INDICATIVE SYLLABUS

BIRKBECK, University of London

Module/Occurrence Code: FFPS072H4ACB
Subject Area: Psychology
Module Title: Introduction to Cognitive Behaviour Therapy
Award Designation: Applied Psychology (Certificate of Higher Education)
Level/credits: Level 4, 15 credits
Class Venue: Central London
First Meeting: Tuesday 10th January 2017, 7-9pm
No of Meetings: 11 meetings
Class Dates: 10/01/17 - 21/03/17

Please note that this syllabus is provisional and subject to change prior to the class start date. Enrolled students will be notified of any changes by e-mail.

ENTRY REQUIREMENTS
No formal qualifications are required. However, all modules are taught at university level and students should be able to read, write and speak English fluently. Students new to psychology will benefit from undertaking some preparatory reading as detailed below.

AIM
To provide students with an understanding of Cognitive Behaviour Therapy and its use within the NHS for specific psychological problems.

OBJECTIVES
- Identify the characteristics of this specific type of therapy, and how it differs from other treatment approaches
- Explain the development of specific psychological problems according to the cognitive behavioural model.
- Demonstrate clearly the techniques used to treat a range of psychological problems
- Give an overview of the research methods used within this area of psychology, including their relative advantages and disadvantages.
- Highlight the ethical issues involved when conducting research (with particular reference to harm) and the issues that arise when trying to generalise results (for example across cultures).
- Support students to take part in the assessment process.
- Build students’ confidence in presenting their own ideas and in critical thinking.
- Support and develop students’ study skills, including note taking and essay writing.

LEARNING OUTCOMES
On successful completion of this module you will be able to:

- Explain the basic principles of behaviourism and the cognitive model of psychology, and how they are applied in current psychotherapeutic practice.
• Describe within a cognitive-behavioural model the aetiology of specific disorders treated by Cognitive Behaviour Therapy within the NHS.
• Describe and discuss some of the specific techniques that are used within this treatment approach.
• Demonstrate an understanding of the development of ideas within this field, and of contemporary approaches and issues.
• Recognise a range of research methods that might be appropriate to the study of this area of psychology (identifying strengths and weaknesses of core methodologies including both qualitative as well as quantitative approaches).
• Identify the ethical issues when conducting research in this area (with particular consideration of harm).
• Demonstrate an appropriate awareness of cultural considerations in the evaluation of theory and research.
• Think critically about the subjects covered.
• Present your own ideas about issues addressed on the module.
• Discuss and implement a range of strategies to support your learning.
• Successfully plan and write essays or other assignments which have been set to support your learning on this module.

MODULE CONTENT

• Development of Behaviourism, and Cognitive theory in relation to practice.
• Characteristics of Cognitive Behaviour Therapy
• Cognitive Behavioural Assessment of Psychological Problems
• Providing a Cognitive Behavioural Rationale for Psychological Problems
• Treatment of specific disorders
  • Phobias/panic
  • Obsessive Compulsive Disorder
  • Post Traumatic Stress Disorder
  • Depression / Generalised Anxiety

It is expected that 75% of the syllabus content will be covered.

TEACHING AND LEARNING METHODS
A range of teaching methods may be used e.g. lectures on the area being studied - students are encouraged to ask questions and discuss points throughout. There may also be small group exercises with feedback to the large group to provide an opportunity for clarification of ideas and discussion. Other methods may include: videos, experiments, student presentations, discussion of published articles, etc. Students will be given help with study skills.

Credit points are used to summarise and describe the amount of learning taking place for a given module. For a 15 credit point module this equates to 150 hours most of which is comprised of independent learning. Normally 22 hours would be delivered in the classroom but it may sometimes be necessary to cover a small part of the learning by other means such as directed independent learning.

As such students should also expect to build on their learning in class by undertaking guided independent study including appropriate reading and research. Further details can be found in the appropriate Course Handbook as detailed below.

METHODS OF ASSESSMENT
The assessment process gives students important opportunities to learn, to check their learning and to discuss their progress with the tutor. Consequently, students will be expected to prepare two pieces of coursework for assessment. These may take a variety of forms such as essays, case studies, reports and possibly class presentations. Each piece will be 1,500 words in length (or the equivalent).
Students may be able to negotiate with the tutor to complete one longer piece of work (3,000 words or equivalent). You are encouraged to discuss with your tutor the particular topics and the type of assignment they would like to focus on in your assessments. It may be possible to accommodate your personal interests within the syllabus. Regulations regarding assessment are detailed in the appropriate Course Handbook, which will be circulated electronically prior to the course start date. Students are strongly advised to read the Course Handbook prior to commencing their studies.

If the course is completed successfully, 15 CATS points will be awarded, which may be transferred to some degree courses.

**READING**

**Preparatory reading**

If this is the first course you have taken in psychology it may be useful to read a chapter from an introductory text that outlines the main schools of thought within psychology and the main approaches to research methods. Books on 'Abnormal Psychology' will usually have an introductory chapter on this. There are many books on the market and in the library called 'Abnormal Psychology' e.g.


They will cover similar material. It is the detail in each that will vary. Have a look and see which one you find easy to read, interesting and useful. It would be best if you could borrow such a book from a library as it is only particular sections that will be useful for this course.

If you don’t have access to a book on abnormal psychology you will also find one or two introductory chapters on the main schools of thought and research methods in most general introductions to psychology e.g:

NB This is slightly easier to read than the book by Atkinson et al.

Again, try to borrow this from a library, rather than buy it.

**Recommended texts:**

You are not expected to read all the books listed below. They are examples of books that you *may* find interesting or useful. Your tutor will give you further guidance once the course begins.


Please note: Psychology books are frequently revised and updated. Any recent edition would be suitable to use.

**STUDENT SUPPORT SERVICES**

The My Birkbeck website ([http://www.bbk.ac.uk/mybirkbeck/](http://www.bbk.ac.uk/mybirkbeck/)) is your gateway to accessing all student support services at Birkbeck.

You may find the following links particularly useful:

- Obtaining your library/ID card: [http://www.bbk.ac.uk/mybirkbeck/services/you/cards](http://www.bbk.ac.uk/mybirkbeck/services/you/cards)
- Accessing IT Services: [http://www.bbk.ac.uk/mybirkbeck/services/facilities/computing/username](http://www.bbk.ac.uk/mybirkbeck/services/facilities/computing/username)
- Study skills support: [http://www.bbk.ac.uk/mybirkbeck/services/facilities/support/study-skills](http://www.bbk.ac.uk/mybirkbeck/services/facilities/support/study-skills)

You can visit the My Birkbeck helpdesk on the ground floor of the main Birkbeck building on Malet Street (entry via Torrington Square). For details of opening hours visit: [http://www.bbk.ac.uk/mybirkbeck/services/facilities/helpdesk/](http://www.bbk.ac.uk/mybirkbeck/services/facilities/helpdesk/)

You can also call the helpdesk on 020 7631 6316.

**LIBRARY AND STUDY SKILLS RESOURCES**

Once you have your ID card, you may use the Birkbeck library and associated resources. You may find the following web links helpful:

- For information on how best to access the resources available for psychology students through Birkbeck College Library, students may wish to work through the tutorial available at [http://www.bbk.ac.uk/lib/life/](http://www.bbk.ac.uk/lib/life/)
- For specific guidance for psychologists and psychology students on getting the best out the internet go to: [http://www.vtstutorials.co.uk/](http://www.vtstutorials.co.uk/) - and search for ‘Psychology’
- For specific guidance on how to avoid plagiarism in your course work go to [https://connect.le.ac.uk/p50066682/](https://connect.le.ac.uk/p50066682/) and press the ‘play’ button.

**COURSE EVALUATION**

During the course students will be asked to complete an evaluation form which gives the opportunity to provide feedback on all aspects of their learning.

**WHAT CAN I DO NEXT**

It is important you are clear which award the module you are enrolled on counts towards. Our website provides an overview of each Certificate award so you can decide which best suits your needs: [http://www.bbk.ac.uk/study/2014/certificates/subject/psychology/](http://www.bbk.ac.uk/study/2014/certificates/subject/psychology/)

Information is available on core and option modules for each Certificate. Your choice of subsequent modules you take should be informed by this information. Modules can be taken in any order although it is recommended that certain core modules are taken first. Not all core modules have to be taken in the same year. If you need further advice you can contact the department by telephone on 0203 073 8044 or by e-mail: psychologycert@bbk.ac.uk

Revised July 2014