

Module Code	ECPS4026
Title	Mental Health Through Time
Date	15/10/2025
Level	4
Credits	20
Pre-Requisites	None
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To provide students with a comprehensive understanding of the historical development of mental health concepts and counselling practices, exploring the theoretical foundations and socio-cultural contexts that have shaped mental health and counselling through different eras.

LEARNING OUTCOMES

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

- discuss the historical development of mental health concepts and counselling, identifying key milestones and influential figures that have shaped the field;
- demonstrate the ability to apply foundational theories and models of counselling to historical and contemporary practices supporting mental health.

INDICATIVE CONTENT

- Overview of the historical development of mental health concepts.
- Key milestones in the history of mental health.
- Early understandings of mental health.
- Medieval approaches to mental health and treatment.
- The Enlightenment, the emergence of psychiatry and early counselling practices.
- The rise of asylums and institutional care.
- Early psychological theories and the beginnings of modern counselling.
- The humanistic movement and the development of person-centred therapy.
- The impact of social movements on mental health and counselling.
- Contemporary Perspectives including consideration of sustainable development and social justice.

- Current trends in mental health and counselling.
- The role of technology and globalization in shaping modern counselling practices.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%
Placement learning	0	0%
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Group Presentation	5 mins per person	50%

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Written Assignment	1500 words	50%

Assessment Summary

Activity type	Percentage
Written exam	0%
Coursework	50%
Practical	50%
TOTAL	100%

This module is not linked to a Professional, Statutory and Regulatory Body (PSRB).

INDICATIVE READING LIST

Module Code	ECPS4026	
Module Title	Mental Health Through Time	
Classification	Reading List entry	Electronic*
Essential	Scull, A. (2016). <i>Madness in Civilization: A cultural history of insanity from the Bible to Freud, from the madhouse to modern medicine</i> . Thames and Hudson	☐
Essential	Scull, A. (2022). <i>Desperate Remedies: Psychiatry and the Mysteries of Mental Illness</i> . Penguin Random House UK	☒

Essential	Howard, A. (2000). <i>Philosophy for Counselling and Psychotherapy</i> . Palgrave Macmillan	☒
Further	Horwitz, A. V. (2020) <i>Between Sanity and Madness: Mental Illness from Ancient Greece to the Neuroscientific Era</i> . OUP	☐
Further	Jay, M. (2016) <i>This way Madness Lies</i> . Thames and Hudson Ltd.	☐
Further	McLeod. (2013). <i>An introduction to counselling</i> . 5th edition. Open University Press.	☐
Further	Scully, A. 2011. <i>Madness A Very Short Introduction</i> . OUP	☐