

ISN605

Acceptance and Commitment Therapy & MBCT

Unit Description

In this unit students will be exposed to Acceptance and Commitment Therapy (ACT) and Mindfulness Based Cognitive Therapy (MBCT). Students will gain an understanding of the principles underlying both models, implementation with complex client presentations, and develop skills in assessing and determining clients' suitability for ACT and/or MBCT interventions. Students will demonstrate the ability to develop an appropriate, client focused formulation, and treatment plan and evaluate the specialised intervention in practice. Students will engage in theoretical discussion and the practise of mindfulness based interventions for a range of psychological disorders.

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)
Demonstrate an understanding of the principles underlying mindfulness and acceptance-based therapies.	Participation in class activities and experiential exercises, role plays, discussions and in-lecture tasks	Year 2, Semester 1, Weeks 1 - 12	Outcomes 1 – 3 combined worth a total of 45% of the mark for the unit
Develop skills in assessing and determining clients' suitability for mindfulness based interventions	Participation in class activities and experiential exercises, role plays, discussions and in-lecture tasks	Year 2, Semester 1, Weeks 1 - 12	Outcomes 1 – 3 combined worth a total of 45% of the mark for the unit

Learning outcomes for Unit	Assessment tasks		
	Type	When assessed – year, session and week	Weighting (% of total marks for unit)
Demonstrate competency in delivering mindfulness and acceptance based interventions	Participation in class activities and experiential exercises, role plays, discussions and in-lecture tasks (45%)	Year 2, Semester 1, Weeks 1 - 12	Outcomes 1 – 3 combined worth a total of 45% of the mark for the unit
Demonstrate the ability to develop a mindfulness based formulation, and treatment plan.	Case Study: Written formulation and treatment plan		55%

Delivery mode

Face to face on site

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
1 x 2 hour lecture	6	8

**Unit outlines may be subject to change.*