

## PSYC90007 Cognitive-Behaviour Therapy

| <b>Credit Points:</b>                    | 6.25   |                |  |         |                            |                |                               |            |      |
|--|--|----------------|--|---------|----------------------------|----------------|-------------------------------|------------|------|
| <b>Level:</b>                            | 9 (Graduate/Postgraduate)  |                |  |         |                            |                |                               |            |      |
| <b>Dates &amp; Locations:</b>            | 2012, Parkville<br>This subject commences in the following study period/s:<br>Semester 2, Parkville - Taught on campus.  |                |  |         |                            |                |                               |            |      |
| <b>Time Commitment:</b>                  | Contact Hours: 1.5 hours per week for 12 weeks per semester; plus for clinical students only attendance at two 6-hour clinical workshops Total Time Commitment: 54 hours   |                |  |         |                            |                |                               |            |      |
| <b>Prerequisites:</b>                    | The following is a prerequisite:   |                |  |         |                            |                |                               |            |      |
|  | <table border="1"> <thead> <tr> <th>Subject</th> <th>Study Period Commencement:</th> <th>Credit Points:</th> </tr> </thead> <tbody> <tr> <td>PSYC90006 Basic Interventions</td> <td>Semester 1</td> <td>6.25</td> </tr> </tbody> </table>  |                |  | Subject | Study Period Commencement: | Credit Points: | PSYC90006 Basic Interventions | Semester 1 | 6.25 |
| Subject                                  | Study Period Commencement:   | Credit Points: |  |         |                            |                |                               |            |      |
| PSYC90006 Basic Interventions            | Semester 1   | 6.25           |  |         |                            |                |                               |            |      |
| <b>Corequisites:</b>                     | None   |                |  |         |                            |                |                               |            |      |
| <b>Recommended Background Knowledge:</b> | Completion of APAC approved psychology studies to fourth-year (Honours) level.   |                |  |         |                            |                |                               |            |      |
| <b>Non Allowed Subjects:</b>             | None   |                |  |         |                            |                |                               |            |      |
| <b>Core Participation Requirements:</b>  | 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 Description, Subject Objectives, Generic Skills and Assessment Requirements of this entry. The University is dedicated to provide support to those with special requirements, Further details on the disability support scheme can be found at the Disability Liaison Unit website: <a href="http://www.services.unimelb.edu.au/disability/">http://www.services.unimelb.edu.au/disability/</a>  |                |  |         |                            |                |                               |            |      |
| <b>Coordinator:</b>                      | Assoc Prof Carol Hulbert   |                |  |         |                            |                |                               |            |      |
| <b>Contact:</b>                          | Sarah Drew<br>sarah@unimelb.edu.au   |                |  |         |                            |                |                               |            |      |
| <b>Subject Overview:</b>                 | This subject provides an opportunity for didactic and experiential learning in cognitive-behavioural treatment models and techniques. Although the prime focus will be on cognitive-behavioural treatments for adult psychological disorders, attention will be paid to other treatment modalities (eg. pharmacological, psychosocial, etc.) where appropriate. Teaching may be composed of a combination of didactic input, class discussions, practical experience and observations.   |                |  |         |                            |                |                               |            |      |
| <b>Objectives:</b>                       | <p>On completion of this subject, students should:</p> <ol style="list-style-type: none"> <li>1 Understand the basic theoretical concepts and processes which underpin cognitive-behavioural therapeutic practice;</li> <li>2 Understand basic assessment, therapeutic approaches and techniques for working with clients presenting with psychological disorders, including depression, anxiety disorders, psychotic and personality disorders, intellectual disability and common relationship issues across the lifespan.</li> <li>3 Possess the knowledge base necessary to undertake on placement, under supervision, basic assessment and CBT;</li> <li>4 Possess skills in case formulation; and</li> <li>5 Possess a basis for understanding basic theoretical concepts, processes and techniques through the critical analysis of case material.</li> </ol> |                |  |         |                            |                |                               |            |      |
| <b>Assessment:</b>                       | Mid-semester written clinical case formulation of 1250 words (50%)<br>An end-of-semester written treatment plan of 1250 words (50%)<br>A hurdle requirement of attendance at two 6-hour clinical training workshops on working as a CBT practitioner.  |                |  |         |                            |                |                               |            |      |

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| <b>Prescribed Texts:</b>  | Wills, A (1997) Cognitive Therapy of Anxiety Disorders: Practical Manual and Conceptual Guide<br>Wiley   |
| <b>Breadth Options:</b>   | This subject is not available as a breadth subject.  |
| <b>Fees Information:</b>  | Subject EFTSL, Level, Discipline & Census Date, <a href="http://enrolment.unimelb.edu.au/fees">http://enrolment.unimelb.edu.au/fees</a>  |
| <b>Generic Skills:</b>    | Advanced written, oral and interpersonal communication skills<br>Improved analytic and information integration skills<br>Appreciation of the complex and multi-determined causality of problems experienced by individuals and groups across the lifespan.   |
| <b>Related Course(s):</b> | Master of Psychology (Clinical Child Psychology)/Doctor of Philosophy<br>Master of Psychology (Clinical Child)<br>Master of Psychology (Clinical Neuropsychology)<br>Master of Psychology (Clinical Neuropsychology)/Doctor of Philosophy<br>Master of Psychology (Clinical Psychology)<br>Master of Psychology (Clinical Psychology)/Doctor of Philosophy |