



Course Outline (Higher Education)

:	School of Health
Course Title:	COGNITIVE BEHAVIOURAL THERAPY FOR HEALTH PROFESSIONALS
Course ID:	HEMTL6005
Credit Points:	30.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	060305

Description of the Course :

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, etc.)

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the course but gained a final mark of 45 per cent or above and submitted all major assessment tasks.

Program Level:

Level of course in Program	AQF Level of Program					
	5	6	7	8	9	10
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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

Course 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

Values:

- V1.** Recognise self and interactions with clients when utilising Cognitive Behaviour Therapy (CBT)
- V2.** Appreciate Cognitive Behaviour Therapy (CBT) and its application required for practice

Graduate Attributes

The Federation University graduate attributes (GA) are entrenched in the Higher Education Graduate Attributes Policy (LT1228). FedUni graduates develop these graduate attributes through their engagement in explicit learning and teaching and assessment tasks that are embedded in all FedUni programs. Graduate attribute attainment typically follows an incremental development process mapped through program progression. **One or more graduate attributes must be evident in the specified learning outcomes and assessment for each FedUni course, and all attributes must be directly assessed in each program**

Students will be equipped with advanced level knowledge of the determinants of health health determinants and the skills, motivation and confidence to engage in continuous learning to meet the personal, professional and vocational challenges of an ever changing world;

Graduate attribute and descriptor		Development and acquisition of GAs in the course			
		Learning outcomes (KSA)	Code A: Direct B: Indirect N/A: Not Assessed	Assessment task (AT#)	Code: A: Certain B: Likely C: Possible N/A: Not
GA 1 Thinkers	Our graduates are curious, reflective and critical. Able to analyse the world in a way that generates valued insights, they are change makers seeking and creating new solutions.	K1, A1, A2	A	AT1, AT3, AT4	A
GA 2 Innovators	Our graduates have ideas and are able to realise their dreams. They think and act creatively to achieve and inspire positive change.	S3	A	AT1, AT2, AT4	A
GA 3 Citizens	Our graduates engage in socially and culturally appropriate ways to advance individual, community and global well-being. They are socially and environmentally aware, acting ethically, equitably and compassionately.	K2, K3	A	AT4	A
GA 4 Communicators	Our graduates create, exchange, impart and convey information, ideas, and concepts effectively. They are respectful, inclusive and empathetic towards their audience, and express thoughts, feelings and information in ways that help others to understand.	K1, S1, S3	A	AT1, AT4	A
GA 5 Leaders	Our graduates display and promote positive behaviours, and aspire to make a difference. They act with integrity, are receptive to alternatives and foster sustainable and resilient practices.	S2	A	AT4	A

Learning Task and Assessment:

Learning Outcomes Assessed	Learning Tasks	Assessment Type	Weighting
K1,K2, K3, S1, S2, A1, A2	Application of knowledge and skills Online discussions	Contribute to four Online Discussion Forums	30-50%
K2, K3, S2, A1, A2	Application of knowledge and skills Analysis of clinical case study	Case Study	20-40%
K2, K3, S2, A1, A2	Application of knowledge and skills All content	Written Assignment	20-40%
K1, S1, S2, S3, A1, A2	Application of knowledge and skills Four one day workshops	Workshop	S/U

Adopted Reference Style:

APA