

ISN605

Acceptance and Commitment Therapy (TBD) (Schema Therapy or MBCT)

Unit Description

Acceptance and Commitment Therapy introduces the emerging evidence based therapy ACT. Students will gain an understanding of the principles underlying complex presentations, and develop skills in assessing and determining clients' suitability for ACT interventions. Students will demonstrate the ability to develop an appropriate, client focused formulation, and treatment plan and evaluate the specialised intervention in practice.

Required Textbooks and Readings

Roemer, L., & Orsillo, S. M. (2009). *Mindfulness- and Acceptance-Based Behavioral Therapies in Practice*. New York: 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	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 demonstrate an understanding of the principles underlying specialised cognitive interventions for complex presentations	Case Study [1000 words] – Case study treatment plan – individual project	Year 1, semester 2, week 7	60%
To develop skills in assessing and determining clients' suitability for specialised cognitive interventions	Case Study [1000 words] – see above		
To demonstrate the ability to develop an appropriate, client focused formulation, and treatment plan	Case Study [1000 words] – see above		
To evaluate the specialised intervention in practice	Tutorial activities – participation in class activities and role plays	Year 1, throughout semester	40%

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.*