

Module code: MOD002528	Version: 7 Date Amended: 29/Jan/2020
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1. Module Title
Psychological Therapies

2a. Module Leader
Jane Scott

2b. School
School of Psychology, Sport and Sensory Sciences

2c. Faculty
Faculty of Science and Engineering

3a. Level
6

3b. Module Type
Standard (fine graded)

4a. Credits
15

4b. Study Hours
150

5. Restrictions			
Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	None		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

This module provides an introduction to some of the main methods of psychological interventions used by clinical, counselling and health psychologists in therapeutically helping people. These interventions are used to assist people in strengthening their capacity to manage and cope with their lives, and help work through some emotional difficulties. The module will cover some of the core theoretical principles and techniques used in various psychological interventions, when working with individuals (both children and adults) as well as with families and groups. The module will also show that the therapeutic relationship is central to a variety of psychological interventions. The different interventions used also aim to assist clients and patients to make meaning of their distress.

6b. Outline Content

Content covered will include both traditional and more recent therapies such as psychodynamic psychotherapy, cognitive behavioural therapy, compassion focused therapy, systemic therapy, cognitive analytic therapy and person centred/humanistic therapy.

6c. Key Texts/Literature

The reading list to support this module is available at: <https://readinglists.aru.ac.uk/>

6d. Specialist Learning Resources

Students should make use of the university's specialist library resources (e.g. journal articles) in order to expand their knowledge and understanding of the subject area. This also introduces students to the nature of independent learning

7. Learning Outcomes (threshold standards)

No.	Type	On successful completion of this module the student will be expected to be able to:
1	Knowledge and Understanding	Demonstrate knowledge and understanding of the major principles of various psychological interventions with individuals, families and groups
2	Knowledge and Understanding	Critically evaluate the strengths and possible shortcomings of each approach
3	Knowledge and Understanding	Critically evaluate research on the efficacy of psychological interventions
4	Intellectual, practical, affective and transferrable skills	Synthesise and apply information and theoretical principles to example diagnoses.

8a. Module Occurrence to which this MDF Refers

Year	Occurrence	Period	Location	Mode of Delivery
2026/7	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	Hours	Learning Outcomes	Details of Duration, frequency and other comments
Lectures	12	1-4	Lecture 1 hr X 11 weeks plus 1 hour lecture in TW 12
Other teacher managed learning	5	1-4	5 x 1 hour seminars
Student managed learning	133	1-4	7 hours reading for each lecture (7 x 11 = 77 hours); 5 hour preparation for each seminar (5 x 5 = 25); 33 hours preparation for coursework
TOTAL:	150		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	1-4	100 (%)	Fine Grade	30 (%)
Coursework: 3000 words.					

In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*). In addition, students are required to: (a) achieve the qualifying mark for each element of fine graded assessment as specified above (b) pass any pass/fail elements [* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]
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