Description: Clinical Assessment and Intervention II

Subject | Cat-nbr | Class | Term | Mode | Units | Campus
---|---|---|---|---|---|---
PSY | 8050 | 90263 | 2, 2009 | ONC | 1.00 | Toowoomba

Academic group: FOSCI
Academic org: FOS005
Student contribution band: 1
ASCED code: 090701

STAFFING
Examiner: Paul Bramston
Moderator: Grace Pretty

REQUISITES
Pre-requisite: PSY8045

RATIONALE
The practitioner addressing psychological problems requires a broad understanding of therapeutic methods that have been demonstrated to be effective within mental health contexts. This course critically reviews the research literature on clinical interventions that reduce the psychological impact of mental illness and maximise quality of life. It develops students' competencies to plan and implement cognitive-behavioural interventions for these problems.

SYNOPSIS
This course addresses principles and practice of supportive behavioural and cognitive-behaviour therapy in relation to common psychological problems such as anxiety, depression and stress. This material will be presented and role-played through practical skill development workshops. The skill level of individual students will be assessed using videotaped therapy sessions with clients.

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

1. demonstrate competencies as identified in APS Competencies for Psychologists (1996); (assessed through participation in workshop exercises and videos)
2. design, implement and evaluate individual interventions based on a broad knowledge of literature and research regarding individual psychological interventions related to the practice of psychology; (assessed through CBT plan case study to be submitted and exam)
3. 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 clientele presenting with a variety of health issues, appropriately applying cognitive-behavioural interventions across a variety of clientele, cognitive-behavioural interventions across a variety of clientele, considering age, gender and cultural sensitivities, designing and implementing stress reduction programs, promoting client self-help skills; (assessed through participation in workshop exercises, videos and exam.)

4. 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; (assessed through CBT plan case study and exam.)

TOPICS

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
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<tbody>
<tr>
<td>1. Therapeutic relationship microskills, assessment and formulation in the clinical setting.</td>
<td>20.00</td>
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<tr>
<td>2. Behavioural and cognitive methods effective in the treatment of: - anxiety, stress and depression and the evidence for their effectiveness.</td>
<td>30.00</td>
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<tr>
<td>3. Cognitive strategies in working with automatic thoughts and beliefs in the treatment of anxiety, stress and depression and the evidence for their effectiveness.</td>
<td>30.00</td>
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<td>4. Treating chronic, severe or complex disorders.</td>
<td>10.00</td>
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<tr>
<td>5. Writing and presenting intervention case studies.</td>
<td>10.00</td>
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TEXT and MATERIALS required to be PURCHASED or ACCESSED

ALL textbooks and materials are available for purchase from USQ BOOKSHOP (unless otherwise stated). Orders may be placed via secure internet, free fax 1800642453, phone 07 46312742 (within Australia), or mail. Overseas students should fax +61 7 46311743, or phone +61 7 46312742. For costs, further details, and internet ordering, use the 'Textbook Search' facility at http://bookshop.usq.edu.au click 'Semester', then enter your 'Course Code' (no spaces).

REQUIRED TEXT Students will find the set text useful pre-reading for workshops and as a foundation for their written case study and exam.


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>
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<tbody>
<tr>
<td>Assessments</td>
<td>30.00</td>
</tr>
<tr>
<td>Practical Experience</td>
<td>30.00</td>
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<tr>
<td>Private Study</td>
<td>60.00</td>
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<tr>
<td>Tutorials</td>
<td>48.00</td>
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</table>

ASSESSMENT DETAILS

<table>
<thead>
<tr>
<th>Description</th>
<th>Marks out of</th>
<th>Wtg (%)</th>
<th>Due date</th>
</tr>
</thead>
<tbody>
<tr>
<td>CBT PLAN</td>
<td>40.00</td>
<td>40.00</td>
<td>07 Sep 2009</td>
</tr>
<tr>
<td>CASE STUDY TEST</td>
<td>40.00</td>
<td>40.00</td>
<td>30 Oct 2009</td>
</tr>
<tr>
<td>THREE VIDEOS OF THERAPY</td>
<td>20.00</td>
<td>20.00</td>
<td>30 Oct 2009</td>
</tr>
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</table>

IMPORTANT ASSESSMENT INFORMATION

1. Attendance requirements:
   To ensure that students can satisfy the objectives of the practical component of the unit, attendance at all workshops for this course is compulsory. 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 with respect to a range of health problems. Attendance at the workshops is compulsory.

2. Requirements for students to complete each assessment item satisfactorily:
   To complete each of the assessment items satisfactorily, students must obtain at least 50% of the marks available for each assessment item.

3. Penalties for late submission of required work:
   If students submit assignments after the due date without (prior) approval of the examiner then a penalty of 5% of the total marks gained by the student for the assignment may apply for each working day late up to ten working days at which time a mark of zero may be recorded.

4. Requirements for student to be awarded a passing grade in the course:
To be assured of receiving a passing grade a student must achieve at least 50% of the total weighted marks available for the course.

5 Method used to combine assessment results to attain final grade:
   Final grades for students will be determined by the addition of the marks obtained in each assessment item, weighted as in the Assessment Details.

6 Examination information:
   An exam (held as an in-class test) will be held in the final workshop requiring students to diagnose and plan treatment for a clinical case study.

7 Examination period when Deferred/Supplementary examinations will be held:
   There will be no Deferred or Supplementary examinations in this course.

8 University Regulations:
   Students should read USQ Regulations 5.1 Definitions, 5.6. Assessment, and 5.10 Academic Misconduct for further information and to avoid actions which might contravene University Regulations. These regulations can be found at the URL http://www.usq.edu.au/corporateservices/calendar/part5.htm or in the current USQ Handbook.

ASSESSMENT NOTES

9 Each student will arrange weekly, forty-five minute therapy sessions with a minimum of three volunteer clients to demonstrate core skills of problem elicitation; formulation and intervention planning. These sessions will form the basis of the CBT intervention plan (see below) and the Discussion Group (see below). It is anticipated that these therapy sessions will run between weeks five and twelve of the semester.

10 A formal intervention plan of 8 sessions of CBT will be designed by the student to assist one of the above clients in coping. The plan will present a full formulation of the presenting problem from a CBT perspective and outline a possible schedule of 8 sessions. This plan should be no more than 3,000 words.

11 From Week 5 to 12 students are required to conduct therapy sessions with their clients and to post a report on the electronic Discussion Group after each therapy session i.e. weekly. Each student is strongly encouraged to offer thoughts and suggestions to other students. A least three video tapes of therapy must be handed in for feedback through the semester.

12 The due date for an assignment is the date by which a student must despatch the assignment to the USQ. The onus is on the student to provide proof of the despatch date, if requested by the Examiner.

13 Students must retain a copy of each item submitted for assessment. This must be produced within five days if required by the Examiner.

14 The examiner may grant an extension of the due date of an assignment in extenuating circumstances.