

Module code	CCP	NQF level	6
Credit value	15	Study duration	9 weeks

Clinical and Counselling Psychology

Module description

This module will introduce students to the principles of psycho and pharmacotherapeutic interventions in the treatment of mental ill-health. Students will examine the problems faced by people experiencing mental ill-health and critically evaluate the interventions which have been designed to increase their mental well-being. Students will be introduced to the scientist-practitioner model and its role in strengthening the fields of clinical and counselling psychology.

This module aims to:

- Develop students':
 - understanding of the problems faced by people experiencing mental ill-health
 - ability to think critically about interventions designed to reduce mental ill-health and increase well-being
 - ability to differentiate between the role of clinical and counselling psychologists
 - understanding of the efficacy of interventions that can be improved through the therapeutic alliance

Learning outcomes

On completion of this module, students will be able to:

- critically evaluate a range of theoretical approaches to psychological distress
- understand the principles of psychological formulation and how these relate to mental health interventions
- demonstrate the skills to evaluate and use the evidence base in relation to interventions for psychological distress
- demonstrate personal reflective thinking around the 'therapeutic relationship' and awareness of ethical practice

Syllabus

- The scientist practitioner
- Counselling and clinical psychology
- Local and global issues that impact on health and well-being
- The problems faced by people with poor mental health
- The core principles of diagnosis
- Ethics
- The therapeutic alliance
- Theories of psychopathology
- Psycho and pharmacotherapies

Learning and teaching methods

The pedagogical approach for this module is informed through the principles of collaborative enquiry, constructionism and scientific apprenticeship.

Collaborative enquiry is supported through our internet-mediated learning platform that aims to develop a learning community and support dialogue and collaboration between students. This is encouraged through online peer discussion and debate to construct a unique learning experience that enhances students' subject understanding through social interactions and empowers them to explain their understandings, and receive feedback from tutors and peers.

Learning through scientific apprenticeship will take place through the integration of scientific knowledge, principles and experience into the practical application through the scientist practitioner model.

Teaching will be delivered through the provision of specified reading materials that will be provided on the University of Essex Online learning platform, and will be supported by specified discussion forums, pre-recorded lecturecasts and biweekly online question and answer sessions (using synchronous communication software and application sharing facility).

Students will be provided with indicative guidance on, and encouraged to look at relevant websites which are appropriate to the learning outcomes, and to identify and share appropriate web-based resources (as learning support references) with their fellow students.

The pre-recorded lecturecasts and the online question and answer sessions will include referenced use of selected case studies which will be drawn from the reading materials and the practice-based and professional/educational contexts and experience of the tutors.

Self-managed learning will supplement lectures and students will be given direction on required and indicative reading.

Description of unit of assessment	Length/Duration	Submission date	Weighting
Collaborative learning question: Post a 500-word response to a tutor posed question. Respond to two of your peer's posts (300 words per response). Your answers must be evidence based and supported with psychological literature.	1,100 words	Continuous	30%
Case study	3,000 words	End of module	70%