



## **Module Specification**

### **Psychological Interventions in Health Psychology**

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## Part 1: Information

**Module title:** Psychological Interventions in Health Psychology

**Module code:** USPJKE-30-M

**Level:** Level 7

**For implementation from:** 2023-24

**UWE credit rating:** 30

**ECTS credit rating:** 15

**Faculty:** Faculty of Health & Applied Sciences

**Department:** HAS Dept of Social Sciences

**Partner institutions:** None

**Field:** Psychology

**Module type:** Module

**Pre-requisites:** None

**Excluded combinations:** None

**Co-requisites:** None

**Continuing professional development:** No

**Professional, statutory or regulatory body requirements:** None

## Part 2: Description

**Overview:** Not applicable

**Features:** Not applicable

**Educational aims:** This module is designed primarily to enable trainees to gain clinical and professional skills in the engagement and applied practice of communicating, relationship building with clients/individuals (central to intervention effectiveness) and delivering therapeutic intervention techniques in real life practice.

As such the process of undertaking an intervention should begin with a comprehensive assessment of individual needs that will result in the development of a formulation model of the theory, along with processes and constructs to be addressed in designing an effective intervention for that individual. Trainees must ensure that they can make professional judgements, communicate feedback about the outcomes and impact of the interventions involved in an individual's care based on their assessment and formulations to manage complex and unpredictable situations.

**Outline syllabus:** The teaching sessions include:

Introduction to health behaviour change interventions

Planning health behaviour change interventions

Behaviour change interventions in public health settings

Assessing health behaviour change

Formulating health behaviour change

Behavioural interventions/functional analysis

Goal-setting and planning

Cognitive behavioural approaches to health behaviour change

Barriers to changing behaviour

Interventions in health care settings

Measuring and evaluating health behaviour change interventions

### **Part 3: Teaching and learning methods**

**Teaching and learning methods:** Students will be expected to attend timetabled workshop days which will act to guide their further reading and independent study. It is expected that students will spend at least 300 hours, including contact time and assignment preparation working for this module.

Scheduled learning includes lectures, seminars, demonstration, practical classes and workshops.

Independent learning includes hours engaged with essential reading, case study

preparation, assignment preparation and completion

Students will typically attend four timetabled workshop days (7 hours each day) for this module (28 hours in total) across the year and these workshops will be supported by individual supervision through face to face contact, Skype or by telephone.(24 hours in total across the module).

**Module Learning outcomes:** On successful completion of this module students will achieve the following learning outcomes.

**MO1** Select or design and implement appropriate health psychology tools to conduct health psychology baseline assessments of the needs of the client/patient population addressing the targeted health behaviour outcomes for this individual/group

**MO2** Develop a working formulation model regarding the cognitive, emotional and behavioural processes that should be addressed within intervention methodology based on the assessment information, data and outcomes

**MO3** Provide detailed feedback about the outcome of the assessment and formulation as appropriate to the service and role of the health psychologist delivering/directing the intervention

**MO4** Design, plan and implement and deliver health psychology interventions based on the assessment and formulation

**MO5** Evaluate and communicate the outcomes of health psychology behaviour change interventions

**Hours to be allocated:** 300

**Contact hours:**

Independent study/self-guided study = 248 hours

Face-to-face learning = 52 hours

Total = 300

**Reading list:** The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uspjke-30-m.html) via the following link <https://uwe.rl.talis.com/modules/uspjke-30-m.html>

## Part 4: Assessment

**Assessment strategy:** The assessment strategy is in line with the requirements for the British Psychological Society Stage 2 Award in Health Psychology and aims to meet relevant requirements of the Health and Care Professions Council for practitioner psychologists.

These are as follows:

A 3000 word (maximum excluding references and appendices) Case Study of a psychological intervention that has been implemented through face-to-face work with an individual client, and which includes all elements of the process: assessment, formulation, intervention and evaluation.

This should be submitted together with a report from the candidate's supervisor detailing observation of the candidate working in this way, and the report should attest to the candidate's ability to assess, formulate and deliver an intervention with an individual client (note: to complete this requirement observation of more than one session may be required).

A 2000 word (maximum, excluding references and appendices) Case Study of a psychological intervention that has been implemented through a medium other than face-to-face work with an individual client (e.g. through group work or online), and which includes all elements of the process: assessment, formulation, intervention and evaluation.

Signed logbook of professional competency relating to the specific requirements of the BPS and HCPC for health behaviour change interventions. This logbook is to be signed by the student's supervisor.

Each of the assessment elements will document the achievement of all of the learning outcomes stated above: psychological assessment, formulation, delivery of

intervention, and communicating and evaluating the intervention.

The resits for the module will be re-workings of the original submissions 1-3 above.

**Assessment tasks:**

**Practical Skills Assessment (First Sit)**

Description: Signed logbook of professional competency relating to the specific requirements of the BPS and HCPC for psychological interventions (Pass/fail)

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

**Case Study (First Sit)**

Description: A 3000 word (maximum excluding references and appendices) Case Study of a psychological intervention that has been implemented through face-to-face work with an individual client

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

**Case Study (First Sit)**

Description: A 2000 word (maximum, excluding references and appendices) Case Study of a psychological intervention that has been implemented through a medium other than face-to-face work with an individual client

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

**Practical Skills Assessment (Resit)**

Description: Signed logbook of professional competency relating to the specific requirements of the BPS and HCPC for psychological interventions

(Pass/Fail)

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

**Case Study (Resit)**

Description: A 3000 word (maximum excluding references and appendices) Case Study of a psychological intervention that has been implemented through face-to-face work with an individual client

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

**Case Study (Resit)**

Description: A 2000 word (maximum, excluding references and appendices) Case Study of a psychological intervention that has been implemented through a medium other than face-to-face work with an individual client

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

**Part 5: Contributes towards**

This module contributes towards the following programmes of study: