

Module code	PSY626	Level	6
Module title	Psychological Interventions	Credit value	20
Common/Core/Elective	Core	ECTS Credits	10
		Notional learning hours	200
Courses on which the module is taught	BA (Hons) Psychology	Teaching Period	Spring

1. Module description

What are the different approaches to psychological therapy? In what contexts do we find them? What kinds of problems are covered? How are these addressed? In this module, you will reflect on the work clinical psychologists, counselling psychologists and allied disciplines such as psychotherapists and counsellors undertake in order to help others. Working with your peers and with networks of colleagues, you will creatively examine convergences and divergences between theoretical modalities and paradigms, using digital data and scholarship to explore diverse client groups, presentations, professions, and services. You will evaluate contemporary research in psychological therapy, considering debates in evidence-based practice and practice-based research. The module will also encompass wider psychosocial and health interventions, such as behaviour change interventions, and consider how these impact individuals and society. Overall, this module will amplify your understanding of the rich and varied arena of psychological intervention, through collaborative learning in and outside the classroom.

2. Learning outcomes

Upon successful completion of this module you will be able to:

Collaboration (MLO 01)

Collaborate and build networks to solve challenges in the context of complexities in psychological therapy.

Digital Data and Tools (MLO 06)

Appraise and utilise digital and research data to evaluate psychological therapy and how psychological interventions work.

Discipline Skills (MLO 08)

Combine and employ a wide range of psychology-specific knowledge, techniques and tools to understand psychological intervention and creatively consider its practical use.

3. Learning and teaching methods

This module will adopt a reflective edge throughout. Workshops will draw on personal responses to material in a confidential, sensitive, safe, and contracted way. In-depth creative tasks will include comparing and contrasting different psychological interventions and producing critical appraisals of research in psychotherapeutic practice. Opportunities for seeking clinical supervision or feedback from networked training or professional colleagues on draft assessment work will be supported.

Learning hours	
Directed learning	48 hours
Workshops/classes	48
Guided/Self-guided learning	152 hours
Total	200 hours

4. Assessment, formative feedback and relative weightings

Assessment: Case study

Weight (%): 100%

Word Count or Equivalent: 3000 words

This coursework is a problem-based learning exercise. You will write a case study report containing an evaluation of an individual or collective problem (i.e., a case formulation) and linked to the formulation, a proposal for what approach should be taken to address the problem (i.e., a psychological or psychosocial intervention). You will reference how you have used digital resources (public health data, evidence-based practice resources) to inform your formulation and intervention plan.

This summative assessment will be preceded by an opportunity for formative assessment accompanied by formative feedback.

Mapping of assessment tasks for the module

Assessment tasks	MLO1	MLO6	MLO8
Case study	X	X	X

5. Indicative resources

- APA. (2006). Evidence-based practice in psychology. *American Psychologist*, 61(4).
- Cooper, M. (2008). *Essential research findings in counselling & psychotherapy*. Sage.
- Feltham, C. et al. (2017). *The handbook of counselling & psychotherapy*. Sage.
- Grant, A., Townend, M., Mills, J., & Cockx, A. (2008). *Assessment and case formulation in cognitive behavioural therapy*. Sage.
- Johnstone, L. & Dallos, R. (2013). *Formulation in psychology and psychotherapy*. Sage.
- Misra, G., (2018). *Psychosocial interventions for health and wellbeing*. Springer.
- Evidence-based interventions: <https://www.nice.org.uk/guidance>
- Proctor, C., (2017). *Positive psychology interventions in practice*. Springer.
- Tapper, K., (2021). *Health psychology and behaviour change*. Bloomsbury.