



CHRISTIAN HERITAGE COLLEGE

**NP542**

**APPLIED CLINICAL SKILLS FOR NEUROPSYCHOTHERAPY**

This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.

<b>Unit code</b>	NP542								
<b>Unit name</b>	Applied Clinical Skills for Neuropsychotherapy								
<b>Associated higher education awards</b>	Graduate Certificate in Neuropsychotherapy								
<b>Duration</b>	One semester								
<b>Level</b>	Postgraduate								
<b>Core/elective</b>	Core								
<b>Weighting</b>	Unit credit points: 10 Course credit points: 40								
<b>Delivery mode</b>	Face to Face on site								
<b>Student workload</b>	<p><i>Face-to-face on site</i></p> <table> <tr> <td>Contact hours</td> <td>14 hours</td> </tr> <tr> <td>Reading, study, and preparation</td> <td>76 hours</td> </tr> <tr> <td>Assignment preparation</td> <td>60 hours</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>150 hours</b></td> </tr> </table> <p>Students requiring additional English language support are expected to undertake an additional one hour per week.</p>	Contact hours	14 hours	Reading, study, and preparation	76 hours	Assignment preparation	60 hours	<b>TOTAL</b>	<b>150 hours</b>
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<b>TOTAL</b>	<b>150 hours</b>								
<b>Prerequisites/ co-requisites/ restrictions</b>	<p><i>Prerequisites</i></p> <p>NP540 Neuroscience for Neuropsychotherapy NP541 Theory of Neuropsychotherapy</p>								
<b>Rationale</b>	<p>Practitioners in various 'people helping' professions have a constant need to further their skills development, especially in relation to newest advances in the field. In this context, neuropsychotherapy skills provide further learning in the application of skills specific to a neuropsychotherapy framework for people engagement.</p> <p>This unit provides the link between theory and practice by introducing key strategies to apply various aspects of the theory in day-to-day settings. It helps establish foundational skills for neuropsychotherapy practices by building on the physiology and theory units and focuses on evidence-based practice strategies to facilitate desired change when engaging with clients. The principles of neuropsychotherapy are explored and demonstrated in various settings from a scientist-practitioner framework. It includes considerations of Christian worldview understandings of people engagement and ethical practice for neuropsychotherapy practices.</p>								
<b>Prescribed text(s)</b>	<p>Rossouw, P., &amp; Taylor, L. (2016). <i>My brain my journey: Clinician Manual</i>. Brisbane, Australia: IACN.</p> <p>Rossouw, P., &amp; Taylor, L. (2016). <i>My brain my journey: Workbook</i>. Brisbane, Australia: IACN.</p>								

<p><b>Recommended readings</b></p>	<p><b>Books</b></p> <p>Badenoch, B. (2008). <i>Being a brain-wise therapist. A practical guide to interpersonal neurobiology</i>. New York, NY: Norton.</p> <p>Brown, W., &amp; Strawn, B. (2012). <i>The physical nature of the Christian life: Neuroscience, psychology, and the church</i>. New York, NY: Cambridge University Press.</p> <p>Doidge, N. (2016). <i>The brain's way of healing: Remarkable discoveries and recoveries from the frontiers of neuroplasticity</i>. Melbourne, Australia: Scribe</p> <p>Pittman, C. &amp; Karle, E. (2015). <i>Rewire your anxious brain: How to use the neuroscience of fear to end anxiety, panic and worry</i>. Oakland, CA: New Harbinger.</p> <p>Rossouw, P. J. (Ed.). (2014). <i>Neuropsychotherapy: Theoretical underpinnings and clinical applications</i>. Sydney: Mediros.</p> <p>Rustin, J. (2013). <i>Infant research and neuroscience at work in psychotherapy</i>. New York, NY: Norton.</p> <p>Siegel, D. (2012). <i>Pocket guide to interpersonal neurobiology: An integrative handbook of the mind</i>. New York NY: Norton.</p> <p>Wilson, R. (2014). <i>Neuroscience for counsellors: Practical applications for counsellors, therapists and mental health practitioners</i>. London, UK: Jessica Kingsley.</p> <p><b>Journal Articles</b></p> <p>Ivey, A., &amp; Zalaquett, C. (2011). Neuroscience and counseling: Central issue for social justice leaders. <i>Journal for Social Action in Counseling and Psychology</i> 3(1), 103-116.</p> <p><b>Journals</b></p> <p><i>International Journal of Neuropsychotherapy</i></p> <p><i>Journal of Psychology and Theology</i></p> <p><i>The Journal of Neuroscience</i></p> <p><b>Websites</b></p> <p><a href="http://www.neuropsychotherapy.org">www.neuropsychotherapy.org</a></p> <p>In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV 2011) or The Holy Bible: New King James Version (NKJV).</p> <p>These and other translations may be accessed free on-line at <a href="http://www.biblegateway.com">http://www.biblegateway.com</a>. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p>
<p><b>Specialist resource requirements</b></p>	<p>Digital recording device</p>
<p><b>Content</b></p>	<ol style="list-style-type: none"> <li>1. Overview of theoretical framework of neuropsychotherapy: The therapeutic alliance</li> <li>2. Facilitating a 'therapeutically-enriched' environment: The 'bottom-up' approach</li> <li>3. Clinical neuropsychotherapy assessment <ul style="list-style-type: none"> <li>• The six domains of the neural system (from wellness to pathology)</li> <li>• Approach/avoid schemata assessment</li> <li>• Capacity assessment</li> </ul> </li> <li>4. Clinical skills applications- Practical skills based development focusing on a variety of clinical presentations.</li> </ol>

<b>Learning outcomes</b>	<p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> <li>critically analysed the neuroscience of safety and the domains of resilience, including from a Christian worldview perspective;</li> <li>critically analysed the research evidence of the neuroscience of the anxiety system and the implications in terms of mental wellness, including Christian worldview and ethical considerations;</li> <li>developed a clear understanding of both the consistency principle and the interpersonal nature of neural functioning;</li> <li>applied the concept of safety in a therapeutic setting, including the development of a secure therapeutic alliance;</li> <li>an ability to define and conduct an effective therapeutic session with a client using neuropsychotherapy principles and strategies;</li> <li>critically reflected on their ability to operate from a neuropsychotherapeutic modality and facilitate change within a consistency framework, including Christian worldview perspectives and</li> <li>communicated at an appropriate tertiary standard with special attention to correct grammars, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing, and presentation.</li> </ol>
<b>Assessment tasks</b>	<p><b>Task 1: Case Conceptualisation and Response</b></p> <p>Students will be given a case study and asked to provide a conceptualisation based on neuropsychotherapeutic understandings, and then a therapeutic response that focuses on skills and strategies to be used with the client and the intended goals.</p> <p>Word Length/Duration: 2,500 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-4, 7</p> <p>Assessed: Week 10</p> <p><b>Task 2: Video recording and Process Report</b></p> <p>The student will submit a video recording and a process report analysing their use of neuropsychotherapy principles and strategies when engaging with a client.</p> <p>Word Length/Duration: 2,500 Words + 45 minute video</p> <p>Weighting: 60%</p> <p>Learning Outcomes: 1-7</p> <p>Assessed: Week 15</p>
<b>Unit summary</b>	<p>This unit focuses on providing applied skills of the core content in clinical neuropsychotherapy as well as demonstrating capacity to apply these principles in clinical neuropsychotherapy practice.</p>