

Module Code	ECMH5002
Title	Treatment Models and Approaches
Date	09/12/2020
Level	5
Credits	20
Pre-Requisites	None

AIM(S)

- To develop an in-depth understanding of how different models of mental health have informed the treatment of mental health problems in today's society and to enable students to identify the potential benefits and limitations of a range of these treatments.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- Critically discuss the factors influencing the effectiveness of psychological treatments for mental health problems including the qualities of the therapeutic or helping relationship.
- Evaluate empirical evidence for the effectiveness of treatments for a variety of mental health problems.
- Develop understanding of how to design and evaluate theory-based interventions in psychology designed to improve mental health and wellbeing.
- Take responsibility for their own learning and skill development; including effective personal planning, self-reflection and project management skills.

INDICATIVE CONTENT

- Students will consider at a greater depth the issues and implications associated with psychological and pharmacological treatments for a range of mental health problems.
- Topics include: Eating disorders, Anxiety disorders, Mood Disorders, Schizophrenia and Psychosis, and Personality disorders.
- Students will learn about the role and function of neurotransmitters, brain structures and functions, and will develop an understanding of how pharmacological treatments influence these processes.
- Psychological treatments will also be critically explored, focusing upon the evidence base for the most commonly seen psychological approaches (e.g., CBT, client-centred therapy) alongside newer therapeutic approaches such as Acceptance and Commitment Therapy and mindfulness-based therapeutic approaches, and the qualities of an effective therapeutic relationship.
- Throughout the module empirical evidence will be discussed in order to help students learn about the factors that need to be considered in evaluating the effectiveness of treatments.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning 12 hours - Lectures 18 hours – Online	30	15%
Independent learning	170	85%
Placement learning		
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Essay	2,000 words	50%

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Case Formulation	2,500 words	50%

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	100%
Practical	
TOTAL	100%

INDICATIVE READING LIST

Module Code	ECMH5002	
Module Title	Treatment Models and Approaches	
Classification		Electronic*
Essential	Davey, G. (2015). Psychopathology: Research, Assessment, and Treatment in Clinical Psychology. Oxford: Blackwell.	☐
Essential	Bennett, P. (2011). Abnormal and clinical psychology: An introductory textbook (3rd edition). Maidenhead: McGraw-Hill/ Oxford University Press.	☒
Essential	Cromby, J., Harper, D., & Reavey, P. (Eds.). (2013). Psychology, Mental Health and Distress. Basingstoke: Palgrave Macmillan.	☐
Further	Nolen-Hoeksema, S. (2014). Abnormal Psychology (6th edition) New York: McGraw-Hill.	☐
Further	Paris, J., 2013. The Intelligent Clinician's Guide to the DSM-5. Oxford: Oxford University Press.	☐

Journal	Experimental and Clinical Psychopharmacology	☒
Journal	Journal of Abnormal Psychology	☒
Journal	Journal of Consulting & Clinical Psychology	☒
Journal	Cochrane Database of Systematic Reviews	☒
Websites	https://www.bps.org.uk/sites/www.bps.org.uk/files/Member%20Networks/Divisions/DCP/Forumlation%20WEB%20ID3412.pdf https://www.bps.org.uk/ https://www.rcpsych.ac.uk/mental-health	☒