Formative Assessment

The purpose of the formative assessment is to support the development of the written summative assessment. You are required to provide a 250 word formative written plan for the summative assessment (see below). This will be discussed in a large group prior to week 10 and students should hand their plan to module leader at week 10 for written feedback.

The feedback will support the development of the essay.

Summative Assessment

This essay requires you to discuss a specific aspect of CBT that is relevant to your practice area, and critically reflect on its application in your own practice.

Your essay should:

1. Focus on one aspect of CBT practice that has been covered in the module (engagement, assessment, formulation, relationship, Socratic dialogue, thought records, behavioural experiments, behavioural activation, exposure therapy).
2. Critically analyse the underpinning theory of your chosen CBT practice.
3. Discuss the relevant skills and techniques associated with your chosen CBT practice, providing a rationale for their use, based on appropriate source material/evidence.