

Communicating psychological theory with creative cloud express



Overview

The aim of this group project is to produce a theory-informed psychoeducational therapeutic resource to be used in a counselling session. Your therapeutic resource could take the form of a worksheet, handouts, self-help website or psychoeducational video that is based on a counselling and psychoeducational theory. The overall purpose is to communicate complex information in a more comprehensible manner through the use of digital technologies using psychoeducational theory.

To help develop your digital literacy skills, you will be asked to make the resource (e.g., website, information pamphlet, psychoeducational video) using Adobe Creative Cloud Express.

Supporting tools and resources

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

Student steps

- 1 Choose a theory that you will use to inform your therapeutic resource:
 - Attachment theory
 - A resource informed by principles derived from the interpersonal formulation concept / CAT
 - Emotion-focused theory (EFT)
 - A resource that could be used with couples or families based on EFT
 - Systemic theory
 - A resource derived from systemic principles for families
- 2 As a group, design your resource using Adobe Creative Cloud Express.
 - Use Creative Cloud Express to develop a psychoeducational resource / worksheet for counselling

- Use Creative Cloud Express to develop a psychoeducational video for clients to accompany their counselling sessions
- Develop a psychoeducational / self-help website using Creative Cloud Express to support clients' understanding of concepts raised in counselling sessions

- 3 As an individual, complete a written report on the resource that you developed in Adobe Creative Cloud Express.
- 2000 words maximum
 - Description of the client group
 - Overview of the theory / therapeutic approach
 - Instructions on how the resource would be used with clients
 - Reflective analysis answering the three questions in the assignment guidelines.

Marking Criteria (see Marking Rubric for more detail)

Part A: Therapeutic Resource (group mark)

Therapeutic Resource 5%	An excellent resource has been developed which has an excellent connection to the theoretical rationale of the chosen therapeutic approach.
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Digital Literacies 5%	Demonstrates technical literacy in the development of a therapeutic resource.
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Part B: Written Paper (individual mark)

Report 70%	Description of the client group, overview of theory, and instructions on how to use the resource in counselling.
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Reflection 15%	The reflection places a strong emphasis on the challenges, benefits, and complexities of using the therapeutic resource with clients.
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Presentation 5%	Demonstrates clear and concise written expression.
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