

A young woman with brown hair is smiling and leaning forward in a gym setting. In the background, a man is exercising on a stationary bike. The image is decorated with green arrow graphics pointing upwards and to the right.

AUT

MASTER OF HEALTH SCIENCE
IN PSYCHOLOGY

Rehabilitation Psychology
Ngā Moemoea Hinengaro

Helping people adjust to illness and injury



Akatea kimihia, Akatea ka kitea

A vine (akatea) travels many paths to reach its objective of bearing fruit; the key to independent good health is a supported and nurtured path.

Author: T Te Amo

Rehabilitation psychology applies different cultural models of health and psychological theory and skills to work with individuals and whānau experiencing injury or illness. The aim is to support people to maximise te ora (health), whakarite ki a kore e mutu (functioning) and toiora (wellbeing) across the lifespan.

Rehabilitation psychology focuses on working with people within the specific context of rehabilitation and the challenges they face, including processing trauma, returning to or maintaining employment, managing social relationships, and assessing and working with cognitive impairment.

AUT has an international reputation for high-quality research and teaching in rehabilitation. This programme draws on staff expertise across rehabilitation, psychology and sport science. Different cultural models of health will provide students with a solid foundation in rehabilitation psychology.

Students will develop skills in the following area of Rehabilitation Psychology

- Making sense of illness and injury
- Facilitating lifestyle change
- Rebuilding sense of self
- Managing sleep and fatigue
- Identifying value and meaningful goals
- Coping with cognitive and behavioural difficulties
- Building social relationships
- Reducing emotional consequences
- Maximising independence and participating

Supporting people to adjust to life following illness or injury through psychological research, assessment and intervention



Programme structure

Rāpopoto

Following successful completion of the Bachelor of Health Science (Honours) in Psychology, students may apply for selection into the Master of Health Science, with the rehabilitation psychology subject area.

Master of Health Science in Psychology

(AK3485) 120 points

Duration

1 year full-time / 2 years part-time

Structure

You need to complete:

- Thesis (90 points)
- Rehabilitation Psychology (15 Points)

You also choose one paper from the following:

- Concepts of Rehabilitation (15 points)
- Measuring Health and Wellbeing (15 points)
- Disability and Health (15 points)
- Advanced Positive Psychology (15 points)
- Applied sport and exercise psychology (15 points)

What will you learn

Ngā Māramatanga

This programme supports students to learn theory and skills in working with people's hopes, thoughts and aspirations for recovery (Te Hanga Whakaaro). It covers:

- Psychological theories of adjustment following injury or illness
- Introduction to psychological interventions
- Psychological assessment of people with illness or injury
- How to evaluate evidence about the effectiveness of rehabilitation
- Understanding and applying different cultural models of health and wellbeing to people affected by illness and injury
- Conducting research in a rehabilitation psychology area



Teaching approaches

Ara Puawai Mātauranga

The emphasis is on supporting students to develop their own pathways in working with people following illness and injury. Lecturers will act as facilitators to learning, rather than didactic teachers. The programme uses a variety of teaching and learning techniques, including problem-focused learning approaches, group discussions, presentations, guest lecturers, peer review and other interactive activities. Lecturers will bring their own rehabilitation research and professional expertise to the programme.



Career opportunities

Ngā Mahi Wātea

Graduates can go on to work in a variety of settings, including inpatient and outpatient rehabilitation centres, community support agencies, disability advocacy, healthcare management, planning and policy, and consultancy. Some students go on to pursue further study in psychology (eg in clinical, counselling or health psychology, or for a PhD).



