

BEHV 7001 ADVANCED THERAPEUTIC MODALITIES

Credit Points 10

Legacy Code 102361

Coordinator Evelyn Smith ([https://directory.westernsydney.edu.au/search/name/Evelyn Smith/](https://directory.westernsydney.edu.au/search/name/Evelyn%20Smith/))

Description This unit follows from 102360 Core Therapeutic Modalities. Students in this unit will develop foundational skills in assessment, case formulation and treatment planning through understanding and developing skills in further evidence-based psychological therapies that may be modified based on an evolving case formulation and evaluation and tailored to the client as appropriate to their wider social and cultural context. Further, students will be guided in critical examination of similarities and differences across those therapeutic approaches and their application across conditions, populations, settings and cultural contexts. Please note: some of the activities in this unit may include experiential learning, for example where students may be asked to take on the client role using their own lived experience, to provide opportunity for training in therapeutic modalities that are more "real life". Students may opt-out of these activities without consequence through speaking to the unit coordinator and alternative arrangements for student learning opportunities will be organised.

School Psychology

Discipline Psychology

Student Contribution Band HECS Band 1 10cp

Level Postgraduate Coursework Level 7 subject

Pre-requisite(s) BEHV 7015 AND BEHV 7029

Restrictions

Students must be enrolled in 1814 Master of Professional Psychology.

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Demonstrate knowledge and skills in evidence-based psychological interventions and ways to tailor these to the unique attributes of the person within their wider context and evaluate therapeutic outcomes (APAC GA: 3.7)
2. Apply therapeutic interventions and demonstrate skill in reflecting on practice and identifying areas for improvement. (APAC GA: 3.2, 3.6, 3.9, 3.12 & 3.15)
3. Critically evaluate similarities and differences of therapeutic modalities covered in the subject (APAC GA: 3.9)
4. Based on psychological assessment and formulation, appropriately select therapeutic modalities across diverse settings and cultural contexts and communicate these in a case report (APAC GA: 3.2, 3.3 & 3.8)

Subject Content

Theoretical and empirical foundations of Narrative therapy (NT)
NT assessment, case formulation and application to select psychological problems

Theoretical and empirical foundations of Motivational Interviewing (MI)
MI therapeutic tools and application to select psychological problems

Theoretical and empirical foundations of Acceptance and Commitment therapy (ACT)

ACT assessment, case formulation and application to select psychological problems

Introduction to Schema therapy: theoretical and empirical foundations, approach and application

Introduction to Solution Focused Brief therapy: theoretical foundation, approach and application

Introduction to Emotion Focused therapy: theoretical foundation approach and application

Introduction to Group therapy: approach, skills and context

Evidence-based therapeutic modalities selection across diverse settings and cultural contexts

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/ Group Task
Practical: Motivational interviewing therapy intervention	30 minutes	30	Y	Individual
Practical: Acceptance and Commitment Therapy (ACT) or Narrative therapy intervention	30 minutes	30	Y	Individual
Report	2000 words	40	Y	Individual

Prescribed Texts

- Norcross, J.C. (2011). Psychotherapy relationships that work: Evidence-based responsiveness. 2nd Ed. New York: Oxford University Press. (Available on line at Western Sydney Library)

Teaching Periods

Spring Bankstown Day

Subject Contact Evelyn Smith ([https://directory.westernsydney.edu.au/search/name/Evelyn Smith/](https://directory.westernsydney.edu.au/search/name/Evelyn%20Smith/))

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV7001_22-SPR_BA_D#subjects)