

## PSYC90006 Basic Interventions

<b>Credit Points:</b>	6.25
<b>Level:</b>	9 (Graduate/Postgraduate)
<b>Dates &amp; Locations:</b>	This subject is not offered in 2014.
<b>Time Commitment:</b>	Contact Hours: 1.5 hours per week for 12 weeks per semester; plus (for clinical students only) 6 hours of cognitive therapy tutorials over 12 weeks and two 6-hour clinical workshops. Total Time Commitment: 54 hours.
<b>Prerequisites:</b>	Enrolment in one of the following Psychology professional training programs, 527CL, 527CN, 080CL, 080CN or MC-PSYCHCS
<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>
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<b>Subject Overview:</b>	This subject provides a variety of learning experiences including lectures, large group discussions, clinical demonstrations, clinical case material, role-plays, and small workgroup experience. Emphasis is on shared experience and cooperative learning based around the students' shared expertise and the total resources available to the larger group. The focus is on development of knowledge and skills related to basic evidence-based behavioural and cognitive interventions. The component includes work in small groups of 4-5 people within which most of the practical work takes place. In addition student undertake homework tasks which they report and discuss via the subject blogging tool. In addition, there are large class discussions and the opportunity to share information across workgroups.
<b>Learning Outcomes:</b>	On completion of this subject, students should: <ol style="list-style-type: none"> <li>1 Be familiar with and possess practical skills in the implementation of a number of basic evidence-based behavioural and cognitive therapeutic interventions, that will be applicable both individually and in groups;</li> <li>2 Be aware of the possible use of basic psychological intervention approaches with a variety of people across a range of problems, disorders and settings;</li> <li>3 Understand the historical, theoretical and empirical bases of and support for specific brief interventions;</li> <li>4 Be familiar with a range of resource material relevant to implementing basic interventions with clients/patients within a brief intervention framework; and</li> <li>5 Possess a basis for continued learning and skill acquisition in the development and delivery of brief interventions and more complex psychotherapeutic interventions.</li> </ol>
<b>Assessment:</b>	A hurdle requirement of maintenance of a logbook An end-of-semester written assignment of 2000 words (80%) A mid-semester 15 minute practical class exercise (20%) A hurdle

	requirement of attendance at two 6-hour clinical training workshops on interviewing and counselling skills.
<b>Prescribed Texts:</b>	Martin, G. & Pear J. (2010). Behaviour modification: What it is and how to do it. (9th Ed.) Pearson Prentice Hall. Kazantzis, N. Mark A Reinecke. M. A. & Freeman, A. (2009). Cognitive and Behavioural Theories in Clinical Practice.
<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>	Improved problem identification and problem solving skills Improved written, oral and interpersonal communication skills Improved information integration skills
<b>Related Course(s):</b>	Master of Psychology (Clinical Child Psychology)/Doctor of Philosophy Master of Psychology (Clinical Child) Master of Psychology (Clinical Neuropsychology) Master of Psychology (Clinical Neuropsychology)/Doctor of Philosophy Master of Psychology (Clinical Psychology) Master of Psychology (Clinical Psychology)/Doctor of Philosophy