



# Unit Outline (Higher Education)

**Institute / School:** Institute of Health and Wellbeing

**Unit Title:** CLINICAL INTERVENTION

**Unit ID:** PSYCM7017

**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 provides students with knowledge of basic cognitive theory and principles informing the approach. Characteristics of the CBT approach are covered including building effective, collaborative relationships with clients. The unit equips students with the clinical skills necessary to implement CBT competently and effectively with adult presentations across common 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 checked="" type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>				

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

### Learning Outcomes:

#### Knowledge:

- K1.** Demonstrate foundational and advanced knowledge of cognitive behavioural theory and the characteristics, principles and methods of CBT.
- K2.** Describe the CBT model and identify how a cognitive-behavioural model is used in assessment, 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 common adult psychological disorders
- K5.** Identify ethical, professional and pragmatic matters that arise in the use of CBT including knowledge of the importance of the therapeutic relationship and alliance rupture repair

#### 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 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
- S4.** Demonstrate skills in reflective practice of cognitive behavioural techniques and interventions.
- S5.** Demonstrate skills in peer supervision and providing constructive peer feedback for professional practice.

#### 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 practice and applying this knowledge to inform a scientist-practitioner approach to clinical practice
- A4.** Demonstrate skills in reflective practice as a tool for clinical development and growth.
- A5.** Evaluate, select, and apply cognitive-behavioural interventions in a culturally responsive manner.
- A6.** Articulate and apply the CBT model of assessment, case formulation and treatment within a hypothesis-testing framework.

#### 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:**

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1-5, S1, S3, A1, A2	Students are to complete a quiz assessing knowledge of cognitive behavioural models and application of the models in clinical practice.	Quiz	10-20%
K1, S2, S4, S5, A3, A4, A5, A6	Students are required to view a video of a peer completing a CBT skill demonstration and provide written feedback to their peer.	Peer Skill Assessment	10-20%
K1, K4, S2, S4, S5, A3, A4, A5, A6	Students will create a video of a CBT skill demonstration and submit a reflective practice task based on the video.	Skill Demonstration and Reflective Practice Report	60-80%

**Adopted Reference Style:**

APA

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

Fed Cite - [referencing tool](#)