

A large, dense, green tree with a thick trunk and many branches, set against a background of a forest with mist or fog. The tree is the central focus, with its canopy filling much of the upper half of the frame. The background shows other trees and a hazy, atmospheric setting.

Contemporary Mental Health

Aims

- To equip the student with a clear understanding of current approaches within contemporary mental health.
- To raise awareness of the impact of psychopharmacological interventions within the therapeutic relationship.
- To develop a sound understanding of the signs and symptoms associated with mental distress.

Learning Outcomes:

- Implement an appropriate strategy for assessing potential clients using appropriate consultation with inter-professional and multi-agency where necessary, which may include risk assessment.
- Critically evaluate psychopharmacological interventions commonly used in the treatment of mental health and be sensitive to the impact that prescribed medication may have on the therapeutic relationship and process of counselling/psychotherapy.
- Critically discuss signs and symptoms associated with mental distress and regularly update knowledge about mental health and well-being, including severe forms of psychological distress and respond appropriately

Content



Consider and critique the wider field of mental health.



Explore various models in understanding mental health and psychological distress.



Identifying current inter-professional and multiagency approaches to mental health such as: NHS, Primary Care, MIND, Mental Health Foundation, HAFAL and other local and global agencies that support individuals with mental distress.

Assessment

- Oral Presentation (20 mins. 02/12/19)
- Essay 2,500 words (21st April 2020)

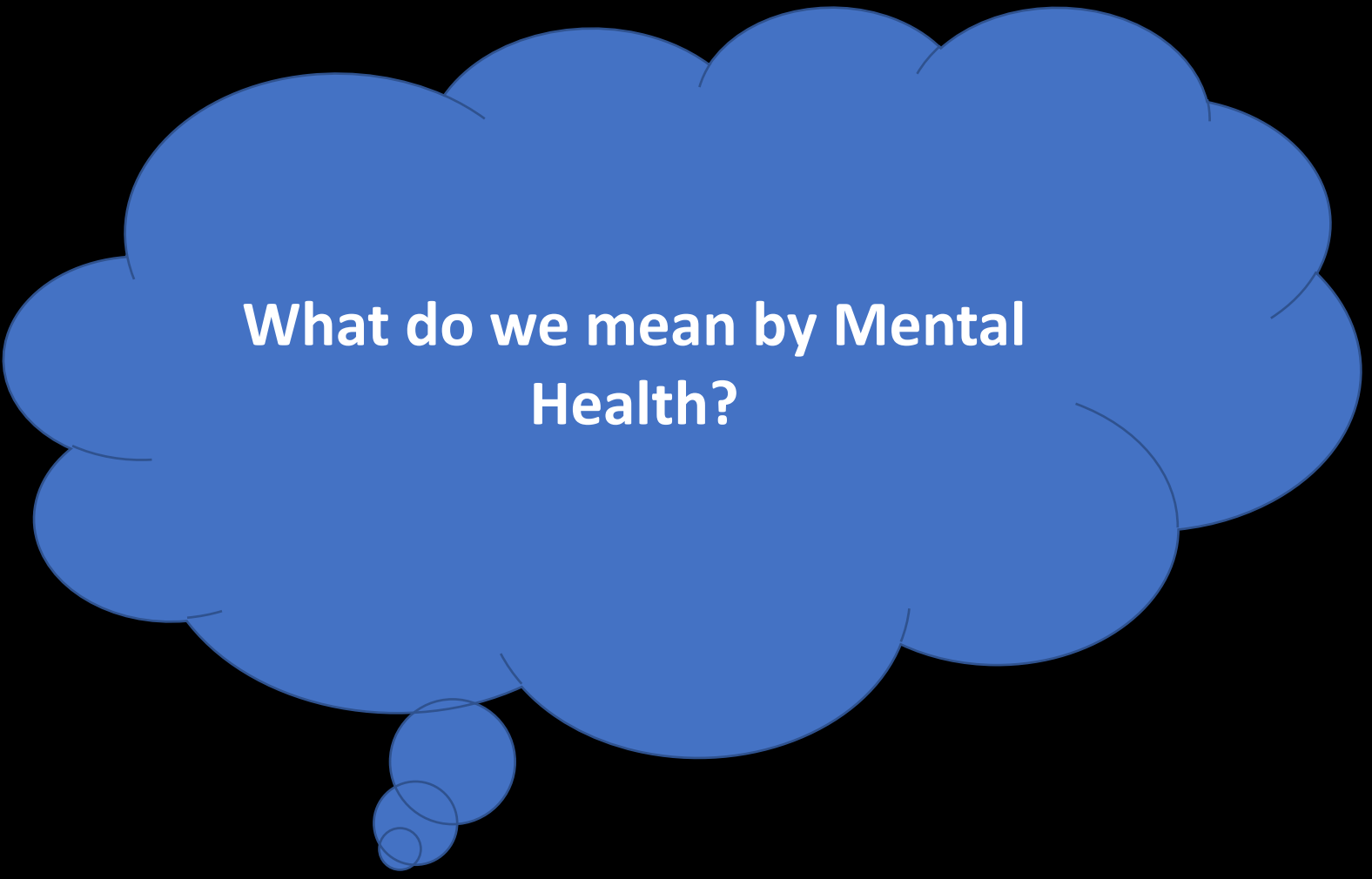
Contemporary Mental Health

Current Government initiatives in mental health and well-being; *Together for Mental Health*, Mental Health Measures (2019-22), Future Generations Act (Wales 2015), NICE Guidelines, IAPT/CYPIAPT, and Improving Access to Psychological Therapies in Wales.

Assessment and diagnostic approaches such as, DSM (Diagnostic Statistical Manual) and the ICD (International Classification of Disease).

Risk Assessment

Case formulation



**What do we mean by Mental
Health?**

Reading

- Claringbull, N., (2011). Mental health in Counselling and Psychotherapy(Counselling and Psychotherapy practice series). Exeter, UK: Learning Matters. Chapter 1
- Pilgrim, D. (2017) Key Concepts in Mental Health 4th Ed. Sage: London. Chapter 1