



Module Specification

Third Wave Cognitive Behaviour Therapy

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Part 1: Information

Module title: Third Wave Cognitive Behaviour Therapy

Module code: USPJU9-15-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 new developments in CBT with particular emphasis on 'third wave' approaches. Such approaches challenge some of the assumptions of earlier classical models of CBT, and explicitly focus on the tension

between acceptance and change. There is also more emphasis on older traditions of meditation, mindfulness and personal values in the process of therapy. Students will develop awareness of how to facilitate clients to acknowledge unhelpful ways of thinking and behaving and to develop more helpful ways of being using mindfulness, acceptance and compassionate mind training.

Part 3: Teaching and learning methods

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

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

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 Consider critically new theoretical developments in CBT

MO2 Develop CBT practise to include new developments in the field (third wave approaches)

MO3 Consider critically the philosophical basis of CBT and the evidence base for the application of CBT interventions

MO4 Synthesise complex and competing information currently used within cognitive behavioural therapy in an innovative manner

MO5 Develop CBT-specific treatment plans for depression, anxiety and more complex presentations

MO6 Demonstrate enhanced ethical practice through a critical awareness of own values, and attitudes with sensitivity to diversity issues

MO7 Demonstrate self-direction and originality in considering client/service user problems

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 a 3000 word client case study (100% of the module) This requires students to demonstrate deeper learning and to show their abilities to apply Third Wave therapies to their work with clients.

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

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

Assessment tasks:

Case Study (First Sit)

Description: Client case study (3000 words)

Weighting: 100 %

Final assessment: Yes

Group work: No

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

Case Study (Resit)

Description: Client case study (3000 words)

Weighting: 100 %

Final assessment: Yes

Group work: No

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

Part 5: Contributes towards

This module contributes towards the following programmes of study: