

ISN511

Formulation and Treatment Planning

Unit Description

Formulation and Treatment Planning assists in preparing students for external placements and introduces students to an overview of the process of psychological formulation, treatment planning, intervention and monitoring in adult clinical patients. The unit also exposes students to the psychological theories of and evidence-based interventions appropriate to a variety of DSM-V disorders.

Textbook

Persons, J. B. (2008). *The case formulation approach to cognitive-behavior therapy*. New York, NY: Guilford.

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 2	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
1 x 3 hour lecture	6	9

Learning Outcomes and Assessments

Learning outcomes for Unit
I. To understand how to apply important psychological theories to intervention in the delivery of evidence-based therapies with adult clients.
II. To understand the case formulation approach to cognitive behaviour therapy and be able to develop a clinical case formulation that leads to evidence-based intervention delivery and treatment monitoring.
III. To obtain an overview of the intervention process in a variety of adult psychological disorders.

Overview of Assessment Tasks

Assessment tasks		
Type	When assessed – year, session and week	Weighting (% of total marks for unit)
Online Quiz (20%) Students will complete a 20-question online quiz regarding the cognitive, learning and emotional models relevant to formulation.	Week 6	20%
Clinical Case Formulation (35%) Students will develop a case formulation using the 5Ps approach.	Week 7	35%
Treatment Plan and Discussion of Evidence (45%).	Week 11	45%

Delivery mode

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

Pre-requisites and co-requisites

None

Other Resource and Requirements

None.

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