

PSYT90084 Advanced Structured Psychotherapies

Credit Points:	12.5								
Level:	9 (Graduate/Postgraduate)								
Dates & Locations:	2016, Parkville This subject commences in the following study period/s: Semester 2, 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:	<table border="1"> <thead> <tr> <th>Subject</th> <th>Study Period Commencement:</th> <th>Credit Points:</th> </tr> </thead> <tbody> <tr> <td>PSYT90083 Basic Structured Psychotherapies</td> <td>Semester 1</td> <td>12.50</td> </tr> </tbody> </table>			Subject	Study Period Commencement:	Credit Points:	PSYT90083 Basic Structured Psychotherapies	Semester 1	12.50
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PSYT90083 Basic Structured Psychotherapies	Semester 1	12.50							
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/								
Coordinator:	Assoc Prof James Olver								
Contact:	<p>jameso@unimelb.edu.au (mailto:jameso@unimelb.edu.au) Administrative contact Victoria Kingsley victoria.kingsley@unimelb.edu.au (mailto:victoria.kingsley@unimelb.edu.au)</p>								
Subject Overview:	<p>The advanced subject is aimed at any clinician working within the mental health field who wants to further develop practical skills and application 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.</p> <p>The Advanced subject will focus on the development and application of specialised structured psychotherapy skills for specific Anxiety Disorders (Obsessive Compulsive Disorder, Phobias, Post Traumatic Stress Disorder), Eating Disorders, Psychotic Disorders, Bipolar Disorders and Personality Disorders.</p>								
Learning Outcomes:	<p>To acquire advanced knowledge and skills required to apply the theory and practice of structured psychotherapy to the treatment of people with Mental Health Disorders. At the end of the subject participants will have developed advanced competencies in the practice of structured psychotherapies such as CBT in specialist clinical areas.</p> <ul style="list-style-type: none"> # Critically discuss the application of advanced training and skill development in structured psychotherapies for serious Mental Health Disorders # Provide examples of case conceptualisations for individuals with phobic disorders, eating disorders, psychotic disorders, bipolar disorders and personality disorders 								

	<ul style="list-style-type: none"> # Develop and demonstrate advanced competence in the use of behavioural and cognitive interventions # Apply advanced skills to specific disorders (e.g. exposure and response prevention for OCD) # Design a treatment plan specifically tailored to an individual's needs and based on a comprehensive conceptualisation of the case # Demonstrate the ability to critically analyse one's skill development using reflective practice and an experimental approach # Critically appraise the research evidence available for specific structured psychotherapies in the treatment of mental health disorders such as anxiety disorders, bipolar disorders, eating disorders, psychotic disorders and personality disorders
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:	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
Related Course(s):	Graduate Diploma in Mental Health Science Master of Mental Health Science