



## **Module Specification**

### **Problem Specific Cognitive Behavioural Therapy**

Version: 2023-24, v2.0, 23 Jun 2023

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## Part 1: Information

**Module title:** Problem Specific Cognitive Behavioural Therapy

**Module code:** USPJV9-20-M

**Level:** Level 7

**For implementation from:** 2023-24

**UWE credit rating:** 20

**ECTS credit rating:** 10

**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:** Module Entry Requirements: Degree in psychology or related discipline  
OR counselling qualification at diploma level or above

**Educational aims:** See Learning Outcomes

**Outline syllabus:** This module introduces students to CBT evidence based models and protocols for a range of anxiety disorders beginning with a transdiagnostic model

of anxiety disorder to understand common elements across disorders. They will learn to use disorder specific clinical measures and be introduced to the DSM when they will learn about diagnostic classifications and differential diagnosis as well as the phenomenology and epidemiological characteristics of anxiety disorders.

Assessment, formulation, treatment planning and relapse prevention will be covered for each disorder. In addition students will learn how to work effectively with exposure based treatments and how to differentiate them from behavioural experiments. The module will equip students to critically evaluate the evidence base and become familiar with the most recent research underpinning anxiety disorder treatment models including complex and comorbid presentations. All learning will be embedded within a culture of diversity and inclusion and students will be invited to reflect on their own attitudes and assumptions when working with anxiety disorders.

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

**Teaching and learning methods:** Interactive lectures, small group discussion, formative experiential exercises, live demonstration of skills, DVD demonstration of therapeutic practice, role play of client issues, CBT skills practice.

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

**MO1** Practise evidence-based CBT for anxiety disorders creatively and with good clinical outcomes in a variety of settings

**MO2** Demonstrate a critical understanding of the phenomenology, diagnostic classifications and epidemiological characteristics of a range of anxiety disorders

**MO3** Develop and deliver CBT-specific evidence-based treatments for a range of anxiety disorders and more complex presentations

**MO4** Demonstrate enhanced ethical practice through a critical awareness of own values, beliefs and attitudes with sensitivity to diversity issues

**MO5** Communicate and work effectively across professional and interagency boundaries

**MO6** Interpret and evaluate the impact and application of legislation and policy on Cognitive Behavioural Therapy practice

**MO7** Demonstrate self-direction and originality in tackling and solving therapeutic problems

**MO8** Sustain and build a commitment to lifelong learning through evaluating own academic and professional development needs in the current context of primary mental health practice

**Hours to be allocated:** 200

**Contact hours:**

Independent study/self-guided study = 152 hours

Face-to-face learning = 48 hours

Total = 200

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

## **Part 4: Assessment**

**Assessment strategy:** This module has no assessment strategy

**Assessment tasks:**

**Case Study** (First Sit)

Description: Case Study

Weighting: 75 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6, MO7, MO8

**Presentation** (First Sit)

Description: Presentation

Weighting: 25 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6, MO7, MO8

**Case Study (Resit)**

Description: Case Study

Weighting: 75 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6, MO7, MO8

**Presentation (Resit)**

Description: Presentation

Weighting: 25 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6, MO7, MO8

**Part 5: Contributes towards**

This module contributes towards the following programmes of study: