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Title: Cognitive Behavioural Therapy  
Status: Definitive  
Code: **5512ARCCS** (124441)  
Version Start Date: 01-08-2021

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

Team	Leader
Philomene Uwamaliya	Y

**Academic Level:** FHEQ5      **Credit Value:** 20      **Total Delivered Hours:** 51  
**Total Learning Hours:** 200      **Private Study:** 149

### 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
Exam	AS1	3hrs seen exam given out 2 weeks before	100	3

### 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 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:

Seen examination	1	2	3
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## 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*

## 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.

## 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.