



tabortasmania

Cognitive Behaviour Therapy INTENSIVE

with

Lyndy Burt

HOBART January-February 2012



This intensive will look at several cognitive behavioural therapies with the primary focus being given to the more prominent cognitive behavioural approaches.

Students will be provided with a solid basic foundation for the practice of cognitive behavioural therapy. Learn to recognize damaging negative thoughts and maladaptive beliefs in your own life and your clients. Discover how focus on changing cognitions can produce desired changes in affect and behaviour.

COURSE TIMETABLE

Time	Day	Date
9.30 am—4.00 pm	Friday	27 January 2012
9.30 am—4.00 pm	Saturday	28 January 2012
9.30 am—4.00 pm	Thursday	9 February 2012
9.30 am—4.00 pm	Friday	10 February 2012
9.30 am—4.00 pm	Saturday	11 February 2012

Where: 45 Melville Street, Hobart

Cost: Audit Level \$ 250 Undergraduate Level \$ 1,422 Postgraduate Level \$ 1,530

To register: Phone 6231 5889 or email registrar@tabor.tas.edu.au

OBJECTIVES

On successful completion of this subject, the student will develop knowledge, skills and attitudes necessary to provide appropriate therapeutic responses to abuse and trauma and will be able to:

- identify and discuss possible causative factors in “abusive” relationships;
- recognise and describe the complex effects of various types of abuse on individuals, families and communities;
- describe the nature and scope of the effects of child abuse and adult sexual assault;
- articulate a Christian framework for working with those who have survived trauma
- discuss the appropriateness and effectiveness of various counselling/psychotherapeutic methods for victims/survivors of child abuse and sexual assault;
- discuss interventions that do not victimise nor re-traumatise clients with a view to participating in survivor led recovery;
- identify a range of effective community resource facilities that support victims/survivors of sexual assault and child abuse;
- assess the appropriateness of different counselling interventions that are supportive of the rights of clients through the implementation of practices which promote self-determination;
- demonstrate an understanding of the range of complex ethical issues involved in counselling those who have suffered or are continuing to suffer the effects of abuse and trauma;
- describe and apply a biopsychosocial framework to trauma and abuse; and
- describe vicarious traumatisation and self care for the counsellor.

CONTENT

Most or all of the following topics will be covered:

- the social and political discourse of power and powerlessness and violence and abuse;
- participation in a 2 day workshop with Yarrow Place: rape and sexual assault service providers;
- discussing a context of a victimizing culture and the prevention of abuse;
- causes and impacts of abuse e.g. child abuse, date violence, elder abuse; physical and emotional abuse, including domestic violence and sexual assault;
- exploring a Christian framework that views the whole person as someone affected by abuse and trauma rather than as a ‘problem’;
- explain a Christian framework that identifies and works holistically with the survivor, recognising the purpose defense strategies play in the client’s survival;
- recognising defense strategies as symptoms of trauma rather than viewing the symptoms as the problem;
- aspects of counselling that include - psychological, physical, spiritual, relational;
- critically reflecting on and describing counselling interventions that facilitate safe and holistic approaches to opening possibilities with clients;
- growth and strength as foundational assumptions that promote safety and security;
- specific therapy principles and techniques that facilitate safe interventions and indications for referral;
- specific concerns of managing client dissociative features of trauma;
- ethical and professional concerns regarding minimising the re-traumatisation of clients;
- the repressed memory debate;
- legal aspects of abuse including mandatory reporting; and
- self awareness, transference and counter transference.

DELIVERY STRATEGY

Students will learn through a 5 day intensive, or lecture series over a semester with case studies, tutorials, field work and/or bibliographic research, preparing papers and feedback comments on their work.

ASSESSMENT STRATEGY

Written assignments will be prepared by students individually in non-contact time. The use of the library facilities and a wide range of resources will be encouraged. Field experiences may be included as a component of assignment work. Lectures, multiple-choice /short answer tests and group work will take place on and off campus at set times. Attendance at all prescribed sessions is required, except where extenuating circumstances apply, and then at least 75% attendance is required for successful completion of unit. Assignments must be submitted by due dates or academic penalties will be applied, unless for genuine reasons, extensions have been sought and granted.