

# BEHV 7015 CORE THERAPEUTIC MODALITIES

**Credit Points** 10

**Legacy Code** 102360

**Coordinator** Craig Gonsalvez ([https://directory.westernsydney.edu.au/search/name/Craig Gonsalvez/](https://directory.westernsydney.edu.au/search/name/Craig%20Gonsalvez/))

**Description** This unit provides an introduction to the theory and practice of Cognitive Behaviour Therapy (CBT), an evidence-based form of therapy and an important therapeutic tool for psychologists working in diverse settings. Students in this unit will develop foundational skills in CBT assessment, formulation and treatment and a critical understanding of CBT application across conditions, populations and social settings. In addition, students will be introduced to family therapy (FT), including different models of FT, assessment, case formulation and FT application across different family situations. CBT and FT will be contrasted and examined for their application to a range of common psychological presentations, including ways to tailor responsive interventions in Aboriginal and Torres Strait Islander and multicultural contexts.

**School** Psychology

**Discipline** Psychology

**Student Contribution Band** HECS Band 1 10cp

**Level** Postgraduate Coursework Level 7 subject

## 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. Explain and critically evaluate theories and models of Cognitive Behavioural Therapy (CBT) and Family Therapy (APAC GA:3.2).
2. Implement a CBT assessment, formulation, therapeutic intervention and reflect on practice (APAC GA: 3.3, 3.6, 3.9, 3.15).
3. Contrast CBT and Family Therapy interventions across a range of psychological problems (APAC GA:3.2).
4. Examine therapeutic complexities and develop ways to evaluate and tailor CBT and Family Therapy approaches in Aboriginal and Torres Strait Islander peoples and multicultural contexts (APAC GA:3.2, 3.3, 3.7).

## Subject Content

1. Theoretical and empirical foundations of Cognitive Behaviour Therapy (CBT)
2. CBT issues and methods
3. CBT assessment and case formulation
4. CBT application to common psychological problems and settings.
5. CBT related therapeutic approaches
6. Theoretical and empirical foundations of Family Therapy (FT)
7. Family therapy issues and methods
8. Introduction to family therapy assessment, and case formulation
9. Introduction to family therapy applications
10. Tailoring CBT in Aboriginal and Torres Strait Islander and multicultural 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 Exam	50 minutes	S/U	Y	Individual
Practical Exam	50 minutes	50	Y	Individual
Report	2,000 words	50	Y	Individual

## Prescribed Texts

- Kennerley, H., Kirk, J., & Westbrook, D. (2017). An introduction to Cognitive Behaviour Therapy - Skills and Applications. Edn 3. London: Sage

## Teaching Periods

## Autumn

### Bankstown

#### Day

**Subject Contact** Craig Gonsalvez ([https://directory.westernsydney.edu.au/search/name/Craig Gonsalvez/](https://directory.westernsydney.edu.au/search/name/Craig%20Gonsalvez/))

View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=BEHV7015\\_22-AUT\\_BA\\_D#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV7015_22-AUT_BA_D#subjects))