



Faculty of Arts and Social Sciences
Psychology

Syllabus

Practical Placement and Therapy Methods

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| Course Code: | PSG060 |
| Course Title: | Practical Placement and Therapy Methods <i>Verksamhetsförlagd utbildning samt behandlingsmetoder</i> |
| Credits: | 30 |
| Degree Level: | Undergraduate level |
| Progressive Specialisation: | First cycle, has at least 60 credits in first-cycle course/s as entry requirements (G2F) |

Major Field of Study:
PSA (Psychology)

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2017-09-07, and is valid from the Spring semester 2018 at Karlstad University.

Prerequisites

Completed courses PSG010 Introduction to Psychology and the Individual from a Developmental Perspective 30 ECTS cr, PSG020 Biological Psychology, Learning, Motivation and Happiness 30 ECTS cr, PSG030 Cognitive Neuropsychology and Social Psychology, Prevention and Health 30 ECTS cr, PSG040 Individual, Organization and Community 30 ECTS cr, and attended course PSG050 Psychological Assessment of Individuals 30 ECTS cr with the modules Law and Ethics for Psychologists 4 ECTS cr and Psychological Assessment of Individuals 14 ECTS cr completed.

Learning Outcomes

Module 1 Psychological Treatment Methods and Principles (6 ECTS cr)

Upon completion of the module, students should be able to:

- give an account of and discuss different psychological treatment methods for children and adults suffering from mental ill health,
- give an account of basic concepts and theories in cognitive behavioural therapy and psychodynamic therapy,
- give an account of and discuss psychotherapeutic approaches and the client-therapist relationship in cognitive behavioural therapy and in psychodynamic therapy,
- apply theoretical knowledge in clinical case descriptions, and
- review and evaluate different therapy theories and methods.

Module 2 Psychologist Placement (20 ECTS cr)

Upon completion of the module, students should be able to:

- collect, compile, and describe relevant information linked to a psychological evaluation,
- identify and suggest an appropriate evidence-based method on the basis of the psychological evaluation,

- identify the role, responsibility and job description for the psychologist at the placement,
- give an account of the duties, methods, organisation, partners and future challenges of the placement,
- plan and carry out evidence-based action on the basis of an evaluation and evaluate its short- and long-term effects,
- summarise and give oral and written feedback to the client, next-of-kin, employer and colleagues,
- cooperate and work in a team with colleagues in the placement workplace and adjacent sectors,
- transform the content of given guidance into practice,
- act independently within the scope of supervised placement,
- document the completed method in accordance with current laws, regulations and the ethical codes of the profession,
- adopt a professional, sustainable, evidence-based, and ethical conduct in relation to clients, next-of-kin, colleagues and partners,
- critically evaluate their own efforts and identify their need of further knowledge and professional development,
- develop their self-knowledge and empathy in their interaction with clients, next-of-kin, colleagues and partners.

Module 3 Theoretical Perspective on the Placement (2 ECTS cr)

Upon completion of the module, students should be able to:

- describe central theoretical concepts related to practical placement,
- give an account of theories linked to the placement task, methods, organisation, partners and future challenges,
- summarise and give oral and written feedback on theoretical aspects of the role of placement to a student's professional development, and
- identify their need of developing their competence through continual practical experience.

Module 4 Self-Reflection, Communication and Professional Competences (2 ECTS cr)

Upon completion of the module, students should be able to:

- reflect on and discuss treatment theories,
- reflect on and discuss experiences of psychological placement practice,
- reflect on and discuss their own experiences of professional development, and
- formulate an individual development plan.

Content

Module 1 Psychological Treatment Methods and Principles (6 ECTS cr)

The aim of the module is to provide an overview of fundamental concepts, theories and approaches in psychotherapy in relation to theory of science perspectives on psychotherapy, common factors and psychotherapy research with a focus on cognitive behavioural therapy and psychodynamic therapy. Therapy schools of thought in cognitive behavioural and psychodynamic therapy are discussed. Basic therapeutic approaches with an emphasis on the client-therapist relationship in cognitive behavioural and psychodynamic therapy are treated. Different methods for the treatment of mental disorders in children and young people are presented along with the evidence situation in the field. Students lay a foundation for later specialisation in cognitive behavioural therapy or psychodynamic therapy. At the conclusion of the module, students choose one of these specialisations for the Master level.

Module 2 Psychologist Placement (20 ECTS cr)

The module is a continuous placement period at the workplace of professional psychologists, during which students are supervised by a licenced psychologist at the workplace. The module provides professional practice and in consultation with and under supervision students carry out the duties that a psychologist normally has. Considerable weight is placed on developing students' professional approach to clients, next-of-kin, colleagues and partners. A central aspect of the course is that students develop the ability to integrate theory and practice in order to attain a sustainable and evidence-based approach. The placement is organised as broadly as possible in regard to the workplace situation to afford students wide experience of a psychologist's duties and areas of responsibility. As far as possible, most phases of a psychologist's duties, such as assessing, taking measures, treating,

evaluating and reporting, are dealt with and practised during the placement period, which also includes that students collect, process, document and report information relevant to the profession in a correct and ethically professional way.

Module 3 Theoretical Perspective on the Placement (2 ECTS cr)

Students acquire a theoretical view of the importance of the placement in regard to developing and maintaining professional competence. Theoretical perspectives on being a supervisor and being supervised are treated. The evidence concept is treated in a placement perspective.

Module 4 Self-Reflection, Communication and Professional Competences (2 ECTS cr)

The module is based on reflections on the professional choices available to psychologists. Students reflect and discuss therapy theories and experiences of how these are implemented in practice. There are discussions on themes such as the value of treatment models and relevance in different contexts. Individual development plans are drawn up and revised on the basis of new knowledge and experience and students are expected to make personal reflections on their own professional development.

Reading List

See separate document.

Examination

Assessment is based on:

Module 1: written exam and oral and written seminar reports of individual and group assignments.

Module 2: satisfactory placement attendance and satisfactory performance certified by the supervisor in two certificates (after half the time and on completion), and active participation in seminars at the university and individual, written placement reports.

The number of assessment opportunities is limited to two, that is, students who fail on their first attempt may request to take the course a second time.

Module 3: individual hand-in assignment which is presented and discussed at a mandatory seminar.

Module 4: active participation in all seminar sessions and an account of an individual development plan.

Grades

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

The practical placement often entails commuting to or residing at a different place. Students may request a limited reimbursement for double residence or travel.

The supervisor and course convener may, with reference to the Health and Medical Services Act's provisions on patient safety and in consultation, decide to discontinue a placement if a student's

behaviour is a potentially injurious to a client/patient. Upon discontinuing the placement, the course convener and the student draw up an individual plan specifying the student's inadequacies and how to overcome them.

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.