



Course syllabus for

## **Self awareness and clinical skills, 4.5 credits**

Självkännedom och kliniska färdigheter, 4.5 hp

This course syllabus is valid from autumn 2022.

Please note that the course syllabus is available in the following versions:

[Autumn2010](#) , [Autumn2012](#) , [Autumn2013](#) , [Autumn2014](#) , [Autumn2015](#) , [Autumn2016](#) , [Autumn2018](#) , [Autumn2019](#) , [Autumn2020](#) , Autumn2022 , [Autumn2023](#) , [Autumn2024](#)

Course code	2PS017
Course name	Self awareness and clinical skills
Credits	4.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Psychology
Level	AV - Second cycle
Grading scale	Fail (U) or pass (G)
Department	Department of Clinical Neuroscience
Decided by	Programnämnd 8
Decision date	2010-05-21
Revised by	Education committee CNS
Last revision	2022-03-21
Course syllabus valid from	Autumn 2022

### **Specific entry requirements**

Passed semester 1-5 of the Study Programme in Psychology (150 credits) and 7.5 credits from the mandatory course on semester 6.

### **Objectives**

On completion of the course, the student is expected to be able to

*Regarding competence and skills*

- show awareness of the importance of and skills in both non-verbal as well as verbal behaviours when communicating with clients
- show acceptance, concern and respect for the client and his/her experiences
- empathetically work with the client according to his/her aims and values
- show advanced clinical, practical skills in psychological treatment
- show knowledge of factors that influence professional psychologists' well-being in the working life and methods that can reinforce the own resilience against stress and other strains.

### Regarding judgement and approach

- reflect upon clinical situations from both the therapist and client perspective
- show awareness of and reflect upon ethical and legal aspects in clinical situations
- apply a professional approach by being aware of and reflect on own values and assumptions, and how these may affect psychological treatment
- reflect upon gender equality and diversity aspects of relevance for psychological treatment
- show ability to continuously develop self-awareness and empathetic capacity.

## Content

### *Theme 1, Own experience of behavioural change*

The student together with the group-leader formulates an area for own behavioural change. During the course, the student will apply change techniques from learning theory and cognitive theory. The student is expected to actively work with home assignments and to take an active and engaged role in the other group members' work.

### *Theme 2, Skills training and clinical application of therapeutic technologies*

In the second theme, the student trains practical skills related to client work. The training of practical skills emphasises reflection on potentially challenging situations in psychological treatment work, and reasoning about how to create and strengthen a therapeutic alliance with a client. The theme also includes discussions on how to apply a professional approach in accordance with legal and ethical aspects and based on a gender equality and diversity perspective.

### *Theme 3, Sustainability as caregiver*

The third theme is about preconditions for well-being in the working life. The group discusses organizational factors that can work as risk- or protective factors for professional psychologists' well-being and continued development. The students are also introduced to methods that can improve the own resilience against stress and other strains.

## Teaching methods

The course includes a compulsory initial individual meeting between the group-leader and the student, followed by twelve meetings in small groups consisting of about six to eight students per group that meet continuously during the semester. Active attendance at at least 90% of the group meetings and continuous written assignments are compulsory. The extent corresponds to approximately 50 hours (à 45 minutes). Teaching and supervision take place by teachers that are registered psychologists. The content connects to and deepens in a clinical-practical way the knowledge and skills of the course *Clinical Psychology 2*, which will run simultaneously.

*Theme 1:* The student works actively with home assignments related to techniques relevant to the own area of behavioural change. The students' work with behavioural change is discussed at group meetings. The student is expected to take an active and engaged role in these discussions.

*Theme 2:* The students practice in role-playing their skills related to psychological treatment work, and reflect on these skills in groups. Furthermore, students receive feedback on their skills from the group-leader, and themselves give feedback. Home assignments are given and followed up by the group-leader.

*Theme 3:* The student is active in group discussions and practical exercises at group meetings. Home assignments are decided on and are followed up by the group-leader.

Some course elements are compulsory, see heading "Examination".

## Examination

The course is examined in the following way:

- a) compulsory weekly written assignments in relation to the three themes of the course
- b) compulsory active attendance (reflections and participation in role-playing exercises) during at least 90% of the group meetings
- c) final written assignment in which the student reflects upon experiences from the course. The written assignment is given the grade Fail or Pass.

The entire course is given the grade Fail (U) or Pass (G).

The grade Pass in the course requires fulfillment of compulsory educational activities according to instructions in schedule, as well as the grade Pass on the final written assignment c).

#### *Absence from or unfulfillment of compulsory course elements*

The examiner decides whether, and if so how, absence from or unfulfillment of compulsory course elements can be made up for. Study results cannot be reported until the student has participated in or fulfilled compulsory course elements, or compensated for any absence/ failure to fulfill in accordance with instructions from the examiner. Absence from or unfulfillment of a compulsory course element may imply that the student can not retake the element until the next time the course is offered.

#### *Limitation on the number of examinations*

The number of times a student has the right to participate/go through the course is limited to two (2) times.

#### *Possibility of exception from the course syllabus' regulations on examination*

If there are special grounds, or a need for adaptation for a student with a disability, the examiner may decide to deviate from the syllabus' regulations on the examination form, the number of examination opportunities, the possibility of supplementation or exemptions from the compulsory section/s of the course etc. Content and learning outcomes as well as the level of expected skills, knowledge and attitudes may not be changed, removed or reduced.

## **Transitional provisions**

If the course is cancelled or goes through substantial changes, information about interim regulations will be stated here.

## **Other directives**

Course evaluation takes place in accordance with KI's local guidelines. Results and possible actions are communicated to the students on the course web page.

## **Literature and other teaching aids**

Additional articles and other reading, according to teacher's instructions. These are found in KI:s virtual learning platform.

### **Experiencing CBT from the inside out : a self practice/self-reflection**

*Bennett-Levy, James.; Thwaites, Richard; Haarhoff, Beverly; Perry, Helen*

New York : Guilford, 2015. - xvi, 278 pages

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