



## **Module Specification**

### **Principles of Cognitive Behavioural Therapy**

Version: 2023-24, v3.0, 21 Jul 2023

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## Part 1: Information

**Module title:** Principles of Cognitive Behavioural Therapy

**Module code:** UZZSP5-15-3

**Level:** Level 6

**For implementation from:** 2023-24

**UWE credit rating:** 15

**ECTS credit rating:** 7.5

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

**Department:** HAS School of Health and Social Wellbeing

**Partner institutions:** None

**Field:** Mental Health and Learning Disability

**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:** The confidence and ability to think critically, apply knowledge and skills, and provide expert, evidence-based, nursing care lies at the centre of nursing practice, this module is one of a suite of choice modules that have been

development to offer nursing students in their final year of their studies choice so that are empowered to consider long term career pathways prior to registration.

**Outline syllabus:** Each of the choice module has been aligned to existing and emerging models of care. Reflecting that enquiry and exploration are at the heart of the Future Nurse curriculum so that as nurses of the future students are able to influence and contribute to processes of organisational change through an awareness of local and national policies.

This module focuses on evidence and principles that underpin cognitive behavioural therapies.

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

**Teaching and learning methods:** This module will use a range of learning and teaching strategies to support student learning and will include:

Lectures

Scenario based teaching through interaction and simulation

Group work

Self-directed learning

Digital learning delivered through Blackboard and other virtual learning platforms.

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

**MO1** Demonstrate an in depth awareness of the legal, ethical and key policy frameworks in relation to cognitive behavioural therapies

**MO2** Appraise existing knowledge, new evidence and innovations in practice

**MO3** Convincingly evidence a detailed understanding and evaluation in specialised areas and of current theory and research

**MO4** Demonstrate an understanding of the importance of exercising political awareness throughout their career, to maximise the influence and effect of registered nursing on quality of care, patient safety and cost effectiveness.

**Hours to be allocated:** 150

**Contact hours:**

Independent study/self-guided study = 114 hours

Face-to-face learning = 36 hours

Total = 150

**Reading list:** The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uzzsp5-15-3.html) via the following link <https://uwe.rl.talis.com/modules/uzzsp5-15-3.html>

## **Part 4: Assessment**

**Assessment strategy:** The assessment strategy for this module is designed to allow a diverse range of students to be able to explore their own current and future practice focusing on an existing and or emerging model of care.

Formative assessment: Students will be given the opportunity to have feedback on an assignment plan to inform the final assessment

Summative assessment: The module will be assessed via a 2000 word assignment. The assignment will examine an aspect of the process of CBT, which has been explored during the module. Students will explore case formulation and the importance of the therapeutic relationship in CBT, making reference to current literature and discussing its relevance to clinical practice.

**Assessment tasks:**

**Written Assignment (First Sit)**

Description: 2000 word written assignment

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

**Written Assignment (Resit)**

Description: 2000 word written assignment

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

**Part 5: Contributes towards**

This module contributes towards the following programmes of study:

Nursing (Mental Health) [Sep][FT][Glenside][3yrs] GradDip 2021-22