Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

# Contemporary Context of Counselling Skill M4X00954

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## Module Learning Outcomes

- Recognise health as a contested topic and Counselling's position in the discipline
- Evaluate a range of theories of causality relating to emotional distress and its impact on well-being
- Recognise the links between individual experience of health and health issues and the wider structural elements relevant to health and well-being.
- Employ appropriate academic conventions in the production and presentation of work suitable for this level

## Assessment Component Two

- **ASSESSMENT DETAILS:**
- **'Compare and contrast two therapeutic interventions and consider the impact of each, in relationship to working with psychological distress.**
- **Present your findings on an academic poster and demonstrate your understanding in a fifteen minute oral presentation'**
- **SUBMISSION DATE: 5th March 2018 at 12:00 Noon**

## Mental Health

- 'Mental Health' is a term that usually refers to the quality of a person's psychological functioning
- In the UK at any given time 1 in 6 people are experiencing a mental health issue.
- Psychopathology is the systematic study of abnormal experience, cognition and behaviour.' The study of mental disorders' (Claringbull, 2011)
- "Mental health is a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community (Welsh Government, 2016)

## Core Concepts of Mental Health

- Genetic
- Biochemical
- Neuropsychology
- Neurodevelopmental
- Psychological
- Social
- Psychopathology
- Psychopharmacology

## Mental Health

- Well-being is a positive physical, social and mental state; it is not just the absence of pain, discomfort and incapacity. It requires that basic needs are met, that individuals have a sense of purpose, that they feel able to achieve important personal goals and participate in society." (World Health Organisation)

## Mental Health

- Mental Health Act 1983, 2007
- The Mental Capacity Act 2005 is about making sure that people have the support they need to make as many decisions as possible. It also protects people who need family, friends or paid support staff to make decisions for them.

Welsh Government ***"Together for Mental Health is the Welsh Government's 10 year strategy to improve the mental health and well-being of everyone in Wales."***

- Welsh Government current priorities for mental health in Wales are set out in the second Delivery Plan (2016-19) Together for Mental Health, our 10-year Mental Health Strategy
- This Delivery Plan takes account of the United Nations Convention on the Rights of the Child.
- The Social Services and Well-being (Wales) Act (2014) is about improving social services and giving the people who use them a stronger voice and more control over how those services are provided

The Well-being and Future Generations (Wales) Act (2015) is about improving the economy, environment, society and culture to create a Wales we all want to live in. It tells organisations to keep doing what they do, but also in a way that will work in future years

- ❖A healthier Wales.
- ❖ A more equal Wales.
- ❖A prosperous Wales.
- ❖ A Wales of vibrant culture and thriving Welsh language.
- ❖A Wales of cohesive communities.

**To help people in Wales get the right information and advice to help them understand and manage their mental health and well-being.**

- Health boards to provide services in communities such as anxiety management and mindfulness by March 2017.
- Ensure people have better information and know about these services
- Introduction of ways for people to get better without having to take prescribed medicines, such as doing exercise or reading books -*Social Prescription Scheme.*
- To make sure people who have mental health problems have access to talking therapies.

Together for Mental Health

- To reduce the number of people in Wales who commit suicide or harm themselves.
- To promote better mental well-being and where possible stop mental health problems early to stop them getting worse.
- To improve the health and well-being of people in Wales by reducing loneliness and isolation.
- By March 2019 we want more organisations, people who work in mental health services and members of the public to understand the unfair treatment that some people with mental health problems face.

## Children and Young People

- Ensure all children and young people with mental health problems get the right service at the right time, as close to their home as it can be. To make sure that when young people change from services for children to services for adults it is well managed.
- Each year from June 2016 Together for Children and Young People (T4CYP) will develop pathways, which will show how children and young people should go through different parts of the specialist CAMHS system

## Armed Forces

- Some people leaving the Armed Forces (veterans) suffer from PTSD, a mental health problem caused by what they have been through whilst they were in combat. Veterans NHS Wales was set up to look after the mental health of veterans, so they can return to normal life.

## Major Psychiatric Disorders

- Schizophrenia
- Personality Disorders
- Mood Disorders
- Anxiety Disorders
- Eating Disorders

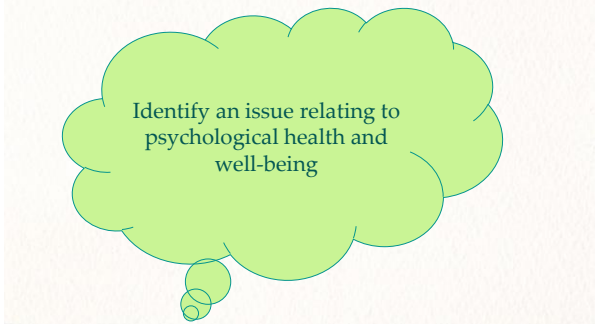
(Claringbull, 2011)

**Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5®)**
**By American Psychiatric Association**

'A mental disorder is a syndrome characterised by clinically significant disturbances in an individuals cognition, emotion regulation or behaviour that reflects a dysfunction in the psychological, biological or developmental processes underlying mental functioning. Mental disorders are usually associated with significant distress or disability in social, occupational or other important activities. An expectable or culturally approved response to a common stressor or loss, such as the death of a loved one, is not a mental disorder. Social deviant behaviour (political, religious or sexual) and conflicts that are primarily between the individual and society are not mental disorders unless the deviance or conflict results from a dysfunction in the individual as described above'

Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5®)

- Neurodevelopmental Disorders
- Schizophrenia Spectrum and Other Psychotic Disorders
- Bipolar and Related Disorders
- Depressive Disorders
- Anxiety Disorders
- Obsessive-Compulsive and Related Disorders
- Trauma and Stress-Related Disorders
- Dissociative Disorders
- Somatic Symptom and Related Disorders
- Dissociative Disorders
- Somatic Symptom and Related Disorders
- Elimination Disorders
- Sleep-Wake Disorders
- Sexual Dysfunctions
- Gender Dysphoria
- Disruptive, Impulsive Control and Conduct Disorders
- Substance- Related and Addictive Disorders
- Neuro Cognitive Disorders
- Personality Disorders
- Paraphilic Disorders
- Medication – Induced Movement Disorders and Other Adverse Effects of Medication



## Resources


- Claringbull, N. (2011) Mental Health in Counselling and Psychotherapy Exeter: Learning Matters
- Diagnostic and Statistical Manual of Mental Disorders (DSM). American Psychiatric Association 5th Edition. www.dsm5.org
- http://gov.wales/topics/health/nhswales/mental-health-services/?lang=enhealth
- http://gov.wales/topics/health/nhswales/plans/mental-health/?skip=1&lang=en
- The WHO Guide to Mental Disorders in Primary Care (2000)
- National Institute of Health and Clinical Excellence. www.nice.org.uk
- Royal College of Psychiatry. www.rcpsych.ac.uk
- Therapy Today
- The Psychologist
- Learning Matters