

ISN513 Interventions 2

Unit Description

In this unit, students will be introduced to the fundamental principles and application of Cognitive Behavioural Therapy (CBT). Students will gain an understanding of the current evidence-base of CBT and the importance of the scientist-practitioner model; the theoretical underpinnings of CBT; case conceptualisation from a CBT perspective, and learn a range of fundamental, and more sophisticated, cognitive and behavioural therapeutic interventions. Students will be exposed to CBT for specific psychological disorders and special applications. Students will be introduced to these areas of psychological practice through formal teaching, videos, classroom exercises (e.g., role plays and discussions), reading activities and home practice.

Textbook

Beck, J.S. (2011). Cognitive Behavior Therapy: Basics and Beyond (2nd Ed.). New York: 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	Mr Antoni Centofanti	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 become familiar with the main theories, concepts, and techniques of CBT through formal teaching and private reading activities
II. To develop basic skills in applying CBT techniques appropriately for clinical intervention
III. To demonstrate an ability to plan CBT treatments and provide responsive, client-focused therapy.
IV. To become familiar with the main theories, concepts, and techniques of CBT

Overview of Assessment Tasks

Assessment tasks		
Type	When assessed – year, session and week	Weighting (% of total marks for unit)
Roleplay (40%) Client session roleplay of CBT intervention session	Year 1, Semester 2, Week 10	40%
Reflective analysis (20%). Reflective analysis of CBT roleplay and application of techniques	Year 1, Semester 2, Week 11	20%
Examination (40%) Closed book multiple-choice examination of the lecture materials and essential readings.	Exam period	40%

Delivery mode

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

Pre-requisites and co-requisites

Successful completion of all Year 1, Semester 1 units.

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*