



## Module Descriptor

Title	Applying CBT with Anxiety and Depression		
Session	2024/25	Status	
Code	NURS11109	SCQF Level	11
Credit Points	20	ECTS (European Credit Transfer Scheme)	
School	Health and Life Sciences		
Module Co-ordinator	Angie McDonald		
<b>Summary of Module</b>			
<p>This is the third module in the PgDip in CBT or the final module of the Pg Cert'.</p> <p>This module looks at the CTS-r skills mapping their use to working with anxiety and depression. It then goes on to explore common difficulties and how to overcome these. Finally the module considers ending therapy and relapse prevention strategies. It also develops from the work of modules 1 and 2 by adding outcome measurements.</p> <p>The aim of the third module is to continue to integrate and practice some of the knowledge, skills and attitudes developed in Modules 1 and 2, to focus more deeply on some of the models reviewed, and to reconsider the therapeutic relationship, in terms of the therapist's own interpersonal expectations and outcomes in therapy and finding ways to generalise the client's gains and maintain healthier living.</p> <p>The aims of this module will be to consider how to conclude a therapy, to provide multiple opportunities to consolidate and practice previous learning and apply it to new situations</p> <p>The development of research and critical thinking skills is embedded in this module. Further information on the specific skills and topics covered will be found in the module handbook and on the virtual learning site (Aula).</p> <p>This module aims to develop graduate attributes, including critical thinking skills and to enable students to be knowledgeable regarding CBT, to ensure they are work-ready.</p> <ul style="list-style-type: none"><li>• To enable students to demonstrate a critical understanding of the principle theories and concepts underpinning the 12 skills measured by the CTS-R.</li><li>• To enable students to demonstrate originality and creativity in the application of these skills in therapeutic practice.</li></ul>			

<b>Module Delivery Method</b>	<b>On-Campus<sup>1</sup></b> <input type="checkbox"/>	<b>Hybrid<sup>2</sup></b> <input checked="" type="checkbox"/>	<b>Online<sup>3</sup></b> <input type="checkbox"/>	<b>Work -Based Learning<sup>4</sup></b> <input type="checkbox"/>		
<b>Campuses for Module Delivery</b>	<input type="checkbox"/> Ayr <input type="checkbox"/> Dumfries		<input type="checkbox"/> Lanarkshire <input type="checkbox"/> London <input checked="" type="checkbox"/> Paisley	<input type="checkbox"/> Online / Distance Learning <input type="checkbox"/> Other (specify)		
<b>Terms for Module Delivery</b>	Term 1	<input checked="" type="checkbox"/>	Term 2	<input type="checkbox"/>	Term 3	<input type="checkbox"/>
<b>Long-thin Delivery over more than one Term</b>	Term 1 – Term 2	<input type="checkbox"/>	Term 2 – Term 3	<input type="checkbox"/>	Term 3 – Term 1	<input type="checkbox"/>

Learning Outcomes	
<b>L1</b>	Demonstrate a critical understanding of the principle theories principles and concepts underpinning the 12 skills measured by the CTS-r together with their use in CBT practice
<b>L2</b>	Demonstrate originality or creativity in the application of these skills in the therapeutic setting with a specific client
<b>L3</b>	Critically analyse the evidence base for the blueprinting process used in ending therapy and its usefulness in relapse prevention.
<b>L4</b>	Demonstrate an extensive detailed and critical knowledge and understanding of common difficulties encountered in the practice of CBT together with an ability to effectively overcome difficulties that arise in the clinical setting
<b>L5</b>	Practice in ways that draw on critical reflection of their own performance, in the context of integrating CBT skills, in relation to the treatment and termination phases of therapy.

Employability Skills and Personal Development Planning (PDP) Skills	
<b>SCQF Headings</b>	<b>During completion of this module, there will be an opportunity to achieve core skills in:</b>
<b>Knowledge and Understanding (K and U)</b>	<b>SCQF 11</b> Consolidation and application of new and previously learned skills in conducting a CBT session. Effectively applying models and principles of relationship to a treatment and concluding phase of therapy. Demonstrate knowledge of how to help clients generalise their gains from therapy, conclude a therapy and therapeutic relationship, record

<sup>1</sup> Where contact hours are synchronous/ live and take place fully on campus. Campus-based learning is focused on providing an interactive learning experience supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus contact hours will be clearly articulated to students.

<sup>2</sup> The module includes a combination of synchronous/ live on-campus and online learning events. These will be supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus and online contact hours will be clearly articulated to students.

<sup>3</sup> Where all learning is solely delivered by web-based or internet-based technologies and the participants can engage in all learning activities through these means. All required contact hours will be clearly articulated to students.

<sup>4</sup> Learning activities where the main location for the learning experience is in the workplace. All required contact hours, whether online or on campus, will be clearly articulated to students

	progress and outcomes and evaluate a model of treatment more critically.
<b>Practice: Applied Knowledge and Understanding</b>	<p><b>SCQF 11</b></p> <p>Skills workshops will focus on promoting and generalising client gains, ending therapy, and having a chance to repeat key skills training exercises and increase students' ability to use them in different case scenarios.</p> <p>Students will practice clinical skills and critical appraisal skills in relation to the monitoring and recording of client progress and interim outcomes across the course of treatment.</p> <p>Opportunities to reflect on the use of clinical supervision as a medium to reflect critically on one's actions and attitudes, and to contribute to personal growth and quality systems underpinning safe and effective practice.</p>
<b>Generic Cognitive skills</b>	<p><b>SCQF 11</b></p> <p>Increased awareness of own needs for skill development and ways to learn them.</p> <p>Increased self-reflection and review of clinical work.</p> <p>Demonstrated critical judgement in the development of evidence and arguments for selecting treatment interventions relevant to specific cases.</p> <p>Reflecting on feedback received from them assessment processes.</p>
<b>Communication, ICT and Numeracy Skills</b>	<p><b>SCQF 11</b></p> <p>Demonstrate competency in the interpretation and evaluation of data emerging from key assessments, measures and tools, and communicates the same to significant others.</p> <p>Demonstrated critical judgement in the selection of appropriate interventions and articulated rationales for these selections within a multidisciplinary context.</p> <p>Selection and utilisation of appropriate technological and educational materials to promote well-being in the clinical context (e.g. computerised self-help or client homework materials).</p>
<b>Autonomy, Accountability and Working with Others</b>	<p><b>SCQF 11</b></p> <p>Application and understanding of transference concepts to relationships within professional and interagency contexts.</p> <p>Evidence of professional accountability in relation to adherence to professional, legal, and ethical codes underpinning safe and effective practice.</p> <p>Enhanced examples of appropriate leadership, organisational and collaborative skills within a multi-disciplinary context.</p>

<b>Prerequisites</b>	<b>Module Code</b>	<b>Module Title</b>
	NURS11112 NURS11114	CBT Models and Core Therapeutic Competences CBT Strategies Skills and Interventions
	<b>Other</b>	

Co-requisites	Module Code	Module Title
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Learning and Teaching	
In line with current learning and teaching principles, a 20-credit module includes 200 learning hours, normally including a minimum of 36 contact hours and maximum of 48 contact hours.	
Learning Activities	Student Learning Hours
During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	(Note: Learning hours include both contact hours and hours spent on other learning activities)
Lecture / Core Content Delivery	15
Laboratory / Practical Demonstration / Workshop	15
Independent Study	170
Please select	
Please select	
Please select	
<b>TOTAL</b>	200

Indicative Resources
<p><b>The following materials form essential underpinning for the module content and ultimately for the learning outcomes:</b></p> <p>Butler, G., Fennell, M. and Hackmann, A. (2010) Cognitive-behavioral Therapy for Anxiety Disorders: Mastering Clinical Challenges. Guilford Press.</p> <p>Simmons, J. and Griffiths, R. (2017) CBT for Beginners. Sage, London.</p> <p>Hawton K.E., Salkovskis, P.M., Kirk, J.E., Clark, D.M (2008) Cognitive behaviour therapy for psychiatric problems: A practical guide. New York, Oxford University Press.</p> <p>Grant et al (2010) Cognitive Behavioural Therapy in Mental Health Care (2nd ed). London, Sage.</p> <p>Wells A. (1997) Cognitive Therapy of Anxiety Disorders John Wiley and Son Chichester</p> <p>Watson, D.L. &amp; Tharp, R.G. (2007) Self-directed behaviour. 9th Ed. Wadsworth, Thomson</p> <p>Wills F (2008) Skills in Cognitive Behaviour Therapy, Counselling and Psychotherapy London Sage Publications.</p> <p>Froggatt W. (2001) The Rational Treatment of Anxiety. Therapy Outlines Series. Rational Training Resources PO BOX2292 Stortford Lodge New Zealand.</p> <p><b>(N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)</b></p>

Attendance and Engagement Requirements
In line with the <a href="#">Student Attendance and Engagement Procedure</a> , Students are academically engaged if they are regularly attending and participating in timetabled on-

campus and online teaching sessions, asynchronous online learning activities, course-related learning resources, and complete assessments and submit these on time.

**For the purposes of this module, academic engagement equates to the following:**

80% face to face attendance

### Equality and Diversity

The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: [UWS Equality, Diversity and Human Rights Code](#).

**(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)**

### Supplemental Information

<b>Divisional Programme Board</b>	<b>Mental Health Nursing Midwifery Health</b>
<b>Overall Assessment Results</b>	<input type="checkbox"/> Pass / Fail <input checked="" type="checkbox"/> Graded
<b>Module Eligible for Compensation</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No If this module is eligible for compensation, there may be cases where compensation is not permitted due to programme accreditation requirements. Please check the associated programme specification for details.
<b>School Assessment Board</b>	Division of Mental Health, Midwifery & Health Level 9-11
<b>Moderator</b>	Dr James Taylor
<b>External Examiner</b>	Michealla Lincoln
<b>Accreditation Details</b>	BABCP Accredited Level 2
<b>Module Appears in CPD catalogue</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Changes / Version Number</b>	

### Assessment (also refer to Assessment Outcomes Grids below)

#### Assessment 1

Case study. This component must be passed at a minimum of 50%

#### Assessment 2

A recorded CBT session with CTS-r self reflection this is a pass /fail assessment both components must be passed.

#### Assessment 3

(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed.

(ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)

### Component 1

Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
Case Study	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	100	0

Component 2							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
Case Recording/CTS-r	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	0	0

Component 3							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Combined total for all components						100%	hours

#### Change Control

What	When	Who