

PSYC90007 Cognitive-Behaviour Therapy

Credit Points:	6.25
Level:	9 (Graduate/Postgraduate)
Dates & Locations:	2016, Parkville This subject commences in the following study period/s: Semester 2, Parkville - Taught on campus.
Time Commitment:	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: 85 hours
Prerequisites:	Enrolment in one of the following Psychology professional training programs, 527CL, 527CN, 080CL, 080CN or MC-PSYCHCS
Corequisites:	None
Recommended Background Knowledge:	Completion of APAC approved psychology studies to fourth-year (Honours) level.
Non Allowed Subjects:	None
Core Participation Requirements:	<p>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.</p> <p>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: http://services.unimelb.edu.au/disability</p>
Coordinator:	Assoc Prof Carol Hulbert
Contact:	<p>enquiry-psych@unimelb.edu.au</p> <p>Melbourne School of Psychological Sciences</p> <p>Currently enrolled students:</p> <ul style="list-style-type: none"> # General information: https://ask.unimelb.edu.au # Email: enquiries-STEM@unimelb.edu.au <p>Future students:</p> <ul style="list-style-type: none"> # Further information: http://www.psych.unimelb.edu.au/study/professional-masters-programs (http://www.psych.unimelb.edu.au/study/professional-masters-programs) # Email: http://www.psych.unimelb.edu.au/contact-us-0
Subject Overview:	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.
Learning Outcomes:	<p>On completion of this subject, students should:</p> <ol style="list-style-type: none"> 1 Understand the basic theoretical concepts and processes which underpin cognitive-behavioural therapeutic practice; 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.

	<p>3 Possess the knowledge base necessary to undertake on placement, under supervision, basic assessment and CBT;</p> <p>4 Possess skills in case formulation; and</p> <p>5 Possess a basis for understanding basic theoretical concepts, processes and techniques through the critical analysis of case material.</p>
Assessment:	Mid-semester written clinical case formulation of 1250 words (50%) An end-of-semester written treatment plan of 1250 words (50%)
Prescribed Texts:	Wills, A (1997) Cognitive Therapy of Anxiety Disorders: Practical Manual and Conceptual Guide Wiley
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
Generic Skills:	<p>Advanced written, oral and interpersonal communication skills</p> <p>Improved analytic and information integration skills</p> <p>Appreciation of the complex and multi-determined causality of problems experienced by individuals and groups across the lifespan.</p>
Related Course(s):	<p>Master of Psychology (Clinical - Singapore)</p> <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>