

# ISN504 Interventions 1

**Unit Description**

**Interventions 1** introduces students to fundamental skills of clinical psychology including basic counselling techniques, clinical interview approaches, mental status examination and clinical formulation. Students will also be introduced to a number of evidence-based intervention techniques applicable to a range of psychological presentations. Students will participate in a variety of experiential tasks and role plays.

**Textbooks**

Page, A.C and Stritzke, W.G. (2014). *Clinical Psychology for Trainees: Foundations of Science-Informed Practice*. (2<sup>nd</sup> ed.). Cambridge University Press

Egan, G. (2014). *The skilled helper: A problem-management and opportunity-development approach to helping*. (10<sup>th</sup> ed.). Pacific Grove, CA: Brooks/Cole.

**Administrative Details**

Associated higher education awards	Duration	Core or Elective	Level	Unit Coordinator	Other Teaching Staff
Master of Psychology (Clinical)	One semester	Core	Year 1, Semester 1	Dr Sarah Wrigley	TBA

**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
1x 3 hr lecture	6	9

**Learning Outcomes and Assessments**

Learning outcomes for Unit
I. To develop basic counselling skills and micro-skills through participation in class role plays and practice sessions
II. To develop skills in clinical interviewing and mental status examination
III. To develop skills in the application of a number of basic evidence-based intervention techniques

### Overview of Assessment Tasks

Assessment tasks		
Type	When assessed – year, session and week	Weighting (% of total marks for unit)
Submission of recorded counselling session role play demonstrating basic counselling techniques	Year 1, Semester 1, Week 10	Pass / Fail (hurdle)
Class exercises, role plays, class discussions	Year 1, Semester 1, throughout semester	10%
Small group presentation	Year 1, Semester 1, throughout semester	30%
Essay (3000 words) based on one of a selection of intervention-related topics (to be provided)	Year 1, Semester 1, Week 12	60%

### Delivery mode

Face to face on site; Full-time or Part-time study

### Pre-requisites and co-requisites

Successful completion of a four-year, APAC accredited, sequence of study in psychology with a H2A average or higher and passing selection interviews and psychometric testing.



**Other Resource and Requirements**

Use of recording technology (student's own or provided)

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