The University of Southern Queensland

Course Specification

Description: Advanced Individual Intervention

<table>
<thead>
<tr>
<th>Subject</th>
<th>Cat-Nbr</th>
<th>Class</th>
<th>Term</th>
<th>Mode</th>
<th>Units</th>
<th>Campus</th>
</tr>
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<tbody>
<tr>
<td>PSY</td>
<td>8090</td>
<td>14555</td>
<td>2, 2002</td>
<td>ONC</td>
<td>1.00</td>
<td>TWMBA</td>
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Academic Group: FOSCI
Academic Org: FOS005
HECS Band: 1
ASCED Code: 090701

STAFFING
Examiner: Grace Pretty
Moderator: Robert Closs

PRE-REQUISITES
Pre-requisite: PSY 8050 and PSY 8130 and PSY 8140

RATIONALE
The psychologist requires expertise in a variety of therapeutic methods to be able to treat effectively the broad range of health related problems found in general practice. This course builds on course PSY8050 in critically reviewing the skills of multimodal interventions and in developing students' competencies to provide flexible services to meet the particular needs of specific client groups.

SYNOPSIS
This course builds on basic principles and practices of supportive cognitive-behaviour therapy (CBT) in relation to common psychological problems of anxiety, depression and other maladaptive reactions to acute and chronic illness. It provides students with opportunities to acquire skills from other therapeutic orientations that complement CBT. Course material is presented through a series of workshops and critiqued individual practice.

OBJECTIVES
On successful completion of this course students will be able to:

- demonstrate the following competencies as identified in the APS Competencies for Psychologists (1996) and the document Competencies for the College of Health Psychologists:
- design, implement and evaluate individual interventions based on a broad knowledge of literature and research regarding individual psychological interventions;
• provide a competent, professional service to individuals experiencing health problems through: developing skills at a level of competence commensurate with their previous professional experience; acquiring knowledge of professional and ethical issues; critically analysing issues implicated in the use of intervention techniques with different clientele; appropriately applying cognitive-behavioural and other multimodal methods across a variety of clientele; recognising the need for and conducting crisis-oriented approaches and PTSD interventions; designing and implementing stress reduction programs; promoting client self-help skills;

• demonstrate proficiency in professional communication and client/community relations through: writing and presenting reports of intervention plans and outcomes; assessing the ecological validity of proposed interventions; critically reviewing the efficacy of interventions for identified health problems.

**TOPICS**

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
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<tbody>
<tr>
<td>1. Integrating the therapeutic approaches applicable to personal wellness and self care for acute and chronic illnesses.</td>
<td>40.00</td>
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<tr>
<td>2. Care for clients with chronic pain.</td>
<td>30.00</td>
</tr>
<tr>
<td>3. Care for clients with cardiovascular disease.</td>
<td>5.00</td>
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<tr>
<td>4. Care of clients with insomnia.</td>
<td>5.00</td>
</tr>
<tr>
<td>5. Care of clients with respiratory illness.</td>
<td>5.00</td>
</tr>
<tr>
<td>6. Care of clients with cancer.</td>
<td>5.00</td>
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<tr>
<td>7. Care of clients with gastrointestinal conditions.</td>
<td>5.00</td>
</tr>
<tr>
<td>8. Care of clients in neuromuscular rehabilitation.</td>
<td>5.00</td>
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</table>

**TEXT and MATERIALS required to be PURCHASED or ACCESSED:**

Books can be ordered by fax or telephone. For costs and further details use the 'Book Search' facility at http://bookshop.usq.edu.au by entering the author or title of the text.


REFERENCE MATERIALS

Reference materials are materials that, if accessed by students, may improve their knowledge and understanding of the material in the course and enrich their learning experience.


**STUDENT WORKLOAD REQUIREMENTS**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment</td>
<td>30</td>
</tr>
<tr>
<td>Examinations</td>
<td>2</td>
</tr>
<tr>
<td>Practical Experience</td>
<td>30</td>
</tr>
<tr>
<td>Private Study</td>
<td>70</td>
</tr>
<tr>
<td>Workshops</td>
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**ASSESSMENT DETAILS**

<table>
<thead>
<tr>
<th>Description</th>
<th>Marks Out of</th>
<th>Wtg(%)</th>
<th>Required</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>5 X 1HR PRACTICE INTV SESSION</td>
<td>1.00</td>
<td>0.00</td>
<td>Y</td>
<td>22 Jul 2002</td>
</tr>
<tr>
<td>INTERVENTION PROTOCOL</td>
<td>30.00</td>
<td>30.00</td>
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<td>15 Aug 2002</td>
</tr>
<tr>
<td>45MIN VIDEO OF INTERV SESSION</td>
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<td>0.00</td>
<td>Y</td>
<td>12 Sep 2002</td>
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<tr>
<td>INTERVENTION REPORT</td>
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<td>30.00</td>
<td>Y</td>
<td>15 Oct 2002</td>
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<tr>
<td>2 HOUR CLOSED EXAMINATION</td>
<td>35.00</td>
<td>35.00</td>
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<td>END S2</td>
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<tr>
<td>ATTENDANCE AT 3 2-DAY WORKSHOP</td>
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<td>0.00</td>
<td>Y</td>
<td>22 Jul 2002</td>
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**NOTES:**

1. Refer to the Examiner for information about these due dates.

5. Examination dates will be available during the Semester. Please refer to the examination timetable when published.

6. Refer to the Examiner for information about these due dates.

**OTHER REQUIREMENTS**

1. It is the students' responsibility to participate actively in all workshops scheduled for them, and to study all material provided to them or required to be accessed by them to maximize their chance of meeting the objectives of the course and to be informed of course-related activities and administration.

2. Participation in On-campus Workshops. The intervention skills component of this course will be taught in three, two day workshops held on campus. During these workshops students will engage in practice of intervention techniques. Psychological aspects of a variety of physical health problems will be discussed. Attendance at the workshops is compulsory.
3 Each student will arrange to conduct a minimum of five one-hour practice intervention sessions with a volunteer client. The student will obtain from the volunteer the appropriate written permission for participation and videotaping.

4 Intervention Protocol. Each student will interview a `volunteer client' regarding a particular health issue. The student will integrate information from this interview to propose an 8 week intervention program. Each of the 8 week sessions must be described in terms of objectives for the session, processes/techniques to be used. This protocol should be approximately 3,000 words.

5 One of the five practice intervention sessions is to be taped and a 45 minute video tape of the intervention session with client is to be submitted.

6 Each student will submit a written intervention report describing the therapeutic processes of each of the five sessions, the client's responses and progress through each of the sessions and the student's reflection on the experience of each of the sessions and the final outcome. This report should be approximately 5,000 words.

7 Examination. This will be an in-class two hour closed exam. It will consist of 2 short essay questions requiring students to consider aspects of a case study, suggest possible intervention strategies, and discuss relevant theoretical and research information concerning the psychological issues of intervening in the particular health problem.

8 Closed Examination: Candidates are allowed to bring only writing and drawing instruments into the closed examination.

9 To be assured of a pass in this course, students must: (a) obtain an overall mark of at least 70%; and (b) obtain an overall mark of at least 70% in the assignments; and (c) conduct required practical sessions; and (d) attend all workshops.

10 Final grades for students will be determined by the addition of the marks obtained in each assessment item, weighted as in the Assessment Details.

11 Supplementary & Deferred Examinations. Students will be granted a deferred examination only if they perform satisfactorily in all other assessment items. Any supplementary or deferred examinations for this course will be held before the end of the fourth week after the end of the examination period of the semester.

12 The due date for assessments is the date by which a student must despatch an assignment to the USQ. The onus is on the student to provide proof of the despatch date, if requested by the Examiner. In accordance with the University's Policy on Assignments (Regulation 5.6.1), the Examiner of a course may grant an extension of the due date of an assignment in extenuating circumstances. This policy may be found in the USQ Handbook, the Distance Education Student Guide and the Faculty of Sciences' Orientation Handbook for new on-campus students. All students are advised to study and follow the guidelines associated with this policy. An extension will be considered in extraordinary circumstances only. The extension period will not last beyond the end of the fourth week after the end of the examination period of the semester.

13 Penalty for late submission is 2% of the marks per day late.

14 Students must retain a copy of any assignment submitted. This must be produced within 48 hours if required by the Examiner.