

## PSYC90006 Basic Interventions

<b>Credit Points:</b>	6.25
<b>Level:</b>	9 (Graduate/Postgraduate)
<b>Dates &amp; Locations:</b>	2015, Parkville This subject commences in the following study period/s: Semester 1, 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) 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>	<p>&lt;p&gt;For the purposes of considering request for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Student Support and Engagement Policy, academic requirements for this subject are articulated in the Subject Overview, Learning Outcomes, Assessment and Generic Skills sections of this entry.&lt;/p&gt;         &lt;p&gt;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 Student Equity and Disability Support: &lt;a href="http://services.unimelb.edu.au/disability"&gt;http://services.unimelb.edu.au/disability&lt;/a&gt;&lt;/p&gt;</p>
<b>Coordinator:</b>	Dr Isabel Krug
<b>Contact:</b>	Melbourne School of Psychological Sciences 12th floor Redmond Barry Building (Building 115 Map) Telephone: + 61 3 8344 6377 Email: <a href="mailto:enquiries@psych.unimelb.edu.au">enquiries@psych.unimelb.edu.au</a> ( <a href="mailto:enquiries@psych.unimelb.edu.au">mailto:enquiries@psych.unimelb.edu.au</a> ) Web: <a href="http://www.psych.unimelb.edu.au">http://www.psych.unimelb.edu.au</a> ( <a href="http://www.psych.unimelb.edu.au">http://www.psych.unimelb.edu.au</a> )
<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. At the end of semester students will attend a full-day workshop aimed at providing them with further opportunities to practice the skills taught throughout the semester. In addition students 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> </ol>

	<p>3 Understand the historical, theoretical and empirical bases of and support for specific brief interventions;</p> <p>4 Be familiar with a range of resource material relevant to implementing basic interventions with clients/patients within a brief intervention framework; and</p> <p>5 Possess a basis for continued learning and skill acquisition in the development and delivery of brief interventions and more complex psychotherapeutic interventions.</p>
<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: Working as a CBT Practitioner
<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>	<p>Improved problem identification and problem solving skills</p> <p>Improved written, oral and interpersonal communication skills</p> <p>Improved information integration skills</p>
<b>Related Course(s):</b>	<p>Master of Psychology (Clinical Child Psychology)/Doctor of Philosophy</p> <p>Master of Psychology (Clinical Neuropsychology)</p> <p>Master of Psychology (Clinical Neuropsychology)/Doctor of Philosophy</p> <p>Master of Psychology (Clinical Psychology)</p> <p>Master of Psychology (Clinical Psychology)/Doctor of Philosophy</p>