



Module Specification

Fundamentals of Cognitive Behavioural Therapy

Version: 2023-24, v2.0, 22 Jun 2023

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Part 1: Information

Module title: Fundamentals of Cognitive Behavioural Therapy

Module code: USPJU8-30-M

Level: Level 7

For implementation from: 2023-24

UWE credit rating: 30

ECTS credit rating: 15

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: Module Entry Requirements: Students must have a degree in psychology or a related discipline OR professional qualification in counselling at diploma level or above, mental health nursing or similar.

Educational aims: The Module will explore key theoretical concepts derived from the work of Aaron Beck and Albert Ellis, with consideration of on-going development

within the field and the evidence-base for the approach. Trainees will learn to construct, in collaboration with clients, Cognitive-Behavioural case formulations towards providing an account of the onset and maintenance of mental health problems, with particular attention to the relationship between cognition, behaviour, and emotion, and they will be introduced to an array of theoretically-informed interventions that might be applied transdiagnostically.

Outline syllabus: Opportunities to practice cognitive behavioural therapy skills in a supportive environment, where students will receive feedback from peers and tutors, is an essential component of this module. The focus will be upon the development of the core therapeutic competencies needed for the practice of Cognitive Behavioural Therapy (as established by Roth and Piling, 2007), including attention to generic, 'basic' and 'specific' therapeutic processes and the application of a range of interventions.

Indicative Topics (provisional, content and sequence may alter):

Cognitive and Behavioural Theory
Case formulation and Assessment
The working alliance and collaboration
Session Structure and Treatment Planning
Cognitive and Behavioural Interventions
Introduction to working with Anxiety and Depression

Part 3: Teaching and learning methods

Teaching and learning methods: Teaching methods will include interactive lectures and discussion, formative experiential exercises, and DVD demonstration of therapeutic practice. Skills acquisition is fostered through experiential work, including opportunities for the application of CBT processes to self, supporting both personal and professional development. Trainees are also expected to engage in self-directed study towards assimilating and extending their knowledge.

Scheduled learning includes lectures, demonstration, experiential exercises, supervised time in skills work.

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

Placement learning: Students need to be on placement in order to complete the assessments on this module.

This module will be delivered with 72 hours contact time. Some of the session will be comprised of interactive lectures attending to theory and skills with experiential opportunities; and some of the session will be dedicated to skills practice with an opportunity to receive peer and formative tutor feedback.

Additionally, students will be expected to engage in 24 hours revision time and a further 204 hours in self-directed and guided reading closely associated with the syllabus.

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

MO1 Demonstrate knowledge and understanding of the principles of CBT and the evidence base for the application of CBT techniques within primary mental health care

MO2 Demonstrate understanding of the need for collaboration with the client/service user in primary mental health care

MO3 Critically analyse current theoretical developments in cognitive behavioural therapy and its relationship to practice

MO4 Practise as 'scientist practitioners', advancing their knowledge and understanding and develop new skills to a high level

MO5 Manage self, own leadership style and collaborative ways of working, through seeking on-going supervision

MO6 Sustain and build a commitment to lifelong learning through critically appraising own competences as a Cognitive Behavioural Therapist, evaluating own academic and professional developmental needs

MO7 Demonstrate enhanced ethical practice through a critical awareness of own values, and attitudes with sensitivity to diversity issues

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 228 hours

Face-to-face learning = 72 hours

Total = 300

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uspju8-30-m.html) via the following link <https://uwe.rl.talis.com/modules/uspju8-30-m.html>

Part 4: Assessment

Assessment strategy: Students will be expected to complete summative assessment tasks on this module. There will also be tutor feedback and formative assessment opportunities during dedicated skills practice.

Task A, (Practice Portfolio) is where students will track clinical practice (client work and supervision), and file supervision reports which evaluate clinical skills in the application of Cognitive Behavioural Therapy. A 'pass' is required on this element.

Task B, Part 1 (Process Report) will assess practice skills as students will submit and transcribe an audio recording of client work and reflect on process and measures of therapist competency using the CBT approach. Task B, Part 2 (Case Formulation) is an opportunity for students to develop key skills in this critical part of CBT practice; students may elect to use personal material for their formulations, fostering personal and professional development.

Assessment tasks:

Portfolio (First Sit)

Description: Practice portfolio

Pass/fail

Weighting:

Final assessment: Yes

Group work: No

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

Report (First Sit)

Description: Process report

Weighting: 75 %

Final assessment: No

Group work: No

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

Written Assignment (First Sit)

Description: Case Formulation

Weighting: 25 %

Final assessment: No

Group work: No

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

Portfolio (Resit)

Description: Practice portfolio

Pass/fail

Weighting:

Final assessment: Yes

Group work: No

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

Report (Resit)

Description: Process Report

Weighting: 75 %

Final assessment: No

Group work: No

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

Written Assignment (Resit)

Description: Case formulation

Weighting: 25 %

Final assessment: No

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: