

Liverpool John Moores University

Title: COGNITIVE BEHAVIOURAL INTERVENTIONS
Status: Definitive
Code: **6004CPCOMM** (106784)
Version Start Date: 01-08-2014

Owning School/Faculty: Nursing and Allied Health
Teaching School/Faculty: Nursing and Allied Health

Team	Leader
Deborah Knott	Y

Academic Level: FHEQ6
Credit Value: 15.00
Total Delivered Hours: 30.00
Total Learning Hours: 150
Private Study: 120

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	6.000
Seminar	23.000
Tutorial	1.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Reflection	AS1	3,000 word case study	100.0	

Aims

Enhance understanding of the knowledge base underpinning the clinical application of Cognitive Behavioural interventions.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically examine a range of commonly recommended cognitive behavioural interventions
- 2 Identify, collect and evaluate information to justify the efficacy of cognitive behavioural interventions
- 3 Engage with and critically evaluate the research evidence that underpins effective cognitive behavioural interventions

Learning Outcomes of Assessments

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

REFLECTION 1 2 3

Outline Syllabus

Problem Based Learning (PBL) packages will reflect how Cognitive Behavioural strategies and approaches can be applied to individuals with specific mental health problems. Assessment strategies, collaborative practice, normalising rationales, behavioural and cognitive interventions, coping enhancement and structure of therapy will be addressed.

Learning Activities

A range of learning activities are used for module delivery. These include experiential learning, seminars/lectures, PBL workshops, role play exercises, group discussions, presentations and tutorials. Students will also spend a portion of the total learning hours in self-directed learning activity.

References

Course Material	Book
Author	Gilbert,P and Leahy,R.L. (eds)
Publishing Year	2007
Title	The Therapeutic Relationship in Cognitive Behavioural Therapies
Subtitle	
Edition	1st
Publisher	Routledge
ISBN	

Course Material	Book
Author	Perfect, T., & Schwartz, B. L.
Publishing Year	2002
Title	Applied Metacognition
Subtitle	
Edition	

Publisher	Cambridge University Press
ISBN	0521000378

Course Material	Book
Author	Bennett-Levy, J., Butler, G., Fennell, M., Hackman, A., Mueller, M., & Westbrook, D.
Publishing Year	2004
Title	Oxford Guide to Behavioural Experiments in Cognitive Therapy.
Subtitle	
Edition	
Publisher	Oxford University Press.
ISBN	139780198529163

Course Material	Book
Author	Tarrier, N.
Publishing Year	2006
Title	Case Formulation in Cognitive Behavioural Therapy:
Subtitle	The Treatment of Challenging and Complex Cases.
Edition	
Publisher	Routledge.
ISBN	139781583918418

Course Material	Book
Author	Grant, A., Mills, J., Mulhern, R., & Short, N.
Publishing Year	2004
Title	Cognitive Behavioural Therapy in Mental Health Care
Subtitle	
Edition	
Publisher	Sage Publications.
ISBN	139780761941422

Course Material	Book
Author	Holyoak, K. J. & Morrison, R. G.
Publishing Year	2005
Title	The Cambridge Handbook of Thinking and Reasoning.
Subtitle	
Edition	
Publisher	Cambridge University Press.
ISBN	9780521531016

Notes

The module is aimed at developing knowledge and understanding of contemporary cognitive behavioural interventions used to promote an individual's mental health and well being. The module provides a foundation of knowledge for developing an

understanding of the skills/approaches used within cognitive behavioural interventions. The course is primarily assessed through a summative case study. The module can run either as a module within the top up degree, or as a stand alone CPD.