

PSYT90044 Psychosocial Interventions with Youth

Credit Points:	12.5
Level:	9 (Graduate/Postgraduate)
Dates & Locations:	2016, Parkville This subject commences in the following study period/s: July, Parkville - Taught online/distance.
Time Commitment:	Contact Hours: NIL (online only) Total Time Commitment: 170 hours
Prerequisites:	None
Corequisites:	None
Recommended Background Knowledge:	Undergraduate qualification in a health-related discipline
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/
Coordinator:	Ms Ally Hughes
Contact:	pbadcock@unimelb.edu.au (mailto:pbadcock@unimelb.edu.au) Administrative Contact Val Popovska popovska@unimelb.edu.au (mailto:popovska@unimelb.edu.au)
Subject Overview:	Course content includes: <ul style="list-style-type: none"> # Foundations of cognitive-behavioural therapies (CBT) # Recent developments in the applications of CBT in the treatment of serious mental illness # Designing basic CBT interventions for young people with serious mental illness # Interpersonal developmental theories and the role of the peer group # Designing group-based interventions for young clients # Providing psychoeducation and support to families
Learning Outcomes:	By the end of this subject students should be able to: <ul style="list-style-type: none"> # Outline the major developments in the application of cognitive-behavioural interventions in the treatment of the onset of serious mental illness in young people; # Develop a basic understanding of the role of psychodynamic therapies in the treatment of serious mental illness in young people; # Design cognitive-behavioural interventions in the treatment of primary and secondary morbidity in serious mental illness in young people; # Outline the rationale for group-based interventions in working with young people; # Design group-based interventions for young people with serious mental illness; # Outline the major needs of families experiencing the onset of a major mental illness; and # Design and implement core family-based interventions.

Assessment:	25% weekly quizzes on lecture content (4 multiple choice questions per week for 5 weeks and 5 multiple choice questions in the last week = 25 questions in all) 25% case study and treatment plan presentation, due Week 5 (Hurdle requirement) 50% major assignment (case study), 3,000 words, due Week 6 of the subject
Prescribed Texts:	None
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>By the end of this subject students should be able to:</p> <ul style="list-style-type: none"> # Outline the major developments in the application of cognitive-behavioural interventions in the treatment of the onset of serious mental illness in young people; # Develop a basic understanding of the role of psychodynamic therapies in the treatment of serious mental illness in young people; # Design cognitive-behavioural interventions in the treatment of primary and secondary morbidity in serious mental illness in young people; # Outline the rationale for group-based interventions in working with young people; # Design group-based interventions for young people with serious mental illness; # Outline the major needs of families experiencing the onset of a major mental illness; and # Design and implement core family-based interventions.
Related Course(s):	Graduate Diploma in Youth Mental Health Master of Youth Mental Health