

ISN513

Introduction to CBT with Adults/ Clinical Intervention 1

Unit Description

Introduction to CBT with Adults/Clinical Intervention 1 introduces the main theories, concepts, and techniques of CBT through formal teaching and private reading activities. Students will develop basic skills in applying CBT techniques appropriately for clinical intervention.

Required Textbooks and Readings

Beck, J.S. (2011). *Cognitive Behavior Therapy: Basics and Beyond* (2nd Ed.). New York: Guilford

Ledley, D.R., Marks, B.P., & Heinberg, R.G. (2011). *Making cognitive behavioral therapy work: Clinical process for new practitioners* (2nd Ed.). New York: The Guilford Press.

**Textbooks are not finalised and may be subject to change prior to the start of semester.*

Administrative Details

Associated higher education awards	Duration	Core or Elective	Level	Unit Coordinator	Other Teaching Staff
Master of Psychology (Clinical)	One semester	Core	Fifth year, Semester 2	TBA	TBA

Learning Outcomes and Assessments

Learning outcomes for Unit	Assessment tasks		
	Type	When assessed – year, session and week	Weighting (% of total marks for unit)
To become familiar with the main theories, concepts, and techniques of CBT through formal teaching and private reading activities	Practical with written assignment [2000 words] – Submission of a recorded client CBT intervention session	Year 1, semester 2, week 10	50%
To develop basic skills in applying CBT techniques appropriately for clinical intervention	Practical with written assignment – see above		
To become familiar with the main theories, concepts, and techniques of CBT through formal teaching and private reading activities	Lectorial activities [Role plays based on case vignettes will develop basic skills in applying CBT techniques appropriately for clinical intervention]	Year 1, throughout semester 2	50%
To develop basic skills in applying CBT techniques appropriately for clinical intervention	Tutorial activities – see above		

Delivery mode

Face to face on site with E-learning (online) components;

Full-time or Part-time study



Pre-requisites and co-requisites

Successful completion of all year 5, semester 1 units.

Other Resources and Requirements

None.

Unit weighting as a percentage of the year

Unit credit points	Total course credit points
10	200

Student workload

No. timetabled hours per week	No. personal study hours per week	Total workload hours per week
3 (1x2 hour lecture; 1x1 hour practical)	6	9

**Unit outlines may be subject to change. The most up-to-date outlines will be provided to students once the semester commences.*