

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 through class exercises and role plays.

Required Textbooks and Readings

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

**Textbooks 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	Mr Antoni Centofanti	A/Prof Trish Melzer

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	Submission of a recorded client CBT intervention session	Year 1, semester 2, week 10	75%
To develop basic skills in applying CBT techniques appropriately for clinical intervention	Role plays in class will develop basic skills in applying CBT techniques appropriately for clinical intervention]	Year 1, throughout semester 2	
To become familiar with the main theories, concepts, and techniques of CBT	Multiple choice exam	Exam period	25%

Delivery mode

Face to face on site;

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
1 x 2 hour lecture	6	8

**Unit outlines may be subject to change.*