

Liverpool John Moores University

Title: EVIDENCE BASED LOW INTENSITY TREATMENTS FOR COMMON MENTAL HEALTH DISORDERS
Status: Definitive
Code: **7015PQHEAL** (116493)
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
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Academic Level: FHEQ7 **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 critical reflection - 40% pass mark	50	
Exam	AS2	Exam - 40% pass mark	50	1

Competency	Practice
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Aims

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

Demonstrate critical 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 a deep 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 Critically evaluate a range of evidence-based interventions and strategies to assist patients manage their emotional distress and disturbance.
- 2 Demonstrate critical knowledge of and competence in developing and maintaining a therapeutic alliance with patients during their treatment programme, including dealing with issues and events that threaten the alliance.
- 3 Demonstrate theoretical and clinical competence in planning a collaborative low intensity psychological and/or pharmacological treatment programme for common mental health problems, including managing the ending of contact.
- 4 Demonstrate a critical understanding of, and competence in the use of, low-intensity, evidence based psychological interventions for common mental health problems.
- 5 Demonstrate critical knowledge of and competence in low-intensity basic, intervention-specific, problem-specific and meta-CBT competences and the individualisation of CBT approaches.
- 6 Critically evaluate the role of case-management and stepped-care approaches to managing common mental health problems in primary care, including ongoing risk management appropriate to service protocols.
- 7 Demonstrate critical knowledge of and competence in supporting people with medication, in particular antidepressant medication, to help them optimise their use of pharmacological treatment and minimise any adverse effects.
- 8 Critically analyse and demonstrate competency in delivering low intensity interventions using a range of methods including face-to-face, telephone and electronic communication.

Learning Outcomes of Assessments

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

CW	1	2	3	4	5	6	7	8
EXAM	1	2	3	4	5	6	7	8
Practice	1	2	3	4	5	6	7	8

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 Post Graduate Certificate: Improving Access to Psychological Therapies. The student must have an Honours Degree of 2:2 or above 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).

All assessments must be passed independently to achieve the credits for the module. the PORT and PRAC assessments are Pass/fail marked and are none point bearing