

Module code: MOD004236	Version: 4 Date Amended: 18/Jul/2018
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1. Module Title
Clinical Formulation and Treatment

2a. Module Leader
Debora Antoniotti de Vasconcelos e Sa

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

2c. Faculty
Faculty of Science and Engineering

3a. Level
7

3b. Module Type
Standard (fine graded)

4a. Credits
30

4b. Study Hours
300

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

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

This module aims to provide students with knowledge about the formulation and treatment of different mental health problems in adults. Formulation is a collaborative process involving the synthesis of psychological theory and lived experience in order to develop a personalised understanding of psychological distress. The module covers an assortment of approaches used in formulation, including the broader biopsychosocial approach and specific approaches such as cognitive-behavioural. Alongside this, students will learn about a range of therapeutic interventions relating to adult mental health difficulties. Students will also learn about professional practice issues including supervision, professional registration and ethics. The module will be delivered through lectures that will involve both taught content and interactive discussion, and two workshops where students will apply theoretical knowledge to developing basic counselling/communication skills. The lived experience of mental health problems will be a key focus, with teaching from service-user experts by experience. The importance of the therapeutic relationship will be emphasised in both lectures and workshops. The module provides an opportunity to critically reflect on the challenges and practicalities of formulation and treatment in clinical psychology, and will prepare students for responsible engagement with debates in the field. It will provide an opportunity to develop core counselling skills, enhancing students' confidence and ability to engage sensitively, empathically and flexibly with clients in psychological distress. This will be useful for students considering further professional training and careers in clinical work with adults.

6b. Outline Content

- The role of assessment in formulation
- Formulation using different therapeutic models
- Formulation of specific mental health difficulties
- Therapeutic interventions for adults with specific mental health difficulties
- Cultural and ethical issues
- Issues related to professional practice
- Practical workshop to gain experiential knowledge and understanding of the counselling relationship
- Service-user experiences of formulation and therapy

6c. Key Texts/Literature

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

6d. Specialist Learning Resources

None

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 systematic understanding of various formulation methods and approaches for understanding the aetiology of mental health problems, as used in clinical psychology.
2	Knowledge and Understanding	Demonstrate systematic understanding of possible treatment interventions within clinical psychology and the strengths and weaknesses of these interventions.
3	Knowledge and Understanding	Demonstrate a critical awareness of current developments in formulation and treatment in clinical psychology and the challenges that come with these.
4	Knowledge and Understanding	Demonstrate an understanding of the counselling relationship.
5	Intellectual, practical, affective and transferrable skills	Apply theoretical knowledge to case studies in developing formulations and identification of appropriate interventions.
6	Intellectual, practical, affective and transferrable skills	Synthesise information in relation to identified issues, critically evaluate it, and draw appropriate conclusions.

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	20	1-5	10 x 2 hour lectures
Other teacher managed learning	8	6	2 x 4 hour practical workshops
Student managed learning	272	1-6	96 hours lecture/seminar reading and workshop preparation 90 hours reading and preparation for coursework
TOTAL:	300		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	4 6	40 (%)	Fine Grade	40 (%)
2000 word reflective essay					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Coursework	1 3 5 6	60 (%)	Fine Grade	40 (%)
3000 word case based essay					

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]