

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	Cognitive Behavioural Therapy for Health Professionals
Unit ID:	HEMTL6005
Credit Points:	30.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	060305

Description of the Unit:

This course will examine cognitive behavioral therapy (CBT) and associated techniques used in interaction and counselling of people with psychological and/or mental health disorders. The course will include exploration of the theoretical foundations and major concepts of CBT and the application of the associated procedures in clinical practice. Students will improve their self-awareness through the expansion of their own personal approaches to psychotherapeutic interaction through the utilization of CBT with clients within their own practice and social milieu.

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment.

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	■	■	■	■	■	■
Intermediate	■	■	■	■	■	■
Advanced	■	■	■	■	✓	■

Learning Outcomes:

Knowledge:

- K1.** Discuss current issues related to cognitive behavioral therapy (CBT) and its associated methods
- K2.** Critically analyse the extant evidence related to the effectiveness of cognitive behavioral therapy (CBT) in a range of settings and with diverse clients
- K3.** Explain the cultural and psychosocial aspects of the health professional's role that guide the use of cognitive behavioral therapy (CBT)

Skills:

- S1.** Apply skills and knowledge related to cognitive behavioral therapy (CBT) in psychotherapeutic interactions
- S2.** Demonstrate improved self-awareness and how personal characteristics affect relationships with others
- S3.** Rehearse applicable cognitive behavioral therapy (CBT) methods in a range of clinical settings

Application of knowledge and skills:

- A1.** Critically analyse the diverse methods of cognitive behavioral therapy (CBT)
- A2.** Using a cognitive behavioral therapy (CBT) framework, formulate goals and design interventions that address client needs

Unit Content:

Defining Cognitive Behaviour Therapy (CBT) Understanding the evidence and efficacy of CBT in the treatment of psychological/psychiatric disorders. Using CBT in the treatment of Generalised Anxiety Disorders Using CBT in the treatment of Psychotic Disorders Using Motivational Interviewing in the treatment of Substance Abuse disorders

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, K3, S1, S2, S3, A1, A2	Critical analysis and reflection	written critical analysis and reflection	30-50%
K2, K3, S2, A1, A2	Application of knowledge and skills Analysis of clinical case study including management and treatment plan	Case Study	20-40%
K2, K3, S2, A1, A2	Application of knowledge and skills All content	Written Assignment based on case study	20-40%

Adopted Reference Style:

APA ()

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)