

2026 Prescribed Text List

CONTENTS:

Counselling and Psychotherapy

Bachelor of Psychology and Counselling

Graduate Certificate / Diploma of Psychology Science

Bachelor of Psychology (Honours) / Graduate Certificate of Pre-Professional Psychology

Master of Professional Psychology

Master/Doctor of Psychology (Clinical Psychology)

Master of Clinical Psychology (Post Registration)

Graduate Diploma in Trauma-Informed Care

COUNSELLING AND PSYCHOTHERAPY

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
CAP401	Psychotherapeutic Theories and Models	Corey, G. (2023). <i>Theory and practice of counselling and psychotherapy</i> (11th ed.). Cengage.
CAP402	Person-Centred Counselling	UNIT PRE READING: Crago, H., & Gardner, P. (2019). <i>A safe place for change: Skills and capacities for counselling and therapy</i> (Rev. 2nd ed.). Digital Publishing Centre. PRESCRIBED TEXTBOOK: Di Malta, G., Cooper, M., O'Hara, M., Gololob, Y., & Stephen, S. (Eds.). (2024). <i>The handbook of person-centred psychotherapy and counselling</i> (3rd ed.). Bloomsbury Academic.
CAP404	Facilitating Therapeutic Change	Elliott, R. & Greenberg, L. (2021). <i>Emotion-focused counselling in action</i>. Sage. AND Elliott, R. Watson, J., Goldman, R. & Greenberg, L. (2025). <i>Learning emotion-focused therapy: A comprehensive guide</i>. APA.
CAP405	Cognitive Behavioural Therapies	No textbook required. A reading list and example chapters will be provided.
CAP412	Ethics and Professional Development	Corey, G., Corey, M., & Corey, C. (2023). <i>Issues and ethics in the helping professions</i> (11th ed). Cengage.
CAP 414	Treatment Planning	Sperry, L., Sperry, J., & Blushtein, M. (eds). (2024). <i>Psychopathology and psychotherapy: DSM-5 diagnosis, case conceptualization, and treatment</i> . (4th ed). Routledge.

COUNSELLING AND PSYCHOTHERAPY (cont.)

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
CAP417	Assessment Process in Counselling and Psychotherapy	Sperry, L., Sperry, J., & Blushtein, M. (eds). (2024). <i>Psychopathology and psychotherapy: DSM-5 diagnosis, case conceptualization, and treatment</i> . (4th ed). Routledge.
CAP505	Exploring Process Experiential Emotion Focused Therapy	Elliott, R. & Greenberg, L. (2021). <i>Emotion-focused counselling in action</i> . Sage. AND Elliott, R. Watson, J., Goldman, R. & Greenberg, L. (2025). <i>Learning emotion-focused therapy: A comprehensive guide</i> . APA.
CAP506	Existential Psychotherapy and the Group Process	Spinelli, E. (2014). <i>Practising existential psychotherapy</i> (2nd ed.). Sage.
CAP507	Key Competencies in Brief Dynamic Psychotherapy	Levenson, H. (2017). <i>Brief dynamic therapy</i> (2nd ed). APA.
CAP509	Child and Family Therapy	Rivett, M. & Buchmüller, J. (2018). <i>Family therapy skills and techniques in action</i> . Routledge.
CAP510	Trauma Therapy	Rothschild, B. (2017). <i>The body remembers: Revolutionizing trauma treatment</i> (Vol. 2). Norton.
CAP511	Interpersonal Processes in Psychotherapy	Teyber, E. & Teyber, F. H. (2017). <i>Interpersonal process in therapy: An integrative model</i> (7th ed.). Cengage.
CAP551	Research Methods	Vossler, A. & Moller, N. (eds.). (2015). <i>The counselling and psychotherapy research handbook</i> . Sage.

BACHELOR OF PSYCHOLOGY AND COUNSELLING

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
CAP101	Counselling Theories and Models	Corey, G. (2024). <i>Theory and practice of counseling and psychotherapy</i> (11th enhanced ed.). Brookes/Cole.
CAP102	Person-Centred Counselling	Di Malta, G., Cooper, M., O'Hara, M., Gololob, Y., & Stephen, S. (Eds.). (2024). <i>The handbook of person-centred psychotherapy and counselling</i> (3rd ed.). Bloomsbury Academic.
CAP201	Foundations of CBT	Harris, R. (2019). <i>ACT made simple: An easy-to-read primer on acceptance and commitment therapy</i> (2nd ed.). New Harbinger Publications.
PCN201	Psychopathology and Mental Health	Barlow, D.H., Durand, V.M., & Hofman, S.G. (2023). <i>Psychopathology: An integrative approach to mental disorders</i> (9th ed). Cengage
PSY101	Foundations of Psychology	Burton, L., Western, D., & Kowalski, R. (2021). <i>Psychology</i> (5th ed.). Wiley. AND Burton, L. (2021). <i>An interactive approach to writing essays and research reports in psychology</i> (5th ed). Wiley.
PSY102	Research Methodology and Statistics 1	Agresti, A. (2024). <i>Statistical methods for the social sciences</i> (6th ed.). Pearson. AND Silverman, D. (2022). <i>Doing qualitative research</i> (6th ed.). Sage.

BACHELOR OF PSYCHOLOGY AND COUNSELLING (cont.)

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
PSY202	Research Methodology and Statistics II	Strunk, K., & Mwavita, M. (2022). <i>Design and analysis in educational research using jamovi: ANOVA designs</i> . Routledge.
PSY201	Social Psychology	Hogg, M.A., & Vaughan, G.M. (2022). <i>Social psychology</i> (9th ed.). Pearson.
CAP301	Working with Children	No prescribed text
CAP302	Trauma-Informed Practice	Benjamin, R., Haliburn, J & King, S. (2019). <i>Humanising mental health care in Australia: A guide to trauma-informed approaches</i> . Routledge.
CAP360	Placement Preparation	Beel, N. (2025). <i>The Australian counselling placement companion: Theory, practice, integration</i>. Learn More. This resource is only available to purchase as a Kindle Book at The Australian Counselling Placement Companion eBook : Beel, Nathan: Amazon.com.au: Kindle Store To access this you will need to download the Kindle App which is free of charge. Then download the Kindle Book. As Kindle resources are single use only and unable to be shared on a Library system, the Cairnmillar Library will not have any copies of this resource available.
PSY302	Research Methodology and Statistics III	Agresti, A. (2024). <i>Statistical methods for the social sciences</i> (6th ed.). Pearson.

BACHELOR OF PSYCHOLOGY AND COUNSELLING (cont.)

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
PCN101	Development Across the Lifespan	Arnett, J., Hensen, L., Chaplin, L., Brownlow, C., & Machin, T. (2022). <i>Human development: A cultural approach</i> (2nd ANZ ed). Pearson.
CAP202	Assessment Processes	No prescribed text
PCN102	Ethical Paradigms and Philosophy	Corey, G., Corey, M.S., & Corey, C. (2023). <i>Issues and ethics in the helping professions</i> (11th ed.). Cengage.
PCN202	Practical Skills for Group Facilitation	Corey, M.S., Corey, G., & Corey, C. (2018). <i>Groups: Process and practice</i> (10th ed.). Cengage.
PSY103	Behavioural Psychology and Learning	Martin, G., & Pear, J.J. (2024). <i>Behavior modification: What it is and how to do it</i> (12th ed). Routledge. AND Chance, P., & Furlong, E. (2022). <i>Learning and behavior</i> (8th ed., Active Learning ed.). Cengage.
PSY104	Cognitive Psychology	Groome, D. (2021). <i>An introduction to cognitive psychology: Processes and disorders</i> (4th ed.). Routledge. AND Burton, L. (2021). <i>An interactive approach to writing essays and research reports in psychology</i> (5th ed.). Wiley.

BACHELOR OF PSYCHOLOGY AND COUNSELLING (cont.)

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
PSY204	Personality	Carver, C.S., & Scheier, M.F. (2014). <i>Perspectives on personality</i> . (7th ed.). Pearson.
PCN301+	Interdisciplinary Approaches to Mental Health	Meadows, G., Farhall, J., Fossey, E. M., Happell, B., McDermott, F., Rosenberg, S., Edan, V., Epstein, M., Kennedy, H., & Roper, C. (Eds.) (2020). <i>Mental health and collaborative community practice: An Australian perspective</i> . (4th ed.) OUP.
PSY301	Neuroscience	Ward, J. (2020). <i>Student's guide to cognitive neuroscience</i> (4th ed.). Routledge.
CAP361	Counselling Placement 1	No prescribed textbook

GRADUATE CERTIFICATE / DIPLOMA OF PSYCHOLOGICAL SCIENCE

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
PSY401	Theories of Personality	Carver, C.S., & Scheier, M.F. (2014). <i>Perspectives on personality</i> . (7th ed.). Pearson.
PSY402	Data Science and Statistical Inference	No required text
PSY403	Social Psychology	Hogg, M.A., & Vaughan, G.M. (2022). <i>Social psychology</i> (9th ed.). Pearson.
PSY404	Developmental Psychology	Arnett, J., Hensen, L., Chaplin, L., Brownlow, C., & Machin, T. (2022). <i>Human development: A cultural approach</i> (2nd ANZ ed). Pearson.
PSY405	Cognitive and Behavioural Neuroscience	Ward, J. (2020). <i>The student's guide to cognitive neuroscience</i> (4th ed.). Routledge.
PSY406	Psychopathology	Barlow, D. H., Durand V. M., & Hofmann. S.G. (2022). <i>Psychopathology: An integrative approach to mental disorders</i> (9th ed.). Cengage.
PSY408	Psychology Research Capstone	No required text
PSY409	Interdisciplinary Approaches to Mental Health	Meadows, G., Farhall, J., Fossey, E. M., Happell, B., McDermott, F., Rosenberg, S., Edan, V., Epstein, M., Kennedy, H., & Roper, C. (Eds.) (2020). <i>Mental health and collaborative community practice: An Australian perspective</i> . (4th ed.) OUP.

BACHELOR OF PSYCHOLOGY (HONOURS) / GRADUATE CERTIFICATE OF PRE-PROFESSIONAL PSYCHOLOGY

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
HONS401	Professional Practice and Professional Ethics	No Prescribed Text
HON402	Research Methods	Richardson, P., & Machan, L. (2021). <i>Jamovi for psychologists</i> . Macmillan.
HON403	Psychological Assessment	Shum, D., O’Gorman, J., Myors, B., & Creed, P. (2017). <i>Psychological testing and assessment</i> (3rd ed.). OUP.
HON404	Evidence-Based Practice and Practice-Based Evidence	No Prescribed Text
HON407	Developmental Psychopathology Across the Lifespan	Parritz, R., & Troy, M. (2023). <i>Disorders of childhood: Development and psychopathology</i> (4th ed.). Cengage.
HON455	Research Thesis 1	APA. (2020). <i>Publication manual of the American Psychological Association</i> (7th ed.). APA.
HON456	Research Thesis 2	APA. (2020). <i>Publication manual of the American Psychological Association</i> (7th ed.). APA.

MASTER OF PROFESSIONAL PSYCHOLOGY

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
MPP501	Professional Practice Issues	Pelling N.J., & Burton, L.J. (eds.). (2019). <i>The elements of ethical practice: Applied psychology ethics in Australia</i> . Routledge.
MPP502	Foundations in Psychological Assessment and Psychopathology	Subscription to DALU Digital Assessment for Universities / Pearson Clinical Assessment AU&NZ This subscription is ESSENTIAL for students to be able to complete assessments in this UNIT. The subscription is organized through CMI and further details will be provided at the beginning of the academic year. OPTIONAL American Psychiatric Association (2022). <i>Diagnostic and statistical manual of mental disorders</i> (5th ed., text rev.). APA. PLEASE NOTE: the DSM 5TR and all other DSM publications are available in electronic format via the Cairnmillar Library DSM Library - The Cairnmillar Institute
MPP503	Advanced Skills in Psychological Assessment and Psychopathology	Subscription to DALU Digital Assessment for Universities / Pearson Clinical Assessment AU&NZ This subscription is ESSENTIAL for students to be able to complete assessments in this UNIT. The subscription is organized through CMI and further details will be provided at the beginning of the academic year. AND Carr, A., & McNulty, M. (2016). <i>The handbook of adult clinical psychology: An evidence-based approach</i>. (2nd ed.). Routledge.

MASTER OF PROFESSIONAL PSYCHOLOGY (cont.)

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
MPP504	Psychological Treatment Models	No Prescribed Text
MPP550	Applied Research for the Practicing Psychologist	No Prescribed Text
MPP560/562	Practicum and Supervised Placement	Kambouropoulos, A., & Harris, C. (2022). <i>Handbook for provisional psychologists in training: Psychological practice and supervision</i> . Routledge.

MASTER/DOCTOR OF PSYCHOLOGY (CLINICAL PSYCHOLOGY)

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
CLN500	Clinical Placement and Intensive Workshops	No Prescribed Text
CLN501	Cognitive Behavioural and Internal Process Interventions	O'Kelly, M. (2021). <i>CBT in action: A practitioner's toolkit</i> (3rd ed.). CBT Australia. Only available from CBT Australia at: https://www.cbtaustralia.com.au/shop/cbt-in-action-a-practitioners-toolkit AND Beck, J. (2020). <i>Cognitive behavior therapy: Basics and beyond</i> (3rd ed.). Guilford.
CLN502	Psychological Assessment, Diagnostic Testing and Interview Competencies	Groth-Marnat, G., & Wright A.J. (2016). <i>The handbook of psychological assessment</i> (6th ed.). Wiley.
CLN503	Professional Practice & Professional Ethics	Pelling, N.J., & Burton, L.J. (Eds.) (2019). <i>The elements of ethical practice: Applied psychology ethics in Australia</i> . Routledge.
CLN504	Child and Adolescent Psychopathology and Intervention	Flessner, C. A., & Piacentini, J. C. (eds.). (2019). <i>Clinical handbook of psychological disorders in children and adolescents: A step-by-step treatment manual</i> . Guilford.
CLN551	Research Project A	No Prescribed Text
CLN601	Health Psychology	Dorrian, J., Thorsteinsson, E., Di Benedetto, M., Lane-Krebs, K., Day, M., Hutchinson, A., & Sherman, K. (2017). <i>Health psychology in Australia</i> . Cambridge University Press.
CLN602	Adult Psychopathology and Intervention	Barlow, D. H. (ed.). (2021). <i>Clinical handbook of psychological disorders: A step-by-step treatment manual</i> (6th ed). Guilford.
CLN603	Interpersonal Processes and Therapeutic Practices	No Prescribed Text
CLN604	Psychodynamic Therapy	Levenson, H. (2017). <i>Brief dynamic therapy</i> (2nd ed.). APA.

MASTER OF CLINICAL PSYCHOLOGY (POST REGISTRATION)

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
CLP601	Clinical Psychology: Theory and Practice	American Psychiatric Association. (2022). <i>Diagnostic and statistical manual of mental disorders</i> (5th ed., text revision). APA. PLEASE NOTE: the DSM 5TR and all other DSM publications are available in electronic format via the Cairnmillar Library DSM Library - The Cairnmillar Institute AND <i>AHPRA Code of Conduct.</i>
CLP602	Advanced Assessment for Clinical Psychologists	No Prescribed Textbook
CLP603	Psychopathology and Intervention for Children and Youth	Flessner, C. A., & Piacentini, J. C. (eds.). (2019). <i>Clinical handbook of psychological disorders in children and adolescents: A step-by-step treatment manual</i> . Guilford.
CLP604	Psychopathology and Intervention for Adults	Barlow, D.H. (ed). (2021). <i>Clinical handbook of psychological disorders: A step-by-step treatment manual</i> (6th ed). Guildford.
CLP650	Clinical Research Project	No Prescribed Textbook
CLP651	Research Project A	No Prescribed Textbook
CLP652	Research Project B	No Prescribed Textbook

GRADUATE DIPLOMA IN TRAUMA-INFORMED CARE

UNIT CODE	UNIT NAME	PRESCRIBED TEXT
TIC401	Foundations in Trauma Informed Care	Benjamin, R., Haliburn, J., & King, S. (Eds.). (2019) <i>Humanising mental health care in Australia: A guide to trauma-informed approaches</i> . Routledge.
TIC402	Trauma Informed Assessment, Treatment Planning and Recovery	Benjamin, R., Haliburn, J., & King, S. (Eds.). (2019) <i>Humanising mental health care in Australia: A guide to trauma-informed approaches</i> . Routledge.
TIC406	Eye Movement Desensitisation Processing (EMDR) Therapy	Shapiro, F. (2018). <i>Eye Movement Desensitization and Reprocessing (EMDR) therapy: Basic principles, protocols and procedures</i> (3rd ed.). Guilford.
	Other Units	No Prescribed Textbook