

PSYT90022 Cognitive Behaviour Therapy

Credit Points:	6.25
Level:	9 (Graduate/Postgraduate)
Dates & Locations:	2016, 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: 85
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 Student Equity and Disability Support: http://services.unimelb.edu.au/disability/
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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.
Learning Outcomes:	<ul style="list-style-type: none"> # Understand 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 be able to communicate an understanding of CBT treatments compared to other therapies and assist patients in making informed treatment decisions # To be able to critically evaluate the evidence base for CBT in relation to multiple disorders.
Assessment:	Workplace Based Assignment: Practice CBT techniques (approx 10 min) & Complete associated worksheet (approx. 500 words), during semester (40%) A 1500 word case study with a brief formulation and management plan, due within 3 weeks of teaching period end date (60%) Attendance: 75% of sessions (for face-to-face students) OR 75% completion of online modules (for online students) (Hurdle requirement)
Prescribed Texts:	Beck, J.S. (2011). Cognitive Behavior Therapy Second Edition: Basics and Beyond. New York: Guilford
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 Master of Psychiatry