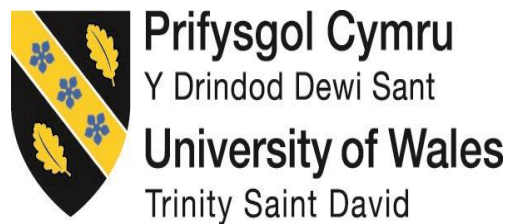
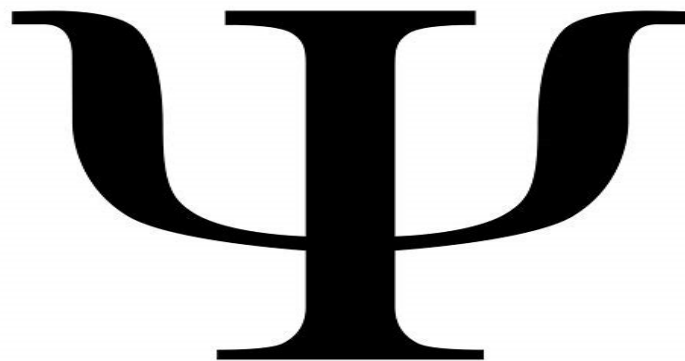


ECHC6007 CBT and the New Cognitive Therapies



BSc Psychology and Counselling



Centre for Psychology and Counselling

2023/2024

MODULE CODE: ECPS6007

TITLE: CBT and the New Cognitive Therapies

AIM(S)

- To provide students with a critical understanding of the classic and contemporary psychological therapies that have evolved from Cognitive Behavioural Therapy and their impact within mental health and well-being.

LEARNING OUTCOMES

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

- critically evaluate the impact of cognitive behavioral therapy within the currency of psychological therapies;
- analyse evidence-based on cognitive-behavioural methods that support the model of cognitive-behavioural learning and treatment;
- demonstrate a systematic understanding of how cognitive-behavioural therapies can effectively treat disorders;
- take responsibility for their own learning and skill development; including effective personal planning, self-reflection and project management skills.

INDICATIVE CONTENT

- Historical and theoretical underpinning of the cognitive behaviour therapies; including third wave psychotherapies: Schema Therapy, (ST, Mindfulness-Based Cognitive Therapy (MBCP), Compassion-Focused Psychotherapy, Dialectical Behaviour Therapy (DBT), Metacognitive Therapy (MCT), Acceptance and Commitment Therapy (ACT).
- Exploring the fundamentals within CBT; the therapeutic relationship, case formulation and assessment.
- Evidence for the efficacy of CBT based approaches within the psychological disorders such as depression, anxiety, OCD, working with trauma, etc.
- CBT across the life-span and working with diversity.
- Contextual and current issues within CBT such as: evidence-base and philosophical debates within CBT therapies.

LEARNING AND TEACHING STRATEGY

The module will be delivered through lectures, directed reading and seminars. Seminars will be based around critical discussion of case studies and academic papers on relevant topics to foster a critical appreciation of cutting edge research and practice in this area.

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15
Independent learning	170	85
Placement learning	0	0
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Critical Review	2,500 words	50%

Students will be asked to produce a written assignment that critically reviews a recent research publication.

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

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

Students will be asked to prepare a case study report using a case scenario considering a specific presenting issue.

Assessment Summary

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

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

READING LIST

Please look at the [Leganto Online](#) reading list located on Moodle. Essential Readings and Resources are also identified on your Moodle Pages.

Module Code	ECPS6007	
Module Title	CBT and the New Cognitive Therapies	
Classification	Reading List entry	Electronic*
Essential	Grant, A., Townsend, M., Mullhern, F., & Short N. (2010). <i>Cognitive behavioural therapy in mental health</i> . London: Sage Publications.	x
Further	Hayes, S., & Hoffman, S. (2018). <i>Process-based CBT – The science and core clinical competencies of cognitive behavioural therapy</i> . Oakland: Context Press	☐
Essential	Jones-Smith, E. (2016). <i>Theories of counselling and psychotherapy</i> (2 nd ed.). London: Sage (Digitalised Chapter via Leganto)	x
Further	Segal, Z., Williams, J.M., & Teasdale, J. (2013). <i>Mindfulness-based cognitive therapy for depression</i> (2 nd ed.). London. Guilford: Press	☐
Further	Simmons, J. & Griffiths R. (2018). <i>CBT for beginners</i> . London: Sage	☐
Further	Lees, J. (2016). <i>The future of psychological therapy: From managed care to transformational practice</i> . London: Routledge	☐
Further	Rethink (2018) https://www.rethink.org/diagnosis-treatment/treatment-and-support/talking-treatments/nice	☒
Further	NICE (2018) https://www.evidence.nhs.uk/search?q=depression%20CBT%20nice	☒
Further	NHS (2018) https://www.nhs.uk/conditions/cognitive-behavioural-therapy-cbt/	☒
Further	<i>Counseling Psychology Quarterly</i>	☒
Further	<i>British Journal of Guidance and Counselling</i>	☒
Further	<i>Journal of Counselling and Education</i>	☒
Further	<i>Cognitive Behaviour Therapy</i>	☒
Further	<i>Counselling Psychotherapy and Research</i>	☒
Further	<i>Journal of Rational Emotive Therapy</i>	☒