

CBT 2: Developing and Integrating Cognitive Behavioural Therapies

Module Code:	NUR7036-C
Academic Year:	2018-19
Credit Rating:	30
School:	School of Nursing and Healthcare Leadership
Subject Area:	Nursing
FHEQ Level:	FHEQ Level 7 (Masters)

Pre-requisites:

Co-requisites:

Contact Hours

Type	Hours
Lectures	20
Tutorials	40
Directed Study	90
Other (DO NOT USE)	150

Availability Periods

Occurrence	Location/Period
BDA	University of Bradford / Semester 2 (Feb - May)

Module Aims

To provide the student with the opportunity to engage in supervised cognitive behavioural therapy with an agreed number of clients.

Outline Syllabus

CBT with depression, CBT with anxiety disorders, CBT with psychosis, formulation with complex cases, clinical supervision.

Risk assessment and service user collaboration.

Implementing treatment.

Group supervision.
Service user evaluation.

Module Learning Outcomes

On successful completion of this module, students will be able to...

- 1 1.1 Identify own learning needs in the area of cognitive behavioural therapy.
1.2 Critically evaluate the application of cognitive behavioural therapy principles with clients within the workplace.
- 2 2.1 With appropriate clinical supervision work independently with an agreed number of clients using CBT interventions.
- 3 3.1 Integrate and apply cognitive behavioural principles throughout the client caseload.

Learning, Teaching and Assessment Strategy

Key lectures will deliver core content providing students with the opportunity to acquire knowledge related to cognitive behavioural therapy principles and how this relates to students' professional roles (LO 1.1 & 1.2). This will be complemented by seminars, group discussions and tutorials to facilitate learning and use role play to develop skills and enable students to apply this learning to their own role and service whilst examining the evidence base and theoretical approaches to care. Discussion will also be used to facilitate individual and group learning focused on analysing models of care and service delivery within a multi-cultural society (LO 1.1, 1.2 & 3.1). Directed study provides students with the opportunity to undertake guided reading. VLE will be used to provide access to online resources, lecture notes and external links to websites of interest. Other study enables students to develop their own reflective portfolio of learning, enhance transferable skills and knowledge relating to their own role, communication skills and care provision. Other also consists of opportunities to participate in practice within own or other clinical area and to enhance acquisition of skills.

The single assessment contains an audio activity of a client session with associated reflective commentary examining performance on the audio and demonstrating relevance of the audio to CBT theory and implementation throughout the case load

Mode of Assessment

Type	Method	Description	Length	Weighting	Final Assess'
Summative	Other form of assessment DO NOT USE	Audio/Video work with client	0 hours	50%	Yes
Summative	Coursework	Reflective	0 hours	50%	No

commentary
(3000 words)

Legacy Code (if applicable)

HNPP740T

Reading List

To view Reading List, please go to [rebus:list](#).