

ISN603 Clinical Health Psychology

Unit Description

Clinical Health Psychology introduces the field of clinical health psychology and related theoretical frameworks to students. The unit aims to link psychological and physical aspects of health and illness, with a focus on the application of clinical psychology principles and techniques for the promotion and maintenance of health and the prevention and treatment of illness. Students become familiar with psychological assessment within health settings and adherence to treatment and preparation for medical procedures, and develop basic skills within the role of clinical psychologists in developing behaviour change programs for various levels of prevention.

Required Textbooks and Readings

Miller, W. & Rollnick, S. (2013) *Motivational interviewing: Helping people change*. (3rd Ed.). New York: Guilford.

Sperry, L. (2009). *Treatment of Chronic Medical Conditions: Cognitive-behavioral therapy strategies and integrative treatment protocols*. Washington: American Psychological Association.

**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	Sixth year, Semester 1	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 introduce the field of clinical health psychology together with theoretical frameworks linking psychological and physical aspects of health and illness	Practical with written report [1000 words] – Client report and treatment plan	Year 1, semester 2, week 10	80%
To focus on the application of clinical psychology principles and techniques to the promotion and maintenance of health and the prevention and treatment of illness	Practical with written assignment – see above		
To become familiar with psychological assessment within health settings and adherence to treatment and preparation for medical procedures	Class attendance and participation	Year 1, throughout semester 2	20%
To develop basic skills within the role of clinical psychologists in developing behaviour change programs for various levels of prevention.	Class attendance and participation		

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 year 5 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.*