

Module Code	ECAC7002
Title	Human Flourishing & Resilience
Date	24/02/2021
Level	7
Credits	30
Pre-Requisites	

AIM(S)

- To critically explore the empirical evidence and theoretical models that promote positive human flourishing and resilience.
- To enable students to reflect on their own resilience and strategies for self-care and wellbeing.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to

- Critically discuss a range of theoretical approaches to understanding human flourishing.
- Demonstrate the ability to identify and develop appropriate interventions designed to enhance human flourishing and resilience.
- Demonstrate a critical awareness of how we evaluate the effectiveness of approaches designed to promote human flourishing and their associated ethical considerations.
- Critically reflect on their own approaches to building resilience and coping strategies to support their own human flourishing and associated personal development needs.
- Present their work appropriately, within appropriate ethical, research, and reflective frameworks, and with an understanding of requirements of critical thinking.

INDICATIVE CONTENT

- Lazarus and Folkman's transactional theory of stress and coping and theory-based interventions.
- Cognitive-relational-motivational theory of emotion and the role of positive emotions in the stress and coping process.
- The psychological, social, and biological factors associated with greater resilience, transformation resilience.
- The therapeutic relationship and nature-based therapy.
- Positive Psychology, Signature Strengths, Forgiveness, gratitude and acceptance.
- Mindfulness, meditation and spirituality.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	10%
Independent learning	270	90%
Placement learning		
TOTAL	300	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Reflective Essay	5,000 words	70%

Students will be required to critically reflect on their own resilience, coping strategies and personal development needs, using an appropriate reflective framework and drawing upon appropriate theory.

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Research proposal	2,500 words	30%

Students will be required to produce a written research proposal for the development and evaluation of a theory-based intervention designed to support human flourishing and/or resilience.

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	100%
Practical	
TOTAL	100%

INDICATIVE READING LIST

Students will be expected to identify and engage in extensive use of appropriate primary source materials in the form of academic journals, specialised texts and policy documents of relevance to their chosen topic

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Module Title	Human Flourishing & Resilience	
Classification	Reading List entry	Electronic*
Essential	Rashid, T.B. & Seligman, M. (2018). <i>Positive Psychotherapy: Clinician Manual</i> . New York: Oxford University Press.	☒
Essential	Folkman, S. (2011). <i>The Oxford handbook of stress, health, and coping</i> . Oxford University Press.	☒
Essential	McGeeney, A., & Royan, L. (2016). <i>With nature in mind : the ecotherapy manual for mental health professionals</i> . London: Kingsley Publishers	☒
Essential	Finkelstein-Fox, Lucy, Park, Crystal L, & Riley, Kristen E. (2019). Mindfulness' Effects on Stress, Coping, and Mood: A Daily Diary Goodness-of-Fit Study. <i>Emotion</i> 19(6), 1002–1013. https://doi.org/10.1037/emo0000495	☒
Essential	Pourabi Chaudhury, & Debanjan Banerjee. (2020). "Recovering With Nature": A Review of Ecotherapy and Implications for the COVID-19 Pandemic. <i>Frontiers in Public Health</i> , 8. https://doi.org/10.3389/fpubh.2020.604440	☒
Essential	Kabat-Zinn, J. (2015). Mindfulness. <i>Mindfulness</i> , 6(6), 1481–1483. https://doi.org/10.1007/s12671-015-0456-x	☒
Essential	Creswell, J. D. (2017). Mindfulness Interventions. <i>Annual Review of Psychology</i> , 68(1), 491–516. https://doi.org/10.1146/annurev-psych-042716-051139	☒
Further	Jordan, M. (2014) <i>Nature and Therapy: Understanding counselling and psychotherapy in outdoor spaces</i> . Brighton: Routledge.	☐
Further	Jordan, M. & Hinds J (2016) <i>Ecotherapy: Theory, Research and Practice</i> . Brighton: Routledge.	☐
Further	Lazarus, R (1991) <i>Emotion & Adaptation</i> . London: Oxford University Press.	☐
Further	Kamitsis, Ilias, & Simmonds, Janette G. (2017). Using Resources of Nature in the Counselling Room: Qualitative Research into Ecotherapy Practice. <i>International Journal for the Advancement of Counselling</i> , 39(3), 229–248. https://doi.org/10.1007/s10447-017-9294-y	☒
Further	Lazarus, R. S., & Folkman, S. (1984). <i>Stress, appraisal, and coping</i> . Springer Pub. Co.	☒