

Liverpool John Moores University

Title: EVIDENCE BASED LOW INTENSITY TREATMENTS FOR COMMON MENTAL HEALTH DISORDERS
Status: Definitive
Code: **6115PQHEAL** (117552)
Version Start Date: 01-08-2015
Owning School/Faculty: Nursing and Allied Health
Teaching School/Faculty: Nursing and Allied Health

Team	Leader
Joseph Johnson	Y
Karen Rea	
Denise Parker	

Academic Level: FHEQ6 **Credit Value:** 15 **Total Delivered Hours:** 61
Total Learning Hours: 150 **Private Study:** 89

Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	15
Practical	30
Seminar	5
Workshop	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	1000 word Written analytical reflection. This component must be passed - 40% Pass mark	50	
Exam	AS2	Exam. This component must be passed_ 40 % Pass mark	50	1

Competency	Practice
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Aims

Develop general and disorder defined knowledge and competence for the safe management and delivery of evidence based low intensity psychological and pharmacological interventions for common mental health problems

Demonstrate knowledge of self management recovery options and competence in deliver low-intensity interventions using a range of methods including face-to-face, telephone and electronic communication.

Demonstrate an understanding of the process of therapeutic support through case management, including change to risk status

Learning Outcomes

After completing the module the student should be able to:

- 1 Analysis and evaluate a range of evidence-based interventions and strategies to assist patients to manage their emotional distress and disturbance.
- 2 Analyse and be competent in effectively developing, maintaining and ending a therapeutic alliance with patients during their treatment programme.
- 3 Understand the theory of, and be competent in, planning and implementing a collaborative low intensity treatment programme for people with common mental health problems.
- 4 Analyse and be competent in the application of low-intensity basic, intervention-specific, problem-specific and meta-CBT competences.
- 5 Analyse and evaluate the role of case-management and stepped-care approaches to managing common mental health problems in primary care.
- 6 Analyse and be competent in supporting people to optimise their use of pharmacological treatment and minimise any adverse effects.
- 7 Analyse and demonstrate competency in delivering low intensity interventions using an appropriate range of methods.

Learning Outcomes of Assessments

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

Essay	1	2	3	4	5	6	7
EXAM	1	2	3	4	5	6	7
Practice	1	2	3	4	5	6	7

Outline Syllabus

Evidence based low Intensity interventions for depression and anxiety. Methods of delivery. Cognitive restructuring. Behavioural Activation. Exposure. CBT based self help. Panic. Medication management. Problem solving. Sleep hygiene. Session planning and subsequent sessions. Maintaining therapeutic alliances. Decision making. Case Management. Stepped Care. managing the ending of contact.

Learning Activities

A range of learning activities will be used for module delivery including lectures, case discussion groups, experiential learning, video role-play, reflective practice and formative skills assessments, practice based learning, guided reading and independent study.

Notes

This module runs as part of the Undergraduate Programme: Improving Access to Psychological Therapies. The student must have 120 credits level 4 and 5 academic credits or demonstrate equivalent portfolio evidence.

Some learning outcomes are assessed in both theory and practice. When assessed in practice, only the practice aspect of the learning outcome is included in the Practice Skills Assessment Document (PSAD).

a pass mark for all assessments is required. the PORT and PRAC assessments are Pass/Fail only and are none point bearing