



Module Specification

Professional Practice Portfolio in Cognitive Behavioural Therapy

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Part 1: Information

Module title: Professional Practice Portfolio in Cognitive Behavioural Therapy

Module code: USPJVA-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: Not applicable

Educational aims: See Learning Outcomes

Outline syllabus: This module gives trainees opportunities to practice cognitive behavioural therapy skills in a supportive environment where they will receive feedback from peers and tutors. Trainees will learn practise key stages of the

therapy, including agenda setting, formulation, thought identification and challenging, with an emphasis on maintenance of change and using the relationship to engage clients and overcome difficulties. They will practise CBT in response to anxiety and depression presentations and have opportunity to evaluate and respond to challenges in their client work.

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, placement/work place client work and supervision.

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

MO1 Practise evidence-based cognitive behavioural therapy (CBT) creatively and with good clinical outcomes, in a variety of settings

MO2 Develop CBT-specific treatment plans for depression, anxiety and more complex presentations

MO3 Demonstrate enhanced ethical practice through a critical awareness of own values, beliefs and attitudes and sensitivity to diversity issues

MO4 Communicate and work effectively across professional and interagency boundaries

MO5 Interpret and evaluate the impact and application of legislation and policy on Cognitive Behaviour Therapy practice

MO6 Demonstrate self-direction and originality in tackling and solving therapeutic problems

MO7 Sustain and build a commitment to lifelong learning through evaluating own academic and professional developmental needs in the current context of primary mental health practice

MO8 Demonstrate ability to manage self, own leadership style and collaborative ways of working, through seeking ongoing supervision

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:

Portfolio (First Sit)

Description: Professional Practice Portfolio (Pass/Fail)

Weighting:

Final assessment: Yes

Group work: No

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

Report (First Sit)

Description: Process Report

Weighting: 100 %

Final assessment: No

Group work: No

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

Portfolio (Resit)

Description: Professional Practice Portfolio (Pass/Fail)

Weighting:

Final assessment: Yes

Group work: No

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

Report (Resit)

Description: Process Report

Weighting: 100 %

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: