

Unit Title: **Cognitive-Behavioural Theory**



Please note that this unit is expiring from any new learner registrations on 31/12/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.

Unit Level:	Four
Unit Guided Learning Hours:	60
Ofqual Unit Reference Number:	K/506/3063
Unit End Date:	31/12/2019
Unit Sector:	1.3 Health and Social Care

Unit Summary

This unit will provide learners with an overview of the key concepts of cognitive-behavioural theory and allow them to explore the particular opportunities and challenges of working with clients in this model. This unit aims to enable learners to develop a theoretical and practical understanding of a cognitive-behavioural approach.

Unit Information

It is expected that before the unit is delivered, the tutor will have read the Qualification Specification to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled. Additional guidance is available below as Assessment Guidance for Learning Outcomes and Assessment Criteria in **bold**.

This unit has 3 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the key concepts of a cognitive-behavioural approach to counselling	1.1. Evaluate the key theoretical concepts of a cognitive-behavioural approach to the nature and development of human beings 1.2. Evaluate the key theoretical concepts of a cognitive-behavioural approach to the development and perpetuation of psychological problems 1.3. Evaluate the key theoretical concepts of a cognitive-behavioural approach to the nature and process of therapeutic change 1.4. Review and clarify the contribution of key theorists to a cognitive-behavioural approach to counselling

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
2. Understand the strengths and limitations of a cognitive-behavioural approach to counselling	2.1. Analyse the strengths of a cognitive-behavioural approach to counselling 2.2. Analyse limitations of a cognitive-behavioural approach to counselling 2.3. Critically evaluate the historical development of a cognitive-behavioural approach to counselling
3. Understand the contribution of a cognitive-behavioural approach to therapeutic practice	3.1. Review and evaluate how a cognitive-behavioural approach to counselling seeks to establish the counselling relationship and process 3.2. Review and evaluate how a cognitive-behavioural approach to counselling seeks to develop and sustain the counselling relationship and process 3.3. Review and evaluate how a cognitive-behavioural approach to counselling seeks to conclude the counselling relationship and process 3.4. Explain how a cognitive-behavioural approach to counselling seeks to assess the efficacy of counselling casework

Assessment

This unit assessed by a discussion paper. The discussion paper is internally set and assessed and must be 4500-5000 words in length.

Indicative Content

Learning Outcome 1

Key concepts:

Theoretical development content:

- Pavlov and Classical Conditioning
- John Watson and phobias
- Wolpe and systematic desensitisation
- Skinner and behaviour therapy
- Ellis and REBT

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- Beck and cognitive therapy.

Subject and process content:

- Cognition as the primary determinant
- The ABC model
- Automatic thoughts
- The acquisition of schemas
- Irrational beliefs; cognitive distortion
- The maintenance of irrational thinking
- The modification of irrational thinking and schemas; rational thinking
- The nature of the counselling relationship
- Learned behaviour; conditioning; Reinforcement
- Behaviour modification
- Assessment
- Structured sessions
- Goal-setting; targets; homework; tasks; graded exposure; scheduling
- Experiments.

1.4 Key theorists: a minimum of three to be reviewed.

Reading List

Required Reading

Neenan, M., & Dryden, W. (2010). **Cognitive Therapy in a Nutshell**. London: Sage.

Nelson-Jones, R. (2010). **Theory and practice of Counselling and Therapy**. London: Sage.

Trower, P., Casey, A., & Dryden, W. (2011) **Cognitive-Behavioural Counselling in action**. London: Sage.

Westbrook, D., Kennerley, H., & Kirk, J. (2011). **An introduction to Cognitive Behaviour therapy; Skills and application**. London: Sage.

Recommended Reading

Beck, A. T. (1991). **Cognitive Therapy and the emotional disorders**. London: Penguin.

Corey, G, (2013). **Theory and Practice of Counseling and Psychotherapy** (9th Ed). Belmont (Ca): Brooks/Cole.

Egan, G. (2013). **The Skilled Helper** (10th Ed.). Belmont (Ca): Brooks/Cole.

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McLeod, J. (2013). **An Introduction to Counselling** (5th Ed.). Maidenhead: Open University Press.

EXPIRING