

# BEHV 7008 CLINICAL HEALTH PSYCHOLOGY

**Credit Points** 10

**Legacy Code** 101220

**Coordinator** Evelyn Smith ([https://directory.westernsydney.edu.au/search/name/Evelyn Smith/](https://directory.westernsydney.edu.au/search/name/Evelyn%20Smith/))

**Description** In this subject students acquire an understanding of how biological, psychological, social factors interact in health and illness, and how the principles of biopsychosocial models of health inform clinical psychology intervention strategies that can be applied to the management of physical disorders. This subject will cover psychological assessment, formulation that integrates medicine and psychology, clinical health psychology treatments and assessment of their outcomes. Given that comorbidity has an impact on health outcomes, psychological practice when working with co-morbid substance use disorders will also be addressed. Practice within this branch of clinical psychology requires working within inter-disciplinary treatment contexts that include medical interventions and the tailoring of psychological interventions to help manage a medical condition and enhance quality of life. The subject includes culturally responsive attitudes and skills in clinical health psychology practice, including when working with Aboriginal and Torres Strait Islander Australians.

**School** Psychology

**Discipline** Psychology

**Student Contribution Band** HECS Band 1 10cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Postgraduate Coursework Level 7 subject

**Pre-requisite(s)** BEHV 7027 Psychological Interventions 1 AND BEHV 7029 Psychopathology Theory and Practice

**Equivalent Subjects** LGYB 5193 - Clinical Health Psychology BEHV 7011 - Clinical Psychopathology 2

## Restrictions

Students must be enrolled in 1546 Master of Psychology (Clinical Psychology) or 1812 Master of Clinical Psychology

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Synthesise and apply information from clinical health psychological assessments to case formulation and treatments, considering of the client's social and cultural contexts, including Aboriginal and Torres Strait Islander peoples (APAC GA: 3.2, 3.7, 3.16, 4.2.1i & 4.2.1ii, 4.2.2iii & iv & 4.2.3ii, 4.2.3iv).
2. Evaluate the functions and importance of the contributions of interdisciplinary teams and interventions (including pharmacological) to the development, implementation, and communication of treatment plans (APAC GA: 3.10, 3.12, 4.2.1iv, 4.2.2ii & 4.2.3iii).
3. Plan psychological interventions for clients using MI-MAP case formulation for a range of clinical health populations, making appropriate treatment modifications for each population (APAC GA: 3.2, 3.3, 3.7, 3.9, 3.14, 3.15 & 4.2.2iii, 4.2.3i, 4.2.3ii, 4.2.3iv).

4. Apply competent therapeutic skills in a clinical health psychology intervention (APAC GA: 3.9, 3.14, 3.15 & 4.2.3i)

## Subject Content

1. Integrating medicine, other disciplines and psychology: formulation framework for clinical health psychology
2. Transdiagnostic and e-mental health treatment for chronic health conditions
3. Psychoneuroimmunology and health models
4. Models of adjustment to illness
5. Therapeutic modalities (Motivational Interviewing, Problem Solving Therapy)
6. Psychological interventions for co-morbid presentations, including substance use disorders
7. Pain mechanisms and management.
8. Acute and chronic health conditions (e.g., spinal cord injury, stroke, multiple sclerosis; asthma; diabetes; arthritis, obesity, cardiovascular disease)
9. Clinical Health Psychology practice within a range of cultural contexts, including when working with Aboriginal and Torres Strait Islander Australians.

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Simulation	40 minutes	S/U	Y	Individual	Y
Simulation	40 minutes	50	Y	Individual	Y
Final Exam	2 hours	50	Y	Individual	Y

Teaching Periods

## Spring (2025)

### Bankstown City

#### On-site

**Subject Contact** Janet Conti ([https://directory.westernsydney.edu.au/search/name/Janet Conti/](https://directory.westernsydney.edu.au/search/name/Janet%20Conti/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=BEHV7008\\_25-SPR\\_BK\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV7008_25-SPR_BK_1#subjects))

### Penrith (Kingswood)

#### On-site

**Subject Contact** Janet Conti ([https://directory.westernsydney.edu.au/search/name/Janet Conti/](https://directory.westernsydney.edu.au/search/name/Janet%20Conti/))

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