

BSc Mental Health - Level Five: Treatment Models and Approaches

Semester One – BSc Mental Health

Assessments:

1x essay

1x case formulation

All sessions follow this structure unless indicated	
9.30-11	Session 1 (90 minutes)
11-11.15	Comfort break (15 minutes)
11.15-12.15	Session 2 (60 minutes)
12.15-1.00	Lunch (45 minutes)
1.00-2.00	Session 3 (60 minutes)
2.00 -2.15	Comfort break (15 minutes)
2.15-3.00	Session 4 (45 minutes)

Lectures – 10x asynchronous lectures

Lecture	Lecture title and content
1.	Recap of Models and Therapeutic Treatments
2.	Psychopharmacological treatments and other techniques
3.	Evaluating treatments and therapies
4.	Conducting research in Mental Health
5.	The situation in Wales
6.	Improving access to Psychological Therapies (IAPT)
7.	Alternatives to Psychiatric diagnosis
8.	Integrative Case Formulation
9.	Additional lecture – Aetiologies and Treatment of Schizophrenia and Psychosis
10.	End of lectures

Live Seminars – 3x whole day seminars (two in-class, one online)

Seminar date:	Relevant Lectures:	Live Seminar content:
Seminar 1: 03/12/22 (on campus)	Lecture 1. Recap of Models and Therapeutic Treatments	Seminar One: Models and Therapeutic Treatments Session 1 – recap of the Psychological perspectives/models. Session 2 – Drug treatments Session 3 – Evaluating treatments and therapies Session 4 – Using Meta-analyses and Systematic Reviews
	Lecture 2. Psycho-pharmacological treatments and other techniques.	
	Lecture 3. Evaluating treatments and therapies.	
Seminar 2: 10/12/22 (online)	Lecture 4. Conducting research in Mental Health	Seminar Two: Research in Mental Health Session 1 – Understanding Randomised Controlled Trials (RCT's) Session 2 – Exploring RCT's.

	Lecture 5. The situation in Wales.	Why RCT's are so important in Mental Health research. Session 3 – Where we are in Wales and the wider picture. Session 4 – IAPT and PWP's.
	Lecture 6. Improving access to Psychological Therapies (IAPT)	The way forward in the treatment of mental health conditions.
Seminar 3: 17/12/22 (on campus)	Lecture 7. Alternatives to Psychiatric Diagnoses	Seminar Three: Psychological case Formulation Session 1 – Alternatives to Psychiatric Diagnosis – the role of Case Formulation. Session 2 – Case Formulation in detail – when, why and how. Session 3 - Your Case Formulation for assessment. Session 4 – Treating Schizophrenia and Psychosis. Additional information for Treating Schizophrenia and Psychosis
	Lecture 8. Integrative Case Formulation	
	Lecture 9. Aetiologies and Treatments of Schizophrenia and Psychosis	