



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

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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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.** Describe 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.** 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.** Apply a theoretical framework and evidence-based techniques to assess clinical problems and deliver therapeutic interventions
- S2.** Develop comprehensive CBT-informed treatment plans for the treatment of mental health conditions.

Application of knowledge and skills:

- A1.** Apply knowledge and skills to the selection, tailoring and implementation of appropriate CBT evidence-based interventions.
- A2.** Evaluate, select, and apply cognitive-behavioural interventions in a culturally responsive manner.
- A3.** 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)

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K3, S1, A2	Students are to complete a quiz or series of quizzes assessing knowledge of cognitive behavioural models and the application of the models in clinical practice.	Quiz	40-60%
K2, S1, S2, A1, A2, A3	Students will demonstrate their ability to develop CBT-informed case formulations and treatment plans under exam conditions.	Exam	40-60%

Adopted Reference Style:

APA ()

Refer to the [library website](#) for more informationFed Cite - [referencing tool](#)