

## ISN513 Introduction to CBT with Adults

### Unit Description

**Introduction to CBT with Adults** introduces the main theories, concepts, techniques and application of cognitive behavioural therapy (CBT) through formal teaching and private reading activities. Students will develop basic skills in applying CBT techniques appropriately for clinical intervention.

### Administrative Details

Associated higher education awards	Duration	Core or Elective	Level
Master of Psychology (Clinical)	One semester	Core	Fifth year, Semester 2

### 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

### Overview of Assessment Tasks

Assessment tasks		
Type	Weighting (% of total marks for unit)	Unit Learning Outcomes
<b>Roleplay.</b> Role-play activity with a client (actor) demonstrating CBT interventions.	40%	I, II
<b>Reflective analysis.</b> Reflective analysis of the CBT role-play	20%	I, II
<b>Examination.</b> Closed book multiple-choice and short-answer examination of the lecture materials and essential readings.	40%	I

### 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 Resource and Requirements**

- Additional relevant reading material will be provided by lecturer throughout the semester

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