

## **Module Outline**

**MODULE CODE:** M5X02247  
**TITLE:** Treatment models and approaches  
**DATED:** 03/04/2019

**LEVEL:** 5  
**CREDITS:** 20

**JACS CODE:** C842

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### **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.
- To enable students to identify the potential benefits and limitations of a range of treatment approaches for mental health.

### **LEARNING OUTCOMES**

Upon the successful completion of this module, the student should be able to demonstrate the ability 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.
- Organise their knowledge and learning through the use of a range of information resources and present their work at the appropriate level.

### **INDICATIVE CONTENT**

Module content will build upon the knowledge developed at level four to encourage students to consider at a greater depth the issues and implications associated with psychological and pharmacological treatments for a range of mental health problems. Early module content will critically consider what is meant by "successful treatment" for mental health, and how we evaluate the effectiveness of both psychological and pharmacological treatments for mental health. Topics here will include:

- Eating disorders
- Anxiety disorders
- Mood Disorders
- Schizophrenia
- Personality disorders

Students will be taught about the biological mechanisms underpinning the experience of mental health problems and how this understanding has informed our understanding of the biological mechanisms of drug treatment and other biological treatment approaches. 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. Consideration will be given to the potential benefits and limitations of new forms of delivery of therapeutic approaches such as online therapy. Module content will also introduce students to the growing recognition of the role that local community groups, peer support, online education, activities with carers, employment support, volunteering, vocational skills training, adult education, natural settings and third sector organisations can play in helping treat and support people with mental health difficulties.

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 (e.g., short-term versus long-term effectiveness; side-effects; acceptability and drop out-rates; relapse rates).

## **LEARNING AND TEACHING STRATEGY**

Lectures will introduce the students to the psychological models and evidence base underpinning various treatment models and approaches. Small group seminars will be used to encourage students to engage in discussion and critical evaluation of different treatment approaches, using a combination of individual case studies and empirical studies.

The allocation of teaching to deliver the module is:

| <b>Activity type</b>                               | <b>Hours</b> | <b>Percentage</b> |
|----------------------------------------------------|--------------|-------------------|
| Scheduled learning<br>Lectures – 20<br>Online – 10 | 30           | 15%               |
| Independent learning                               | 170          | 85%               |
| <b>TOTAL</b>                                       | <b>200</b>   | <b>100%</b>       |

## **ASSESSMENT**

### **Assessment Component 1 – Coursework: Written Essay (2,500 words) - 50%**

This assignment will expect students to demonstrate their ability to evaluate the similarities and differences across different treatment approaches for mental health.

*Exemplar: compare and contrast two treatment approaches for treating major depression.*

### **Assessment Component 2 – Coursework: Case study formulation (2,500 words) - 50%**

In this assignment students will be expected to demonstrate their in-depth understanding of the causal factors contributing to mental health problems and the function of a psychological formulation using a provided case study.

*Exemplar: using the case study provided, create a psychological formulation of the problems and potential treatment options for this individual.*

## Assessment Summary

| Activity type | Percentage  |
|---------------|-------------|
| Written exam  |             |
| Coursework    | 100%        |
| Practical     |             |
| <b>TOTAL</b>  | <b>100%</b> |

## EDUCATION FOR SUSTAINABLE DEVELOPMENT (ESD)

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Does the module contribute to ESD?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Yes |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |     |
| If yes please provide brief details (no more than 100 words):<br><br>It has been recognised that sustainable development cannot be achieved without the inclusion of mental health as a key global priority (Izutsu et al., 2015) and this module teaches students how different models of mental health have informed our understanding of mental health problems in today's society. It also meets the QAA ESD outcome of engaging with scientific evidence and scholarly research and understanding the environmental, social and economic causes of unsustainable behaviour. |     |

## Reading list (Exempli Gratia)

### Essential Reading

Davey, G. (2015). *Psychopathology: Research, Assessment, and Treatment in Clinical Psychology*. Oxford: Blackwell.

### Recommended Reading

Bennett, P. (2011). *Abnormal and clinical psychology: An introductory textbook* (3<sup>rd</sup> edition). Maidenhead: McGraw-Hill/ Oxford University Press. (E-book also available.)

Bowen, P., (2007). *Blackstone's guide to the Mental Health Act 2007*. Oxford: Oxford University Press.

Brown, R., Martin, D. and Barber, P., (2009). *Mental Capacity Act 2005: A guide for practice*. Exeter: Learning Matters

Cromby, J., Harper, D., & Reavey, P. (Eds.). (2013). *Psychology, Mental Health and Distress*. Basingstoke: Palgrave Macmillan.

Graham, M. and Cowley, J., 2015 *A Practical Guide to the Mental Capacity Act of 2005*. London: Jessica Kingsley Publication

Paris, J., 2013. *The Intelligent Clinician's Guide to the DSM-5*. Oxford: Oxford University Press.

Nolen-Hoeksema, S. (2014). *Abnormal Psychology* (6<sup>th</sup> edition) New York: McGraw-Hill.

**Example Relevant Journals**

Experimental and Clinical Psychopharmacology

Journal of Abnormal Psychology

Journal of Consulting & Clinical Psychology

Cochrane Database of Systematic Reviews