



Current Debates - Overview

MARCH 26TH RECORDING

Aims of the Session

- ▶ Check – IN - Wellbeing
- ▶ What do you know so far...
- ▶ **Assessment Review – NEW DATES**
- ▶ Strategies for picking a theme
- ▶ Online support via Chat Forum
- ▶ Virtual meetings for April 21st and 28th
- ▶ Essay Guidance.

Reflection

Conversations will not be cancelled

Relationships will not be cancelled

Love will not be cancelled

Songs will not be cancelled

Reading will not be cancelled

Self-Care will not be cancelled

Compassion and Kindness will not be cancelled

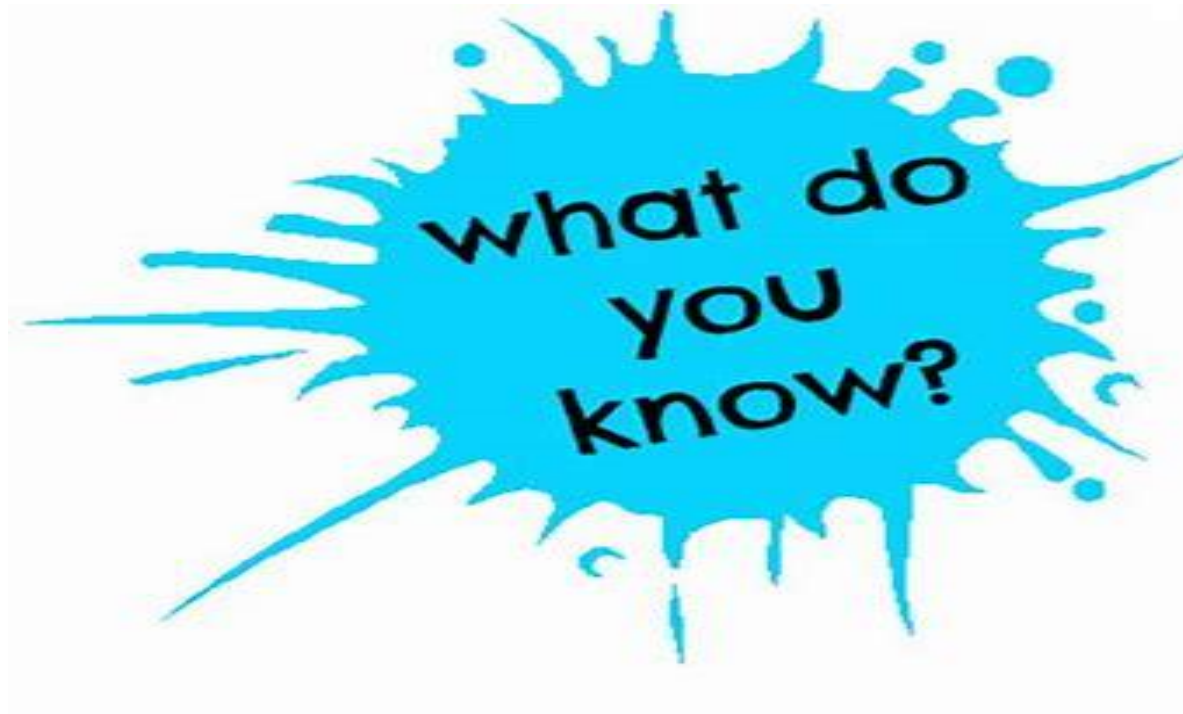
Hope will not be cancelled

Work for justice will not be cancelled.

Finding health ways of living

- ▶ *William Bento says, therapy is not just about treating symptoms but also about finding opportunities for strengthening and guiding the person to find healthy ways of living. (Lees, 2016)*

What do you know so far?



Learning Outcomes

1. Apply a critical enquiry to contemporary issues at the forefront of the subject.
2. Critically evaluate current debates associated with the relationship between professionalism and ethics.
3. **Critically articulate central theoretical arguments within the discourse of Care and Well-being.**
4. Employ appropriate academic conventions in the production and presentation of work.

Critical Essay

Word Count 2,500-3,000

Critical Essay Critically evaluate central argument(s) in a chosen current debate theme within the discourse of Care and Wellbeing.

Submission Date: Tuesday, 5th May 2020 (NEW DATE)

23:59pm

Themes

- ▶ Global Mental Health perspectives
- ▶ Mental Health Agenda in Wales or UK
- ▶ Natured based/Environmental approaches to wellbeing
- ▶ **Neuroscience and wellbeing** .
- ▶ Children and Young Peoples Mental Health
- ▶ The Older Persons Health and Wellbeing
- ▶ Other (*please check with module lead*)
 - Mindfulness practice within wellbeing

Global Mental Health

- ▶ Global Development Goals – SDG's
- ▶ World Health Organisation – Mental Health
- ▶ Global Mental Health Movement
- ▶ Centre for Global Mental Health
- ▶ Vikram Patel
- ▶ Suman Fernando
- ▶ OTHERS

WHAT IS THE WELL-BEING AGENDA FROM A GLOBAL PERSPECTIVE?

Children and Young Peoples MH

- ▶ “The front lines in the battle for good mental health in the UK are not within our NHS, they are in our nation’s schools, colleges, universities and workplaces. By the time we reach the NHS, all too often we’ve already reached crisis point.”
- ▶ Professor Dame Sue Bailey
- ▶ *Chair of the Children and Young People’s Mental Health Coalition*

Nature-based approaches to MH

Nature Connection

- ▶ Nature connection refers to an individual's subjective sense of their relationship with the natural world. Encompassing both affective and experiential sense of belonging to the natural world and relating to a person's sense of their interconnectedness with nature or their sense of inclusion in nature (Lumber, Hunt, Richardson, & Harvey, 2016)

Working with the Older Person

- ▶ Loneliness - Isolation
- ▶ Mental Health and Older Person
 - ❑ 1. Discrimination
 - ❑ 2. Participation in meaningful activities
 - ❑ 3. Relationships
 - ❑ 4. Physical health
 - ❑ 5. Poverty
- ▶ <https://www.mentalhealth.org.uk/a-to-z/m/mental-health-later-life>

BACP Strategy Objectives – Moodle

- ▶ A broad view of the definition of 'older people' is being taken and the strategy focuses on the life events and transitions that happen more frequently (though not exclusively) to people aged 50+ and the barriers that make it more difficult for older people to access help for their mental health.

BACP Roles (Research, policy, campaigning and professional standards)

Themes of the strategy:

- ▶ 1. Increasing knowledge and understanding of perceptions and efficacy of counselling for older people.
- ▶ 2. Calling for increased access to therapy for older people
- ▶ 3. Promoting working with older people to the BACP membership

Long Term – Physical Conditions

- ▶ The prevalence of long-term conditions rises with age, affecting about 50 per cent of people aged 50, and 80 per cent of those aged 65 and many older people have more than one chronic condition –

The Kings Fund (2013) Delivering better service for people with long-term conditions

Depression

- ▶ Nearly half of adults (7.7million) aged 55+ say they have experienced depression and around the same number (7.3 million) have suffered with anxiety.' Age UK <https://www.ageuk.org.uk/latest-news/articles/2017/october/halfaged-55-have-had-mental-health-problems/>
- ▶ IAPT data from England shows that patients receiving treatment for anxiety and depression aged 65+ have better outcomes (60.4% recovery) than younger patients (45.4% recovery). NHS Digital (2016). *Psychological therapies. Annual report on the use of IAPT services 2015-2016.*

Work

- ▶ Over 30% of people in work in the UK are aged 50 and over - CIPD (2015) Avoiding the demographic crunch There are 3.6 million people aged 50—64 who are not in work – *Centre for Ageing Better (2017)*
Addressing worklessness and job insecurity amongst people aged 50 and over in Greater Manchester

Relationship Breakdown

- ▶ An Ipsos/Mori poll commissioned by BACP in 2017 indicates that rates of depression are highest (31%) amongst older adults (55+) who had experienced divorce or relationship breakdown in the past five years.

Loneliness

- ▶ More than 1 in 3 people aged 75 and over say that feelings of loneliness are out of control - Independent Age (2016)
- ▶ <https://www.independentage.org/newsmedia/press-releases/one-third-of-older-people-say-feelings-of-loneliness-are-out-of-their>

Retirement

- ▶ Retirement has been recognised as a risk factor for depression – Gabriel H. Sahlgren (2013) Work longer, live healthier – the relationship between economic activity, health and government policy. Institute of Economic Affairs discussion paper no.46

What are your own ideas?



Strategies for selecting your theme

- ▶ Read through the various ppt presentations and information provided on Moodle
- ▶ Choose a theme that interest you and furthers your awareness and understanding.
- ▶ Do not over complicate... Yet, it is a critical evaluation.....
- ▶ Essay Format – Create your own tile...
- ▶ Research – Journal articles that support/critique area of interest.

RESOURCES

- ▶ Review the resources and information provided within Moodle
- ▶ Explore your own
- ▶ Check out the library for online resources

After Easter

- ▶ 23rd & 30th Chat Forum and Individual Tutorial or Group Tutorial Sessions
ONLINE

