

MODULE DESCRIPTOR

MODULE TITLE	COGNITIVE BEHAVIOUR ASSESSMENT AND TREATMENT PLANNING IN CLINICAL PSYCHOLOGY		
MODULE CODE	PS3085 (L6)	CREDIT VALUE	20 UK CREDITS / 10 ECTS
SCHOOL	SCHOOL OF SCIENCES		

MODULE AIMS

- To develop students' ability to apply cognitive behavioural theories in the assessment and intervention planning in Clinical and Health Psychology
- To develop students' problem-based skills in cognitive behavioural formulation approaches.
- To develop students' ability to communicate a coherent assessment narrative of assessment and treatment plans in a portfolio record of work with vignette, video and role play simulations of clinical and health psychology scenarios.
- To develop students' confidence and problem solving skills in applying clinical and health techniques in the formulation and treatment planning process.

MODULE CONTENT

Indicative syllabus content:

The module will focus on developing students' engagement with the theory and process of cognitive behavioural formulations and treatment plans in relation to clinical and health psychology issues. The issues might include:

- type I diabetes management
- stress anger and hostility management in heart disease.
- chronic pain
- grief
- unrealistic utopian expectations
- dysfunctional self-talk
- faulty information processing
- relationship problems
- attachment issues

INTENDED LEARNING OUTCOMES

On successful completion of this module a student will be able to:

1. Apply and evaluate cognitive behavioural theories in the assessment and intervention planning in Clinical and Health Psychology
2. Apply and evaluate cognitive behavioural formulations across a range of clinical and health psychology issues.

TEACHING METHODS

The module will be delivered through a combination of lecture, workshops and seminars designed to engage students in the conceptual and process of working with a CBT framework in aspects of clinical and health psychology that reflect the most widely used methodology. This reflects the practical nature of the subject, with a premium put on time devoted to exploring the application of CBT to a range of topic areas through guided role play and other exercises such as formulating CBT approaches with case study materials and working with CBT model diagrams. Students will be introduced to conceptual elements and then across a series of themed seminars will explore their application through problem-based learning. In addition, the students will be given a workshop to support their effective utilisation of role play simulation within the learning process. Through iterations of the same process applied to different clinical and health themes the module will explore students will gain a deeper understanding of this approach.

ASSESSMENT METHODS

This module is assessed through an examination and a portfolio.