

Module code	MHSW	NQF level	4
Credit value	15	Study duration	9 weeks

Mental Health, Stress and Well-being

Module description

Focusing on ethical and cultural approaches to mental health, well-being and treatment, this module examines the scientific principles behind a spectrum of mental health disorders, and assesses a variety of evidence-based treatment planning options for mental health conditions.

This module aims to:

- Critically evaluate:
 - theories of mental health, stress and well-being
 - the problems faced by people experiencing mental health disorders
 - the interventions designed to increase well-being and reduce or manage the symptoms of mental ill-health

Learning outcomes

On completion of this module, students will be able to:

- analyse the historical and cultural influences in the development of theories of mental-health wellbeing
- understand the key theories that contribute to the development of therapeutic models and approaches in health, stress and wellbeing
- critically evaluate components of mental health interventions
- demonstrate an awareness of the ethical concerns within the discipline

Syllabus

- An introduction to psychological appraisal and treatment
- Therapeutic models and approaches
- The therapeutic alliance
- Assessments in mental health
- Professional and ethical perspectives in psychological appraisal and treatment

Learning and teaching methods

The pedagogical approach for this module is informed through the principles of collaborative enquiry, constructionism and scientific apprenticeship.

Collaborative enquiry is supported through our internet-mediated learning platform that aims to develop a learning community and support dialogue and collaboration between students. This is encouraged through online peer discussion and debate to construct a unique learning experience that enhances students' subject understanding through social interactions and empowers them to explain their understandings, and receive feedback from tutors and peers.

Learning through scientific apprenticeship will take place through the integration of scientific knowledge, principles and experience into the practical application of case study approach.

Teaching will be delivered through the provision of specified reading materials that will be provided on the University of Essex Online learning platform, and will be supported by specified discussion forums, pre-recorded lecturecasts and biweekly online question and answer sessions (using synchronous communication software and application sharing facility).

Students will be provided with indicative guidance on, and encouraged to look at relevant websites which are appropriate to the learning outcomes, and to identify and share appropriate web-based resources (as learning support references) with their fellow students.

The pre-recorded lecturecasts and the online question and answer sessions will include referenced use of selected case studies which will be drawn from the reading materials and the practice-based and professional/educational contexts and experience of the tutors.

Self-managed learning will supplement lectures and students will be given direction on required and indicative reading.

Description of unit of assessment	Length/Duration	Submission date	Weighting
Collaborative learning question: Post a 500-word response to a tutor posed question. Respond to two of your peer's posts (300 words per response or 600 words for one response). Your answers must be evidence based and supported with psychological literature.	1,100 words	Continuous	30%
Case study	2,000 words	End of module	70%