

Module Title:	Psychology - Adjustment and Positive Change
Language of Instruction:	English
Credits:	10
NFQ Level:	8
Module Delivered In	No Programmes
Teaching & Learning Strategies:	The learning outcomes detailed above will be achieved through the following teaching methodologies: • Lectures - communication of knowledge and ideas from the lecturer to the student. • Problem Solving Exercises/Case Studies – students will work as part of a team and will work together to discuss and evaluate scenarios related to lecture content. • Class Discussion/Debate - Students will be encouraged to actively participate in the class sessions which will develop their analytical and communication skills. • E-Learning — It is envisaged that the module will be supported with on-line learning materials including discussion boards. • Self-Directed Independent Learning — the emphasis on independent learning will develop a strong and autonomous work and learning practices.
Module Aim:	The aim of this module is to develop a theoretical framework to guide understanding of abnormal psychology and to examine the role of practical interventions in the area of mental health and challenging behaviour.
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Critically evaluate models of best practice in responding to psychological disorders.
LO2	Discuss narrative approaches and the construction/desconstruction of mental health/disability.
LO3	Discuss the effectiveness of therapeutic interventions in psychological disorders.
LO4	Evaluate current approaches to managing challenging behaviour.
LO5	Apply appropriate practical skills in relation to managing the challenging behaviour of individuals.
LO6	Analyse and evaluate the issues involved in therapeutic interventions.
LO7	Reflect on the application of psychological theory to social care practice in a multidisciplinary team.
LO8	Evaluate the role of self help and recovery plans in the area of mental health.
Pre-requisite learning	
Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
Incompatible Modules <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
Co-requisite Modules	
No Co-requisite modules listed	
Requirements <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
No requirements listed	

Module Content & Assessment

Indicative Content

Introduction

• Definitions, Prevalence • Specific disorders • Explanations – Biological, Neuropsychology, Psychological, Socio-cultural • International best practice • Mental Health in Ireland, construction and deconstruction of mental health and disability

Therapeutic Interventions

• Biological, psychological and cultural approaches to therapy • Multimodal Therapy • Mindfulness Training • Life skills training • The role of Self Help/ recovery plans • Psychosocial: Vocational Rehabilitation • Community psychology

Challenging Behaviour

• Disability: Definition, Prevalence. • Case studies • Responses • Examining own role in team • Reactive strategies • Quality of life • Behaviour management models • Applied Behaviour Analysis ABA • Care plans • Response to specific issues: Autistic Spectrum Disorders, Attention Deficit Hyperactivity Disorders, Learning Disability, Down Syndrome.

Professional Skills

• Self Care • Reflective practice • Role of supervision • Client centred planning • Multidisciplinary teamwork • Evidence based practice

Assessment Breakdown	%
Continuous Assessment	40.00%
End of Module Formal Examination	60.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Written Report	Written piece	1,3,5,6,8	40.00	n/a

No Project

No Practical

End of Module Formal Examination

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	Three hour written exam	1,2,3,4,5,6,7,8	60.00	End-of-Semester

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

Module Workload

Workload: Full Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	30 Weeks per Stage	3.00
Estimated Learner Hours	30 Weeks per Stage	3.67
Total Hours		200.00

Workload: Part Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	Every Week	1.50
Total Hours		1.50

