

Module Specification

Module Summary Information

1	Module Title	Professional Development in Health Psychology
2	Module Credits	20
3	Module Level	7
4	Module Code	PSY7067

5	Module Overview
<p>Rationale: Training and work in the profession of health psychology and allied health psychology, requires continual engagement in professional development. To ensure that an individual engages in on-going personal and professional development, the process of reflection and reflexivity is necessary. A key part of on-going professional development is to keep up to date with and be aware of: (a) ethical frameworks that govern the code of conduct (practice and research); (b) development training needs; (c) effective interpersonal communication and multi-disciplinary team work skills; (d) working with and consider the impact of stakeholders; (e) policy and regulatory requirements which govern the operation of organisations; and (f) being accountable, responsible, aware of your work in relation to your professional conduct and be aware of your limits when working with others.</p> <p>Keeping a reflective journal and a continual professional development log is a requirement for stage 2 training (professional skills,) as well as good practice when working in a health context (practice and research.) This module will support you to reflect on the core skills and knowledge which have been attained on this programme which will begin to prepare you for how on-going professional development is recorded. A necessary part of this journey will be to put into context and be updated about the profession of health and allied health psychology as well as critically reflect on the variations which can exist when considering national and international contexts and political, social and economic changes over time which have shaped the profession of health psychology. Centrally, you need the skills of critical self –reflection and reflexivity to do this when working with others and progressing in the area of health psychology.</p> <p>This module will help you to reflect on your development in health psychology and support you in how you would address a health behaviour change differently in light of their development of knowledge and skills which consider additional frameworks (policy, stakeholders, ethics etc.). Inherent will be the skills required to engage in reflective practice to support professional development and progression.</p> <p>How this module fits with the programme aims: This module fits with the following programme aims:</p> <p>[1] To set health psychology in the context of managing health, health promotion and health interventions over the lifespan in the pursuit of excellence in both scholarship and practice in health psychology and applied health psychology.</p> <p>[2] To equip you with the core and transferable skills which meet with stage one training* in health psychology as set out by the British Psychological Society’s Division of Health Psychology Training Committee (DHP/BPS, 2014). This supports practice-led training and applied research in health psychology.</p> <p>[3] To provide you with a critical understanding of theoretical issues underlying health psychology and their relation to allied health and cognate disciplines, and work with multidisciplinary teams.</p> <p>[4] To provide opportunities for you to develop health psychology trainee knowledge/outcomes and self-reflective, self-critical, and advanced research skills which support future work and progression in the health sector (scholarship/practice/progression trainee health psychologist).</p>	

How this module fits with the programme philosophy: This is an eclectic module which provides you with an opportunity to engage with critical self-reflection of skills and knowledge accumulated in research and core areas which underpin work in practice. The engagement in continual personal and professional development will support you in becoming aware of the various contexts and frameworks which regulate the profession of health psychology and research within this area which will encourage critical reflective thinking. This module supports the overall programme philosophy by shaping thinking which is reflective, reflexive and versatile when considering various contexts (national, international, multi-disciplinary team work) which impact the profession of health psychology. This will equip you with the necessary skills required to develop your next steps in health psychology, applied health psychology, allied health psychology practice or research positions. Scholarship and practice work in the area of health psychology will support the scientist – practitioner model.

Study mode/delivery method(s) and alignment with the programme level Learning, Teaching & Assessment strategy

This module will have weekly 2 hour sessions which will provide:

Flexible learning environment where a variety of learning modes will be used in a flexible manner (lecture, small cluster group activities, one-to-one assessment preparation supervision and break away activities). This will be further supported by forum cafés, forum discussion blogs/vlogs, activities and pre/post and wider reading housed on Moodle (VLE). *Rich learning culture* activities and discussion which will be student-centred where material will be discussed in relation to authentic health issues and relevance to you. *Intentional content* where material is aligned to the core curriculum and skills in health psychology with the use of various materials (power-point, videos, empirical papers, data sets and case studies and module learning outcomes/assessment.

Professional educator where you will be provided with continual feedback throughout the module which will feedforward to your summative assessment. This module promotes independent and autonomous learning where you will take an active role in completing pre/post reading for sessions, engage in learning activities and discussion. Formative learning activities play a central role to this module. These weekly activities will enable you to consolidate the knowledge and skills gained during class time and enhance critical thinking, reflection, decision making and autonomous learning skills.

Details of the teaching schedule, recommended pre/post reading and access to relevant resources are provided through Moodle (VLE).

6 Indicative Content

This module allows students to engage in critical reflection through covering the following topics/activities:

- Health psychology as a profession, a critical appraisal.
- Historical origins to contemporary policy.
- Reflective frameworks
- Reflective practice: becoming a reflective practitioner
- Being reflexive and reflecting during the research process and writing: reflexivity in research and writing.
- Reflecting back on experiences and this programme
 - developing continual personal and professional development (CPD) need
 - reflecting on what has worked/what students would change
- Working in multi-disciplinary teams (professional skills) and ethical guidelines in practice, including ethical conduct and legislation which govern the work (boundaries, role) of health psychologist and those applying psychology in health, and working with service users.
- Ethical frameworks: practice and research (professional skills: autonomy and accountability).
- The development of Health Psychology as a profession

- Health psychology in practice: working in the NHS (behaviour change) / applied health settings (consultancy)
- Communication, interpersonal communication and the self (professional skills)

7		Module Learning Outcomes
On successful completion of the module, students will be able to:		
	1	Critically reflect on skills and knowledge attained on this programme.
	2	Appraise how behaviour change is approached differently as a result of the development of skills and knowledge attained on the programme.
	3	Consider policy, ethical, stakeholder, practice requirements and interpersonal factors which impact on behaviour change initiatives.
	4	Identify continual professional development needs.

8		Module Assessment		
Learning Outcome				
		Coursework	Exam	In-Person
1-4		X		

9		Breakdown Learning and Teaching Activities	
Learning Activities		Hours	
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable		24	
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE		70	
Private Study (PS) includes preparation for exams		106	
Total Study Hours:		200	