

Weekly Planner

ECPS4026, Mental Health Through Time, 2026-2027

W/C	Topic	Key Reading/Source
28 th Sep	Week 1: Introduction • Module overview and assessment • What is mental health? Key definitions • Overview of the historical development of mental health concepts • Key milestones in the history of mental health • Early understandings (Ancient Greece, Hippocrates, Galen)	World Health Organization. (n.d.). <i>Mental health</i> . https://www.who.int/health-topics/mental-health
5 th Oct	Week 2: Religious Worldviews and Interpretations of Madness • Religious and spiritual understandings of madness • Ancient Greek, Christian and Islamic perspectives • Supernatural and natural explanations of mental illness • The influence of religious worldviews on perceptions of mental health	Scull, A. (2016). <i>Madness in civilization: A cultural history of insanity, from the Bible to Freud, from the madhouse to modern medicine</i> . Princeton University Press. (Chapter 2)
12 th Oct	Week 3: Early Hospitals and the Medieval Mind • Medieval approaches to mental health and treatment • Early hospitals, almshouses and charitable care • Care and treatment of people experiencing mental illness • The influence of religion, society and education on mental health care	Historic England. (n.d.). <i>From Bethlehem to Bedlam: England's first mental institution</i> . Historic England
19 th Oct	Week 4: Melancholy and Mental Health in the Middle Ages • Humoral theory and melancholia • Madness, gender and society • Changing understandings of mental health during the late medieval and early modern periods	Scull, A. (2016). <i>Madness in civilization: A cultural history of insanity, from the Bible to Freud, from the madhouse to modern medicine</i> . Princeton University Press. (Chapter 4).
Reading Week: Monday 26th – Friday 30th October		
2 nd Nov	Week 5: The Great Confinement • The rise of asylums and institutional care • Changing perceptions of mental illness in the 17th and 18th centuries	Historic England. (n.d.). <i>Mental illness in the 16th and 17th centuries</i> . Historic England

	• The treatment and confinement of people experiencing mental illness • The emergence of moral treatment	
9 th Nov	Week 6: From Madness to Mental Illness • Moral treatment and mental health reform • Emergence of psychiatry and the alienist • Medicalisation of mental distress • Changing understandings of mental health in the nineteenth century	Royal College of Psychiatrists. (n.d.). <i>The early days (1841–1865)</i> . Royal College of Psychiatrists
16 th Nov	Week 7: From Psychiatry to Psychological and Counselling Approaches • Emergence of psychological explanations of mental distress • Introduction to psychoanalytic and behavioural approaches • Introduction to humanistic/person-centred and existential approaches • Different ways of understanding and supporting anxiety • Introduction to the presentation approaches	McLeod, J. (2013). <i>An introduction to counselling</i> (5th ed.). Open University Press.
23 rd Nov	Week 8: Psychoanalytic and Behavioural Approaches • Freud and the development of psychoanalysis • Psychoanalytic understandings of anxiety • Emergence of behaviourism • Behavioural understandings of anxiety and approaches to support • Influence on contemporary practice	McLeod, J. (2013). <i>An introduction to counselling</i> (5th ed.). Open University Press.
30 th Nov	Week 9: Humanistic, Person-Centred and Existential Approaches • Humanistic movement and its historical context • Carl Rogers and development of person-centred therapy • Emergence of existential approaches • Understandings of anxiety from person-centred and existential perspectives • Influence on contemporary counselling practice	McLeod, J. (2013). <i>An introduction to counselling</i> (5th ed.). Open University Press.
7 th Dec	Week 10: Mental Health Through Time - Past, Present and Future • Changing understandings of mental health: bringing the module together • Contemporary perspectives on mental health and counselling	World Health Organization. (2022). <i>World mental health report: Transforming mental health for all: Executive summary</i> . World Health Organization – Executive summary

	• Culture, social justice and globalisation • Technology and changing counselling practice • Written assessment preparation and final presentation/submission questions	
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