

### **Educational Level:**

Higher Education  
Postgraduate

### **Subject Area (s)**

Psychology / Counselling

Time required

1 hour (overview)

Independent student work  
(5 weeks)



## Communicating psychological theory with adobe cc express

### Overview

In this project, students work in small groups to produce a therapeutic resource to be used in counselling sessions which outline strategies of support. These resources take the form of either a worksheet, video or website, informed by counselling theories. Through this activity, students learn to apply their knowledge of psychological theory to a real-world context in a way that lay audiences can understand and use to their own benefit.

Students use Creative Cloud Express to develop their therapeutic resource. As an entry-level program in the Adobe suite, Creative Cloud Express enables students from a range of digital literacy backgrounds to develop their digital literacy skills and empowers them to demonstrate their skills in relating complex psychological theory to effect real behaviour change in others using a digital design tool. Students demonstrate their technical literacy skills in using a digital tool to achieve a communication outcome.

### Supporting tools and resources

- Student sample
- Assessment Criteria  
Postgraduate
- Adobe Creative Cloud  
Express
- [Adobe Creative Cloud Tutorials](#)

## Outline

Step	Time	Description
1 Learn	15 mins	Students read student resource “Communicating Psychological Theory with Creative Cloud Express”
2 Choose	15 mins	Students select group members (4 students per group) and select a counselling theory & client group for the task
3 Learn	30 mins	Students are introduced to Creative Cloud Express by the teacher and given online links to further assist with using these applications.
4 Create	5 weeks	Students complete task between lessons.
4 Share	N/A	Students submit their work.

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