



## **Module Specification**

### **Advanced Cognitive Behavioural Therapy**

Version: 2023-24, v2.0, 23 Jun 2023

#### **Contents**

<b>Module Specification .....</b>	<b>1</b>
<b>Part 1: Information .....</b>	<b>2</b>
<b>Part 2: Description .....</b>	<b>2</b>
<b>Part 3: Teaching and learning methods .....</b>	<b>3</b>
<b>Part 4: Assessment.....</b>	<b>4</b>
<b>Part 5: Contributes towards .....</b>	<b>5</b>

## Part 1: Information

**Module title:** Advanced Cognitive Behavioural Therapy

**Module code:** USPJU4-15-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 students to complexities in mental health disorders. They will cover assessment, diagnostic classification and differential diagnosis and learn how to formulate complex clinical presentations. Current and

seminal evidence based approaches will be taught and students will have opportunities to develop their skills in implementing models, protocols and techniques within a safe and supportive environment.

### **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 the philosophical basis of CBT and the evidence base for the application of CBT interventions

**MO2** Consider critically theoretical developments in CBT as applied to clients presenting with complex mental health conditions

**MO3** Develop CBT-specific treatment plans for complex mental health problems

**MO4** Synthesise competing information currently used within cognitive behavioural models and protocols in an innovative manner to treat complexity and comorbidity

**MO5** Demonstrate enhanced ethical practice through a critical awareness of own values, and attitudes with sensitivity to diversity issues

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

**MO7** Demonstrate enhance ability to manage self, own leadership style and collaborative ways of working, through seeking ongoing supervision

**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 CBT to their work with clients presenting complex problems.

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

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

**Assessment tasks:****Case Study (First Sit)**

Description: 3000 word client case study

Weighting: 100 %

Final assessment: Yes

Group work: No

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

**Case Study (Resit)**

Description: 3000 word client case study

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: