study period/s: May, Parkville - Taught on campus.
Time Commitment:	Contact Hours: 6 weeks x 3.5-hour seminars Total Time Commitment: Not available
Prerequisites:	None
Corequisites:	None
Recommended Background Knowledge:	None
Non Allowed Subjects:	None
Core Participation Requirements:	For the purposes of considering requests for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Students Experiencing Academic Disadvantage Policy, academic requirements for this subject are articulated in the Subject Overview, Objectives, Assessment and Generic Skills sections of this entry.It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and the Disability Liaison Unit: http://www.services.unimelb.edu.au/disability/
Coordinator:	Assoc Prof David Barton, Dr Robert Blair-West
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Subject Overview:	This unit is intended to give a brief introduction into the theoretical underpinnings of the main forms of CBT and provide a solid background in the practical applications of CBT in relation to common psychiatric disorders for which CBT is an appropriate treatment.
Objectives:	# To describe the empirical foundations of CBT approaches the theories of personality and psychopathology according to the major CBT approaches. # Have the skills to be confident in the assessment, formulation and management of common psychiatric disorders according to CBT principles. # To recognise the common psychiatric disorders for which CBT is an appropriate management strategy. # To recognise the limitations of CBT. # To compare CBT with other forms of psychotherapy and choose the most appropriate form of therapy for patients.
Assessment:	1500-word written assignment.
Prescribed Texts:	Hawton K, Slakovskis PM, Kirk J, Clark DM (eds) (1992), Cognitive Behaviour Therapy for Psychiatric Problems: A Practical Guide, Oxford University Press.Andrews G, Creamer M, Crino R, Hunt C, Lampe L and Page A. The Treatment of Anxiety Disorders – Clinician Guides and Patient Manuals, 2nd edition, Cambridge University Press, 2003.Barlow DH and Cerny JA. Psychological Treatment of Panic, The Guilford Press, 1988.Hawton K et al. Cognitive-Behavioural Therapy for Psychiatric Problems – a Practical Guide, 2nd edition, Oxford University Press, 2002.Leahy RL. Cognitive Therapy Techniques, The Guilford Press, 2003.
Breadth Options:	This subject is not available as a breadth subject.

Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Related Course(s):	Master of Psychiatry