

PSYT90083 Basic Structured Psychotherapies

Credit Points:	12.5
Level:	9 (Graduate/Postgraduate)
Dates & Locations:	2016, Parkville This subject commences in the following study period/s: Semester 1, Parkville - Taught on campus. This subject is delivered online with two full day on-campus workshops.
Time Commitment:	Contact Hours: 35 Total Time Commitment: 170 hours
Prerequisites:	None
Corequisites:	None
Recommended Background Knowledge:	Basic knowledge of principles of psychotherapy and learning theory. Encouraged to be working clinically in mental health field.
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:	The course is aimed at any clinician working within the mental health field who wants to develop practical skills in implementing Evidence Supported Structured Psychotherapies in a range of mental health settings and conditions. It comprises a range of learning activities. These include pre reading of prescribed texts and articles, on line discussions, case write ups, tutorials and skill development workshops. The introductory course will focus on development of basic skills in structured psychotherapy by focussing on the clinical application of structured psychotherapy to patients presenting with symptoms of depression or anxiety.
Learning Outcomes:	To acquire the knowledge and skills required to apply the theory and practice of structured psychotherapy to the treatment of people with problems associated with anxiety and depression. <ul style="list-style-type: none"> # Critically discuss the theory and development of cognitive-Behaviour Therapy (CBT) and other structured psychotherapies # Provide examples of case conceptualisations for individuals with specific mental health problems # Utilise Socratic Questioning as a therapeutic tool # Develop basic competence in the use of behavioural and cognitive interventions for depression and anxiety # Demonstrate specific skills in structured interventions for individuals with depression. # Apply behavioural and cognitive interventions to Generalised Anxiety

	<ul style="list-style-type: none"> # Design a treatment plan specifically tailored to an individual's needs and based on a conceptualisation of the case # Devise optimal treatment approaches to individuals with depression and/or anxiety when working within a variety of settings # Critically analyse one's skill development using reflective practice and an experimental approach # Compare and contrast the research evidence available for structured psychotherapies for mental health problems <p>At the end of the course participants will be ready to develop advanced competencies in the specialist practice of structured psychotherapies such as CBT in specialist clinical areas such as Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, and psychosis via the subject <i>Advanced Structured Psychotherapies</i> (a case based approach).</p>
Assessment:	Case report of 1,500 words due end of semester (worth 20%) Demonstration of skills via structured role plays during class. Assessed by workshop facilitators using Cognitive Therapist competency checklist, 2 workshops during semester (Worth 20%) Critical writing assignment of 3,000 words due week 6 (worth 35%) Completion of 5 journal entries containing application and outcome of specific structured psychotherapy skills in clinical practice. One journal entry marked bi-weekly (Worth 25%)
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):	Graduate Certificate in Mental Health Science Graduate Diploma in Mental Health Science Master of Mental Health Science