



## **Module Specification**

### Introduction to Cognitive Behavioural Therapy

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## Part 1: Information

**Module title:** Introduction to Cognitive Behavioural Therapy

**Module code:** USPJVJ-15-M

**Level:** Level 7

**For implementation from:** 2023-24

**UWE credit rating:** 15

**ECTS credit rating:** 7.5

**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:** The module introduces the importance of the link between cognition and emotion and through the pioneering work of Beck and Ellis goes on to present a view of mental health issues through the process of distorted thinking and

attributions. The more recent work of authors such as Padesky is used to encourage trainees to consider their own ways of thinking and how this might lead to distressing emotional states of their own, as a way of becoming aware of the cognitive-behavioural philosophy and therapeutic style. Trainees will learn 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.

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

**Teaching and learning methods:** Scheduled learning includes interactive lectures, DVD and live demonstration, discussion, experiential exercises.

Independent learning includes hours engaged with essential reading, assignment preparation and completion.

Contact Hours/Scheduled Hours:

The module involves 24 hours of scheduled contact time.

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

**MO1** Demonstrate awareness of the principles of cognitive behavioural therapy (CBT) and how to apply them in order to understand client/service user problems

**MO2** Consider critically the philosophical basis of CBT and the evidence base for the application of CBT interventions

**MO3** Demonstrate an awareness of the collaborative stance with the clients/service users

**MO4** Develop CBT-specific intervention plans

**MO5** Demonstrate awareness of ethical practice and professional issues

**MO6** Demonstrate self-direction and originality in considering client/service user problems

**MO7** Critically evaluate how own and or others emotional responses/experiences contribute to enhancing practice

**MO8** Demonstrate an ability to adapt CBT sensitively, and to ensure equitable access for people from diverse cultures and with different values

**Hours to be allocated:** 150

**Contact hours:**

Independent study/self-guided study = 126 hours

Face-to-face learning = 24 hours

Total = 150

**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:** The module is assessed by an in class test (25% of module marks) that is used to assess students' understanding of key aspects of the CBT model.

It is also assessed by a 2000 word coursework essay (75% of the module) that tests students' abilities to apply their theoretical learning to fictitious case material. This requires students to demonstrate deeper learning and to show appreciation of complex issues that arise in the application of CBT to clinical contexts.

Within the taught sessions students have opportunities for formative assessment and feedback by completing experiential exercises that demonstrate key aspects of CBT.

Students' work is assessed according to learning outcomes and M level marking scheme.

**Assessment tasks:**

**In-class test (First Sit)**

Description: In class test

Weighting: 25 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO7

**Written Assignment (First Sit)**

Description: 2000 word essay

Weighting: 75 %

Final assessment: No

Group work: No

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

**In-class test (Resit)**

Description: In class test

Weighting: 25 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO7

**Written Assignment (Resit)**

Description: 2000 word essay

Weighting: 75 %

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: