University of the
West of England

MODULE SPECIFICATION

Code: USPJEV-20M   **Title:** Professional Skills and Applications in Health Psychology   **Version:** 4

Level: M   **UWE credit rating:** 20   **ECTS credit rating:** 10

Module type: Standard

Owning Faculty: Health and Life Sciences   **Field:** Psychology

Faculty Committee approval: Quality and Standards Committee   **Date:** September 2011

Approved for Delivery by: N/A

Valid from: September 2011   **Discontinued from:**

Pre-requisites:
          None

Co-requisites:
          None

Entry requirements:
          N/A

Excluded combinations:
          None

Learning outcomes:

The student will be able to:
• demonstrate a firm grounding in professional skills relevant to the practice of health psychology, and to the status of Chartered Health Psychologist;
• reflect on their personal development through the use of a personal record, constructively offer and accept peer feedback;
• demonstrate the ability to integrate the concepts and principles acquired in earlier modules to issues under investigation;
• identify and debate ethical issues relevant to health psychology;
• demonstrate a familiarity with relevant codes of professional conduct;
• engage in debate concerning the current status and future development of the discipline of health psychology.

Syllabus outline:

Teaching, training and presentational skills:
Large and small group teaching for academic and professional audiences; presenting information effectively using different media, including written papers, oral presentations, seminars and posters.

Research skills:
Drawing on knowledge and experience gained in the previous modules, students will be required to demonstrate a critical approach to evaluating research papers; designing intervention and methods of evaluating process and outcomes. Preparing submissions to ethical committees; preparing grant applications.

Communication skills:
Communicating with a view to maintaining physical and mental health; and/or promoting behaviour change; communicating in health care settings; perceiving and identifying problems people encounter in maintaining health; basic counselling and motivational interviewing techniques, listening, demonstrating

empathy, making appropriate referrals, the therapeutic alliance; maintaining confidentiality.

Professional issues:
> Ethical and moral dilemmas and principles; confidentiality and informed consent; codes of conduct; legal and statutory obligations and restrictions; contributing to policy development; social capital, empowerment and advocacy; consultancy skills; interprofessional relationships; leadership skills; the management of change current issues and debates in health psychology - European and international perspectives on health psychology; the future of health psychology in the UK.

Teaching and learning methods:

> This module will be workshop based, with the emphasis on experiential learning. Students will be required to draw on material collected in their personal diary/developmental record.

Reading Strategy:

All students will be encouraged to make full use of the print and electronic resources available to them through membership of the University. These include a range of electronic journals and a wide variety of resources available through web sites and information gateways. The University Library's web pages provide access to subject relevant resources and services, and to the library catalogue. Many resources can be accessed remotely. Students will be presented with opportunities within the curriculum to develop their information retrieval and evaluation skills in order to identify such resources effectively.

Any **essential reading** will be indicated clearly, along with the method for accessing it, e.g. students may be expected to purchase a set text, be given or sold a print study pack or be referred to texts that are available electronically, etc. This guidance will be available either in the module handbook, via the module information on Blackboard or through any other vehicle deemed appropriate by the module/programme leaders.

If **further reading** is expected, this will be indicated clearly. If specific texts are listed, a clear indication will be given regarding how to access them and, if appropriate, students will be given guidance on how to identify relevant sources for themselves, e.g. through use of bibliographical databases.

Indicative Reading List:

A useful book which supports much of the module is the latest edition of:

Michie, S & Abraham, C. (eds.) Health Psychology in Practice. Oxford: BPS Blackwell's.

Other References include the latest editions of:

Barn, J. & Dowding, L. Leadership in Health Care. London: Sage

Berry, D. Health Communication: Theory & Practice. Open University Press.

British Medical Association (2000) Consent, Rights & Choices in Health Care for Children and Young People. London: BMJ Books.

BPS Code of Ethics and Conduct. http://www.bps.org.uk/the-society/ethics-rules-charter-code-of-conduct/code-of-conduct/code-of-conduct_home.cfm

Bowling, A. & Ebrahim, S. Handbook of Health Research Methods: Investigation, Measurement and Analysis. Open University Press.

Francis, R.D. Ethics for Psychologists. Oxford: Wiley Blackwell.

Gray, D. Doing Research in The Real World. London: Sage

Hesse-Biber, A. Mixed Methods Research: Merging Theory with Practice. New York: Guilford Press.

Manes, D. & Yardley, L. (eds.) Research Methods for Clinical & Health Psychology. London, Sage.

Wellington, J. Getting Published. Hove: Psychology Press.

Wilson, F. & Mabhala, A. Key Concepts in Public Health. London: Sage.

Assessment:

Weighting between components A and B (standard modules only)   A: 50%   B: 50%

ATTEMPT 1

First Assessment Opportunity
Component A *(controlled)*   **Element weighting**

  CW1   Communication Skills Assessment   1

Component B
Description of each element   **Element weighting**

  CW2   Critical incident analyses drawn from personal journal (submitted as one piece   1
       of work) FINAL ASSESSMENT

Second Assessment Opportunity (further attendance at taught classes is not required)

Component A
Description of each element   **Element weighting**

  CW3   Communication Skills Assessment   1

Component B
Description of each element   **Element weighting**

  CW4   Critical incident analyses drawn from personal journal (submitted as one piece   1
       of work) FINAL ASSESSMENT

SECOND (OR SUBSEQUENT) ATTEMPT Attendance at taught classes is required.

Specification confirmed by …………………………………………………Date ……………………………
(Associate Dean/Programme Director)