

Module Code	ECMH4004
Title	Professional Skills for Mental Health
Date	09/12/2020
Level	4
Credits	20
Pre-Requisites	None

AIM(S)

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

LEARNING OUTCOMES

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

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

INDICATIVE CONTENT

- Students will be introduced to the range of professions within the UK that involve supporting, advocating for, and helping treat people with mental health difficulties.
- Through discussion of case studies and real-life examples, students will develop an understanding of the different roles and responsibilities across these various professions, including the training routes and professional boundaries of each.
- Students will be introduced to models of helping and basic helping skills and will have the opportunity to develop practical competence in basic interpersonal skills recognised as core to working with people experiencing mental health difficulties, including supportive listening, verbal and non-verbal communication skills.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning 12 hours – Lectures 18 hours - Online	30	15%
Independent learning	170	85%
Placement learning		
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Practical Skills	10 mins	50%

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Portfolio	1,500 words	50%

Assessment Summary

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

INDICATIVE READING LIST

Module Code	ECMH4004	
Module Title	Professional Skills for Mental Health	
Classification	Reading List entry	Electronic*
Essential	Coll, X., Papageogiou, A., Stanley, & Tarbuck, A. (2012). <i>Communication Skills in Mental Health Care: an introduction</i> . London: Radcliffe Publishing	☐
Essential	Cottrell, S. (2010). <i>Skills for Success: The Personal Development Planning Handbook</i> . 2nd edition. Hampshire: Palgrave Macmillan.	☐
Essential	Nelson-Jones, R. (2013) <i>Introduction to counselling skills: text and activities</i> . 3rd edition. London. SAGE.	☐
Further	Egan, G. (2013). <i>The Skilled Helper: a problem-management and opportunity-development approach to helping</i> 10th edition. Pacific Grove: Brooks/Cole	☐
Essential	Midwinter, R. & Dickson, J. (2015). <i>Embedding Counselling and Communication Skills: a relational Skills Module</i> . London: Routledge	☒
Essential	McLeod, J. and McLeod, J. (2011) <i>Counselling Skills: a practical guide for counsellors and helping professions</i> 2nd edition. Maidenhead: Open University Press	☒
Journal	British Journal of Guidance and Psychotherapy	☒
Journal	Counselling and psychotherapy research (BACP)	☒
Journal	Journal of mental health counselling	☒
Journal	Journal of child psychotherapy	☒
Journal	Journal of psychotherapy practice and research Therapy Today (BACP)	☒
Websites	Mind http://www.mind.org.uk/ Mental health Foundation http://www.mentalhealth.org.uk/ Mental Health Wales	☒

	http://www.mentalhealthwales.net/mhw/framework_wales.php Social Care Institute for Excellence http://www.scie.org.uk/publications/guides/guide15/specialistcare/mentalhealth	
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