BEHV 7027 PSYCHOLOGICAL INTERVENTIONS 1

Credit Points 10

Legacy Code 101213

Coordinator Craig Gonsalvez (https://directory.westernsydney.edu.au/search/name/Craig Gonsalvez/)

Description This subject covers the theory and practice of Cognitive Behaviour (CBT) from a competency-based perspective. The competency paradigm is introduced first before key competencies including CB-Assessment, formulation, psychoeducation, behavioural (behavioural activation, exposure therapy and behavioural experiments) and cognitive intervention techniques are discussed. For each competency domain, knowledge (theory, models and principles), knowledge-application (procedural knowledge), technical skills (e.g., socratic dialogue) and relationship skills (engagement, collaboration, and collaborative empiricism) are addressed. Higher-order integrative competencies including the use of CBT in multicultural contexts, and meta-competencies such as scientist-practitioner and reflective-practitioner competencies are discussed towards the end of the subject. In alignment with competency-based pedagogies, learning activities include didactic presentations, knowledge-application tasks and skills training within small groups, and assessments include a demonstration of competence appropriate for a developing CB practitioner.

School Psychology

Discipline Psychology

Student Contribution Band HECS Band 1 10cp

Level Postgraduate Coursework Level 7 subject

Equivalent Subjects LGYB 5195 - Psychological Interventions 1 LGYA 1202 - Cognitive Behaviour Therapy Theory and Practice

Restrictions

Students must be enrolled in 1546 Master of Psychology (Clinical Psychology) or 1812 Master of Clinical Psychology

Learning Outcomes

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

1. Identify and describe the core features of CBT and its historical and theoretical foundations (APAC GA: 4.2.1i)
2. Critically analyse the differences and similarities between various CBT techniques (APAC GA: 4.2.1i)
3. Demonstrate the core CBT treatment techniques as applied to common psychological disorders (APAC GA: 3.2, 3.5, 3.14, 3.15, 4.2.1i, 4.2.1iii, 4.2.2ii, 4.2.3i)
4. Demonstrate competence in basic CBT assessment techniques, formulation, and treatment planning (APAC GA: 3.2, 3.6, 3.14, 3.15, 4.2.1i, 4.2.2ii, 4.2.2iii, 4.2.3i)
5. Evaluate the effectiveness of CBT for common psychological disorders, including in multicultural contexts. (APAC GA: 3.2, 3.3, 3.7, 3.9, 4.2.1iii, 4.2.2iv, 4.2.3i)
6. Demonstrate ability to communicate appropriately tailored client formulations and treatment plan (APAC GA: 3.3, 3.8, 3.14, 3.15, 4.2.3i)

Subject Content

Historical and Theoretical foundations of CBT
Cognitive Behaviour Assessment: Issues and Methods
Cognitive Behavioural Case Formulation
CBT Psychoeducation
Principles, procedures and applications of Behavioural techniques including exposure therapies, behavioural activation, behavioural experiments and homework.
Principles, procedures and applications of cognitive techniques including cognitive restructuring and socratic dialogue
Integrative competencies including the use of CBT in culturally and linguistically diverse contexts
The role of scientist-practitioner and reflective-practitioner meta-competencies to develop and maintain career-long competence

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.

Type	Length	Percent	Threshold	Individual/ Group Task
Report	2,000 words	30	Y	Individual
Practical	50 minutes total	30	Y	Individual
Final Exam	2 hours	40	Y	Individual

Prescribed Texts

- Kennerley, H., Kirk, J., & Westbrook, D (2017). An Introduction to cognitive behaviour therapy: Skills and applications. 3rd Ed. London: Sage Publications

Teaching Periods

Autumn (2022)
Bankstown
Day
Subject Contact Craig Gonsalvez (https://directory.westernsydney.edu.au/search/name/Craig Gonsalvez/)

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV7027_22-AUT_BA_D#subjects)

Penrith (Kingswood)
Day
Subject Contact Craig Gonsalvez (https://directory.westernsydney.edu.au/search/name/Craig Gonsalvez/)

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV7027_22-AUT_KW_D#subjects)

Autumn (2023)
Bankstown City
On-site
Subject Contact Craig Gonsalvez (https://directory.westernsydney.edu.au/search/name/Craig Gonsalvez/)

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV7027_23-AUT_BK_1#subjects)

Penrith (Kingswood)
On-site
Subject Contact Craig Gonsalvez (https://directory.westernsydney.edu.au/search/name/Craig Gonsalvez/)

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV7027_23-AUT_KW_1#subjects)