

Module Title:	Introduction to Mental Health Issues
Module Code:	DHPC10i/BAPC10i
Level:	5
Credits:	15
Pre-requisites:	Successful completion of Year 1

Module Description:

The module provides opportunities for students to critically examine a range of models and perspectives on mental health and ill-health. This area of work underpins a great deal of the work undertaken in mental health practice, including social work, the health care field and counselling. It will also cover aspects of the lived experience of the service user. It will involve a framework within which historical, political, economic, social and therapeutic dimensions can be examined and explored. Students will grow in appreciation and understanding of the diverse range of models and treatments within current health care, social care and counselling practice. It will encourage students to adopt an anti-oppressive, anti-discriminatory approach to the area of mental health and ill-health

Indicative Content:

- Historical development of services and ideologies within the mental health field – critical examination of the emergence of the “medical” model and opposing perspectives
- Psychological approaches to the treatment of emotional and psychological difficulties and their relationship to bio-medical treatments
- The social constructionist approach to “mental illness”, including the impact of social models on health legislation and mental health policies
- Experiential understanding of mental ill-health
- Major models of intervention
- The essence of stigma and discrimination
- Concepts of empowerment and advocacy within health care and counselling practice
- Reflections on the professional’s role within health care practice

Learning and Teaching Methods:

The module will be delivered through lectures, seminars, film and discussion, group work, peer group presentations; experiential sharing

Specific Learning Resources

No specific resources required

Bibliography

Module Specifications: School of Health & Social Sciences

Highly Recommended

- Bowers, L (2000). *The Social Nature of Mental Illness*. Hove: Routledge
- Freeth, R. (2007) *Humanising Psychiatry and Mental Health Care: The Challenge of the Person-Centred Approach*. Oxon: Radcliffe Publishing Ltd
- Joseph, S. (2017) *Person-Centred Therapy and Mental Health*. Monmouth: PCCS Books
- McNamee, S and Gergen, KJ (1992). *Therapy as Social Construction* London: SAGE Publications Ltd (Classic text)
- Stanley, M, Manthorpe, J and Penhale B (eds) (2000). *Institutional Abuse* London: Routledge
- Thompson, T and Matthews, P (2000). *Lyttle's Mental health and Disorder* 3rd ed. Edinburgh: Bailliere Tindall

Recommended

- Comer, R. (2011) *Fundamentals of Abnormal Psychology*. New York: Worth Publishers
- Warner, M. (2014) *Client processes at the difficult edge*. In Pearce, P and Sommerbeck, L. (2014) *Person-Centred Practice At The Difficult Edge*. Monmouth: PCCSBooks
- Fernando, S (2010). *Mental health, race and culture*. 3rd ed. London: Palgrave Macmillan.
- Karp, DA (1996). *Speaking of Sadness: Depression, Disconnection and the meanings of Illness*. Oxford: Oxford University Press
- Priebe, S and Slade, M (2003). *Evidence in Mental Health Care*. London: Psychological Press UK
- Waughfield, CG and Burckhalter, TS (2002). *Mental Health Concepts*. 5th ed. Clifton Park, NY: Delmar

Background Reading

- Bailey, D (2012). *Interdisciplinary Working in Mental Health*. Basingstoke: Palgrave Macmillan.
- Davidson, L (2003). *Living Outside Mental Illness: Qualitative Studies of Recovery in Schizophrenia*. New York: NYU press
- Mental Health Foundation (2016). Mental Health Foundation website [Online] Available from: <https://www.mentalhealth.org.uk/> [accessed 10 March 2016]
- Mind (2016). Mind website [Online] Available from: <http://www.mind.org.uk/> [accessed 10 March 2016]
- Rogers, A (2001). *Mental Health Policy in Britain: a Critical Introduction*. London: Macmillan
- Sanders, P and Hill, A (2014). *Counselling for Depression: A Person-centred & Experiential Approach to Practice*. London: SAGE Publications Ltd

Module Learning Outcomes

Subject Specific Learning Outcomes

On successful completion of this module you will be able to:

Module Specifications: *School of Health & Social Sciences*

LO 1 | Demonstrate an understanding of the basic values, principles and assumptions underlying practice.

LO 2 | Critically appraise the major existing theories, models and treatment methods in this field.

LO 3 | Critically evaluate the psychosocial models of mental health.

LO 4 | Critically reflect on the implications for their practice of competing perspectives and demonstrate awareness of how to manage areas of conflict in the professional setting.

Assessment Title or element

Weighting (%)

A written paper in which students demonstrate a critical understanding of differing perspectives on health care and their implications for health and social care practice or counselling psychotherapeutic practice (3,000 words)

100%

Information correct at point of publication.