

Module Details	
Module Title	Evidence-based low-intensity treatment for common mental health disorders (Level 7)
Module Code	PSY7023-B
Academic Year	2022/3
Credits	20
School	School of Social Sciences
FHEQ Level	FHEQ Level 7

Contact Hours	
Type	Hours
Practical Classes or Workshops	57.5
Practical Classes or Workshops	142.5

Availability	
Occurrence	Location / Period
DLA	University of Bradford / Semester 2

Module Aims
<p>A range of low intensity cognitive behavioural interventions are recommended by NICE for the treatment of patients with mild-to-moderate common mental health problems, and are presented and used in a variety of methods used by different services and practitioners. The overall delivery of these interventions is informed by behaviour change models and strategies. Examples of interventions include providing support for a range of low-intensity self-help interventions (often with the use of written self-help materials) informed by cognitive-behavioural principles, such as behavioural activation, exposure, cognitive restructuring, panic management, problem solving, CBT-informed sleep management, and computerised cognitive behavioural therapy (cCBT) packages as well as supporting physical exercise and medication adherence.</p> <p>In this module trainees will gain competency in recognising appropriate interventions from those available, an appreciation of what makes a good self-help resource, develop key skills in motivating and supporting the use of self-help materials with step 2 patients. Trainees will learn how to identify common problems arising and support patients' use of these interventions, will learn about motivational interviewing and continual enhancement of skills around the COM-B model to aid this process. Trainees will also gain knowledge and competencies required to support medication concordance. The module will also equip trainees with the knowledge and skills to deliver interventions individually through face-to-face, telephone, email or other contact methods, and also develop the skills for in group delivery. Trainees will learn how to end treatment with relapse prevention. A heavy focus upon clinical skills teaching will enhance your general and disorder-defined 'specific factors' competencies in support of these interventions.</p> <p>The aim of this module is to provide a good understanding of the process of therapeutic support for a range of evidence-based, low intensity cognitive behavioural interventions and to manage the learning and development of individuals and groups of patients.</p>

Outline Syllabus

The module uses a mixture of pedagogical approaches to structure learning such as didactic teaching, skills-based workshops, problem-based learning groups, online resources etc. The module is delivered across all terms of the year and emphasises reflective learning within teaching sessions (including peer groups, case study vignettes etc). Teaching incorporates an element of experiential learning where you are encouraged to reflect on previous clinical experience and encouraged to draw upon transferable learning experiences. There will be problem-based learning groups, case study role plays, etc to engender a questioning and open stance to inform your work with clients, services and healthcare colleagues.

The syllabus covers the following content:

- Drawing upon relevant transferrable skills when enhancing development of relevant competences
- Competence in delivering CBT and other Interventions ? Fundamentals in theory and practice.
- Developing competences in evidence-based psychological interventions while working as part of an interdisciplinary healthcare team.
- Working effectively as a professional psychologist in teams.
- Working with challenging behaviour.
- Managing and responding to complexity (and trauma) as an evidence-based applied psychologist
- Using biopsychosocial formulation to inform psychological interventions.
- Risk assessment and management under supervision with a range of clients and in the target population.
- Working with emotional distress.
- Using supervision and CPD to maintain safe and ethical practice.

Learning Outcomes

Outcome Number	Description
LO 1	Critically evaluate a range of evidence-based interventions and strategies to assist patients manage their emotional distress and disturbance.
LO 2	Demonstrate knowledge of, and competence in developing and maintaining a therapeutic alliance with patients during their treatment programme, including dealing with issues and events that threaten the alliance.
LO 3	Demonstrate competence in planning a collaborative low-intensity psychological or pharmacological treatment programme for common mental health problems, including managing the ending of contact.
LO 4	Demonstrate in-depth understanding of, and competence in the use of, a range of low-intensity, evidence-based psychological interventions for common mental health problems.
LO 5	Demonstrate knowledge and understanding of, and competence in using behaviour change models and strategies in the delivery of low-intensity interventions.
LO 6	Critically evaluate the role of case management and stepped care approaches to managing common mental health problems in primary care including ongoing risk management appropriate to service protocols.
LO 7	Demonstrate knowledge of, and competence in supporting people with medication for common mental disorders to help them optimise their use of pharmacological treatment and minimise any adverse effects.
LO 8	Demonstrate competency in delivering low-intensity interventions using a range of methods including face-to-face, telephone and electronic communication.

Learning, Teaching and Assessment Strategy

LEARNING AND TEACHING

Skills based competencies will be learnt through a combination of clinical skills in small groups working intensively under close supervision with peer and tutor feedback and supervised practice through supervised direct contact with patients in the workplace. Knowledge will be learnt through a combination of lectures, seminars, discussion groups, role play, guided reading and independent study. This module will monitor trainees' progress whilst undergoing supervised placement and support trainees to obtain the required 80 clinical contact hours.

*The Clinical Practice Portfolio (CPP) runs throughout the duration of the programme. It has three distinct parts which are embedded within respective module:

- PYS7024 ? CPP Part 1
- PYS7023 ? CPP Part 2
- PYS7025 ? CPP Part 3

Trainees will attend portfolio development workshops with progress being monitored during one-to-one session with their designated PAT. Workshops are aimed to provide guidance on appropriate content/evidence to meet the portfolio outcomes of each module. Evidence will include coursework and in-class practical assessments, record of clinical practice and supervision hours, evidence of competence e.g. supervisor reports and clinical outcome achievements. The CPP will also evidence 100% course attendance.

ASSESSMENT STRATEGY

The assessment of this module is in line with the PWP national curriculum, BPA accreditation criteria and with PWP subject leading Universities e.g. UCL who produced the PWP national curriculum in 2015, Sheffield and UCLAN. All modules are core and therefore compulsory.

All modules must be successfully passed to achieve the award of Postgraduate Certificate IAPT Psychological Wellbeing Practitioner. There is no interim or alternate exit awards. However, trainees who do not complete the programme may apply to receive a Certificate of Continuing Education for successfully completed credits. Modules, assessments or elements of assessments are non-condonable.

A supplementary attempt to recover a failed position will be granted. Trainees who do not pass an element following a supplementary attempt will fail the module and not be eligible to continue on this programme.

Trainees are required to achieve 100% attendance.

Assessments will be marked at FHEQ level 7. Clinical practice and academic writing assessments require a pass mark of 50%.

The Clinical Practice Portfolio will be marked as a pass/fail.

ASSESSMENT

Assessment of this module will include a clinical recording, reflective commentary and part 2 of the Clinical Practice Portfolio.

ASSESSMENT 1: A video OR audio recording of a real low-intensity treatment session with a patient treated by the trainee, in either of which the trainee is required to demonstrate skills in planning and implementing a low-intensity treatment programme. This recording will be assessed by teaching staff using a standardised assessment measure. If the recording is of a face-to-face session, then a video recording must be submitted. Audio recordings are only permitted for telephone sessions. The recording should be up to 30 minutes in duration. (LO 1-8). (pass mark of 50%)

ASSESSMENT 2: A 2000 word maximum reflective commentary on the trainee's performance as captured in the live recording submitted in assessment 1 and how practice is informed by theory. (LO 1-7). (Pass of 50%)

ASSESSMENT 3: Clinical Practice Portfolio (Part 2) is a combination of professional documents evidencing the trainee's clinical practice and competencies which meet the following portfolio outcomes (see above*) (Pass/fail)

PO 3. Successful completion of a practice portfolio (marked as pass/fail) evidencing 100% course attendance and sign off as competent for the following practice outcomes:

PO 4. Demonstrates experience and competence in the selection and delivery of treatment of a range of

presenting problems using evidence based low-intensity interventions across a range of indicative diagnoses including depression and two or more anxiety disorders.

PO 5. Demonstrates the ability to use common factor competencies to manage emotional distress and maintain therapeutic alliances to support patients using low-intensity interventions.

PO 6. Demonstrates high quality case recording and systematic evaluation of the process and outcomes of mental health interventions, adapting care on the basis of these evaluations.

This assessment is marked pass/fail and engages with LO 1-8.

Mode of Assessment

Type	Method	Description	Weighting
Summative	Clinical Assessment	Video or Audio Recording (Must Pass at 50%)	50%
Summative	Coursework - Written	Reflective Commentary (Must Pass at 50%)	50%
Summative	Coursework	Clinical Practice Portfolio (Part 2) Must Pass	0%

Reading List

To access the reading list for this module, please visit <https://bradford.rl.talis.com/index.html>

Please note:

This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.

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