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Title: Cognitive Behavioural Therapy
Status: Definitive
Code: **5502ARCCS** (121058)
Version Start Date: 01-08-2016

Owning School/Faculty: Nursing and Allied Health
Teaching School/Faculty: Accrington & Rossendale College

Team	Leader
Philomene Uwamaliya	Y

Academic Level: FHEQ5 **Credit Value:** 24 **Total Delivered Hours:** 48
Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	20
Tutorial	8
Workshop	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	3000 word essay	100	

Aims

To develop an understanding of the theory and practical application of Cognitive Behaviour Therapy alongside a critical awareness of how CBT is used as a treatment for anxiety and depression.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically review the theory and practice of CBT relating to anxiety and depression.
- 2 Identify the ethical issues relating to CBT.
- 3 Discuss and analyse the application of CBT in terms of assessing a client through to formulation and treatment.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

ESSAY 3000WORDS	1	2	3
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Outline Syllabus

An introduction to CBT and it`s development

Cognitive and behavioural theories

Anxiety and depression

Ethical issues in CBT

Research into the outcomes of CBT for depression and anxiety when compared to other therapies

Application of CBT with clients

Suitability for CBT using assessment measures

Therapeutic relationship

Agenda setting, SMART goals, socratic questioning, formulation of problem through to treatment

Relapse prevention

A case study of CBT

Learning Activities

Lectures, tutorials, self directed study, debates.

Its Learning (VLE) will be utilised as an additional learning resource on this module.

This will provide links to academic web-sites and on-line journals, facilitate group discussion outside of the classroom, access to outline lecture notes, and provide students with assessment details.

Regular tutorials will provide opportunities for informal formative assessment to support student learning and discuss further progress.

References :

Course Material: Book

Author: Simmons, J. & Griffiths, R.

Publishing Year: 2014

Title: CBT for Beginners

Subtitle:

Edition: 2nd Edition
Publisher: Sage
ISBN: 978-1-4462-4890-3

Course Material: Book
Author: Beck, J
Publishing Year: 2011
Title: Cognitive Behaviour Therapy
Subtitle: Basics and Beyond
Edition: 2nd Edition
Publisher: Guilford Press
ISBN: -978-1609185046

Course Material: Book
Author: Grant, A. Townend, M. Mulhern, R. Short, N.
Publishing Year: 2010
Title: Cognitive Behavioral Therapy in Mental Health Care
Subtitle:
Edition: 2nd Edition
Publisher: Sage
ISBN: 9781847876058

Notes

This module aims to introduce students to the development of CBT, the theoretical base which underpins the approach, and implementation of CBT with clients. Research has shown that CBT can be as effective as medication in treating some mental health problems. Compared to other talking therapies, CBT can also be completed over a relatively short period of time.