



Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	BEHAVIOUR CHANGE STRATEGIES A
Unit ID:	PSYCM7006
Credit Points:	15.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	090701

Description of the Unit:

This unit covers the principles and techniques involved in Cognitive Behaviour Therapy (CBT) and equips students with the clinical skills necessary to implement CBT competently and effectively with adult and child presentations across a range of psychological disorders. There is a strong experiential focus within the unit and a clear emphasis on clinical relevance and practice.

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

Work Experience:

No work experience: Student is not undertaking work experience in industry.

Placement Component: No

Supplementary Assessment: No

Supplementary assessment is not available to students who gain a fail in this Unit.

Course Level:

Level of Unit in Course	AQF Level of Course					
	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 checked="" type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:**Knowledge:**

- K1.** Demonstrate advanced knowledge of the cognitive-behavioural theory of the aetiology, progression, and recovery of psychological disorders, including predisposing, perpetuating and protective factors
- K2.** Articulate and apply the CBT model of case formulation and treatment within a hypothesis testing framework
- K3.** Evaluate the evidence base for the efficacy of cognitive-behavioural assessment and therapy for mild, moderate, and severe and complex psychological disorders, using contemporary, peer-reviewed research publications.
- K4.** Identify, design and evaluate cognitive and behavioural techniques for treating child and adult psychological disorders
- K5.** Identify ethical, professional and pragmatic matters that arise in the use of CBT
- K6.** Evaluate, select, and apply cognitive-behavioural interventions in a culturally responsive manner.
- K7.** Identify the implications and risks of the misuse of CBT in clinical populations

Skills:

- S1.** Demonstrate understanding of the importance of using a theoretical framework and evidence-based techniques to assess clinical problems and deliver therapeutic interventions
- S2.** Demonstrate skills in focussing assessment, and selecting and tailoring techniques to develop CBT interventions that are appropriate for the individual client and their clinical presentation
- S3.** Appraise the professional, legal and ethical responsibilities associated with working with individuals in the context of mental health assessment and treatment

Application of knowledge and skills:

- A1.** Apply advanced knowledge and skills to the selection, tailoring and implementation of appropriate CBT evidence-based interventions.
- A2.** Integrate complex clinical information, and demonstrate competency in communicating this information concisely, using appropriate professional language and an appropriate format.
- A3.** Demonstrate skills in evaluating clinical literature critically, and applying this knowledge to inform a scientist-practitioner approach to clinical practice.

Unit Content:

Topics may include:

- Cognitive behavioural theory and the Beckian model
- The structure and processes of CBT (agenda setting, collaborative goal setting, the use of action plans, therapeutic alliance)
- The CBT approach to assessment, case conceptualisation, and treatment planning
- Cognitive techniques (identifying and evaluating automatic thoughts, dysfunctional assumptions, and core beliefs)
- Behavioural techniques (behavioural experiments, behavioural activation, exposure techniques)
- Self-evaluation of CBT skills
- The use of e-CBT

Learning Task and Assessment:

Students are required to receive a minimum pass grade of 70% for each and every assessment task. Should a student not achieve this standard on an assessment task, they will receive feedback and have the opportunity

to resubmit the assessment task. They will be able to gain no higher than a Distinction for the resubmission.

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1-K7 S1-S3 ASK1-3	Students are provided with case notes and are required to develop a clinical formulation and write an appropriate treatment plan using the information provided.	Treatment plan	40%-60%
K1-K7 S1-S3 ASK1-3	Students are required to write a clinical report which incorporates a clinical history, case formulation, diagnosis, and treatment plan.	Clinical Report	40%-60%

Adopted Reference Style:

APA

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

Fed Cite - [referencing tool](#)