BIRKBECK, UNIVERSITY OF LONDON

Module/Occurrence Code: FFPS072H4ACB

Department: Psychological Sciences

Module Title: INTRODUCTION TO COGNITIVE BEHAVIOUR THERAPY

Award Designation: Applied Psychology (Certificate of Higher Education)

Level/credits: Level 4, 15 credits

Venue: Central London

First class: Tuesday 9th January 2018, 7-9pm

No of classes: 11

Class Dates: 09/01/18 - 20/03/18

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.

AIMS
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.

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. short lectures on the area being studied - students are encouraged to ask questions and discuss points throughout. There will also be small group exercises, sometimes 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 module this equates to 150 hours, most of which is comprised of independent learning. For this module 22 hours would be delivered in the classroom.

Students MUST 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. 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 of these pieces will be 1,500 words in length (or the equivalent). You are encouraged to discuss with your tutor the particular topics and the type of assignment you would like to focus on in your assessments. It may be possible to accommodate your personal interests within the syllabus.

Each piece of assessment is worth 50% of the total module mark. To pass the module students must achieve a mark of 40% overall.

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.

The course is part of the Certificate of Higher Education in Applied Psychology. If the course is completed successfully, 15 credit points will be awarded, which may be transferred to some degree courses.

Students who complete the core modules on the Certificate of Higher Education in Psychology may be considered for entry onto the second year of Birkbeck’s part-time BSc Psychology programme. For more information see: http://www.bbk.ac.uk/study/2017/certificates/programmes/UEHPSYCH/

READING
This reading list offers a selection of books which are particularly appropriate for this module. It is not expected that students will read them all. Weekly readings will be provided by your course lecturer, who will also recommend other reading during the course.

INDICATIVE SYLLABUS


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

Preparatory reading
If this is the first course you have taken in psychology you will find it useful to read an introductory text that outlines the main schools of thought within psychology and the main approaches to research methods. Particularly useful are:


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

STUDENT SERVICES
The Student Advice Centre is located on the ground floor of the main Birkbeck building on Malet Street (entry via Torrington Square).

For more information about Birkbeck’s range of student support services visit: http://www.bbk.ac.uk/student-services/

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/
- For specific guidance for psychologists and psychology students on getting the best out the internet go to: http://www.vtstutorials.co.uk/ - and search for ‘Psychology’

Please refer to the Course Handbook for more information.

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/2017/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 0207 631 6669 or by e-mail: psychologycert@bbk.ac.uk

Revised August 2017