

PROFESSIONAL SKILLS FOR MENTAL HEALTH

WEEK ONE



1

WELCOME ACTIVITY - LISTENING ACTIVITY

OVERVIEW OF THE MODULE

PERSONAL DEVELOPMENT PLANNING – PROFESSIONAL ROLES IN MH

QUALITIES OF THE HELPER

DEMONSTRATION OF SKILLS

SMALL GROUP WORK

OVERVIEW OF NEXT SESSION



2

ICE BREAKER ACTIVITIES

GROUND RULES FOR THE DAY



3

MODULE OVERVIEW



WHAT'S ON MOODLE



LEARNING OUTCOMES



MODULE HANDBOOK



ASSESSMENT OVERVIEW

4

AIMS OF THE MODULE

- To identify and develop students understanding of the core professional competencies and interpersonal skills required when working in the field of mental health.

5

LEARNING OUTCOMES

Understand and identify	Understand and identify the core professional competencies required for working in a range of settings within the field of mental health.
Demonstrate	Demonstrate awareness and basic competence in key listening and helping skills.
Reflect	Reflect upon their existing strengths and future development needs for working effectively in the field of mental health.
Organise	Organise their learning effectively and reflect upon their own progress and future development.

6

ASSESSMENT OVERVIEW – ASSESSMENT 1: PRACTICAL SKILLS (IN CLASS)

- Using the case scenario provided and additional guidance on Moodle you will engage in a **10 min in-class session that will demonstrate the basic foundations of motivational interviewing skills.**
- Each student will be required to engage in two (four-minute role plays) with a fellow student.
- Following the two role-plays, the student being assessed will be asked to provide some brief self reflections for two minutes on how they felt each session went.
- The order of assessment will be confirmed through random allocation. The allocation of "student clients" for each scenario will be given on the day, so all students must arrive at 9.30am in preparation.
- They should also prepare for their role as a client by using one of the scenarios provided and be prepared to talk about this for up to four minutes each. Such scenarios may include ambivalence about career choices; further study; course engagement; work motivation; relationships; health behaviours etc

7

PRACTICAL IN-CLASS SKILLS ASSESSMENT: SKILLS CHECKLIST



8

ASSESSMENT OVERVIEW – ASSESSMENT 2: PERSONAL DEVELOPMENT PLAN PDP/PORTFOLIO (1,500 WORDS AND INCLUDES REFERENCES)

- **Interpersonal skills and professional competencies are central to the fields of Psychology, Counselling and the Allied Health Professions.**
- Using the information on Moodle and your own research, you must complete a Personal Development Plan and accompanying portfolio that identifies the range of interpersonal skills and professional competencies required for a professional pathway of your choice in the field of Mental Health.
- **Portfolio includes the following:**
 - 1: Summary 250-300 words
 - 2: PDP Planning Grid & References
 - 3. Appendix: Professional Roles in MH (screen shots with captions)

You will be utilising the PDP template on Moodle for your submission to Turnitin

9



THINKING ABOUT YOUR PDP PLAN

PROFESSIONAL DEVELOPMENT PLANNING GRID AND EXAMPLES

10

EXPLORING COMPETENCIES

- Competence is a complex concept, but understanding it well lies at the heart of making the best use of the talents of the professional mental health workforce.
- Competence has three intertwined components – **knowledge, skills and attitudes** – and is defined as the application and demonstration of those components in a clinical setting

11

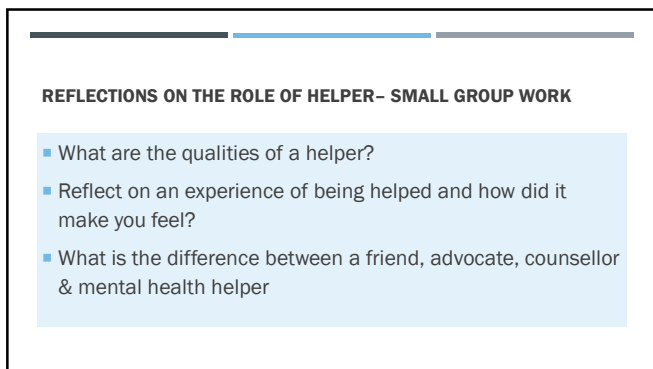
GROUP WORK – EXPLORING COMPETENCIES AND COMPETENCY FRAMEWORKS

- [Mental Health Nursing - Competence and Career Framework \(hee.nhs.uk\)](https://www.nhs.uk/mentalhealthnursing/frameworks/competence-and-career-framework/)
- [Counselling skills competence framework \(bacp.co.uk\)](https://www.bacp.co.uk/frameworks/competence-framework/)
- [BACP's competences and curricula for the counselling professions](https://www.bacp.co.uk/frameworks/competence-framework/)

12



13



14



15



**DEMONSTRATION OF
SKILLS**

SMALL GROUP WORK
