

MODULE CODE: ECPS6002

TITLE: Clinical Psychology: Treatment and Approaches

DATED: 26/04/2018

LEVEL: 6

CREDITS:20

JACS CODE:C842

AIM(S)

- To develop a critical understanding of the field of clinical psychology and its approach to understanding the development, diagnosis and treatment of mental health problems.

LEARNING OUTCOMES

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

- demonstrate a critical awareness of current debates in the field of Clinical Psychology including professional and ethical frameworks;
- employ evidence-based reasoning in order to critically discuss the relative importance of biological, psychological and social causes for a range of mental health problems;
- critically evaluate research findings in order to integrate evidence from multiple perspectives in relation to the diagnosis, treatment and classification of mental health problems;
- take responsibility for their own learning and skill development; including effective personal planning, self-reflection and project management skills.

INDICATIVE CONTENT

- Conceptual and historical paradigms for understanding mental health.
- The identification and critical discussion of the role of the modern clinical psychologist in the UK and associated professional and ethical frameworks and debates.
- Current debates around the diagnosis of mental health problems, critically considering traditional classification systems (DSM) versus alternative approaches (ICD, continuum models, psychological formulation).
- The clinical cycle and psychological formulation.
- Specific psychological perspectives for the development of mental health problems (e.g. cognitive models, psychodynamic models, humanistic models).
- Aetiology of specific mental health problems from multiple perspectives including anxiety disorders, eating disorders, depression, personality disorders.
- Critical analysis of the research evidence supporting different explanatory and treatment models. Consideration of the relative effectiveness of treatment models (psychological and pharmacological) in treating different mental health problems.

- Evaluating psychological therapy and services: evidence for effectiveness of emerging treatments e.g., acceptance and commitment therapy, mindfulness.

LEARNING AND TEACHING STRATEGY

The module will be delivered through a combination of interactive lectures and seminars. Seminars will focus on further developing students' understanding of the theories and empirical evidence underpinning lecture content through a variety of tasks including practical demonstrations, small class exercises, critical reflection and group discussions.

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning (lectures & seminars)	30	15%
Independent learning	170	85%
Placement learning	-	-
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Group Presentation	10 minutes per person	50%

Students will be required to demonstrate teamworking skills through working together to produce a professional group presentation and will be individually assessed on their ability to integrate multiple perspectives in clinical psychology to explain issues around diagnosis and classification.

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Written Assignment: Case Study Formulation	2,500 words	50%

Students will be assessed on their critical understanding of the biological, social and psychological causes and appropriate treatments for a specific mental health problem through working through an individual case study and producing a written case study report.

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	50%
Practical	50%
TOTAL	100%

This module is not linked to a Professional, Statutory and regulatory Body (PSRB).

READING LIST

Module Code	ECPS6002	
Module Title	Clinical Psychology: Treatment and Approaches	
Classification	Reading List entry	Electronic*
Essential	Davey, G. (2008). <i>Psychopathology: Research, assessment, and treatment in clinical psychology</i> . Oxford: Blackwell.	☐
Essential	Paris, J. (2013). <i>The intelligent clinician's guide to the DSM-5</i> . Oxford: Oxford University Press.	☒
Further	Nolen-Hoeksema, S. (2014). <i>Abnormal psychology</i> (6th ed.). NY: McGraw-Hill.	☒
Further	Cromby, J., Harper, D., & Reavey, P. (Eds.). (2013). <i>Psychology, mental health and distress</i> . Basingstoke: Palgrave Macmillan.	☒
Further	Bennett, P. (2011). <i>Abnormal and clinical psychology: An introductory textbook</i> (3rd ed.). Maidenhead: McGraw-Hill/ Oxford University Press.	☒
Further	Frances, A. (2013). <i>Saving normal: An insider's revolt against out-of-control psychiatric diagnosis, DSM-5, big pharma, and the medicalization of ordinary</i> . NY: William Morrow.	☒
Further	<i>Journal of Clinical Psychology</i>	☒
Further	<i>Journal of Consulting and Clinical Psychology</i>	☒
Further	<i>British Journal of Clinical Psychology</i>	☒
Further	<i>International Journal of Behavioral Medicine</i>	☒
Further	<i>Schizophrenia Bulletin</i>	☒