

**Summary Information**

<b>Module Code</b>	5512ARCCS
<b>Formal Module Title</b>	Cognitive Behavioural Therapy
<b>Owning School</b>	Nursing and Allied Health
<b>Career</b>	Undergraduate
<b>Credits</b>	20
<b>Academic level</b>	FHEQ Level 5
<b>Grading Schema</b>	40

**Module Contacts**

**Module Leader**

Contact Name	Applies to all offerings	Offerings
Philomene Uwamaliya	Yes	N/A

**Module Team Member**

Contact Name	Applies to all offerings	Offerings
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**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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**Teaching Responsibility**

<b>LJMU Schools involved in Delivery</b>
LJMU Partner Taught

**Learning Methods**

Learning Method Type	Hours
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Lecture	20
Tutorial	5
Workshop	20

## Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-PAR	PAR	January	12 Weeks

## Aims and Outcomes

<b>Aims</b>	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.
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## Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Review the theory and practice of CBT relating to anxiety and depression.
MLO2	Identify the ethical issues relating to CBT.
MLO3	Discuss, analyse and evaluate the application of CBT in terms of assessing a client through to formulation and treatment.

## Module Content

Outline Syllabus
An introduction to CBT and its 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

## Module Overview

Additional Information
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.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Exam	Seen examination	100	3	MLO3, MLO2, MLO1