

# BEHV 7015 CORE THERAPEUTIC MODALITIES

**Credit Points** 10

**Legacy Code** 102360

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

**Description** This subject 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 subject 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 motivational interviewing and CBT and will be 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

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**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. Critically evaluate theories and models of Cognitive Behavioural Therapy (CBT) and motivational interviewing (APAC GA:3.2).
2. Implement CBT assessment, formulation, therapeutic intervention and reflect on practice (APAC GA: 3.3, 3.6, 3.9, 3.15).
3. Apply CBT and motivational interventions to a range of psychological problems (APAC GA:3.2).
4. Examine therapeutic complexities and develop strategies to evaluate CBT and motivational 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. Motivational Interviewing
7. 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.

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

## 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 (2025)

### Bankstown City

#### On-site

**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/odd/timetable/?subject\\_code=BEHV7015\\_25-AUT\\_BK\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV7015_25-AUT_BK_1#subjects))