

### Summary Information

<b>Module Code</b>	4207PSYSCI
<b>Formal Module Title</b>	Concepts in Mental Health and Wellbeing
<b>Owning School</b>	Psychology
<b>Career</b>	Undergraduate
<b>Credits</b>	20
<b>Academic level</b>	FHEQ Level 4
<b>Grading Schema</b>	40

### Module Contacts

#### Module Leader

Contact Name	Applies to all offerings	Offerings
Benjamin Rosser	Yes	N/A

#### Module Team Member

Contact Name	Applies to all offerings	Offerings
Charlotte Krahe	Yes	N/A
Kaye Richards	Yes	N/A
Abigail Rose	Yes	N/A

#### Partner Module Team

Contact Name	Applies to all offerings	Offerings
--------------	--------------------------	-----------

### Teaching Responsibility

LJMU Schools involved in Delivery
Psychology

## Learning Methods

Learning Method Type	Hours
Lecture	30
Seminar	10

## Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-CTY	CTY	January	12 Weeks

## Aims and Outcomes

<b>Aims</b>	1. Introduce historical and conceptual issues in understanding mental health, psychological difficulties and wellbeing.2. Introduce protective and risk factors in relation to psychological difficulties and wellbeing.3. Examine contemporary models and interventions for psychological difficulties and wellbeing.
-------------	--

## Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Identify, compare and contrast conceptual viewpoints of psychological difficulties and wellbeing
MLO2	Identify and describe how psychology can contribute to our understanding and support of psychological difficulties.
MLO3	Identify and describe how psychology can promote and protect positive mental health and wellbeing.

## Module Content

Outline Syllabus
The module will cover a range of conceptual issues in mental health and wellbeing, such as: • Historical and conceptual development of psychological difficulties• Contemporary models of mental health and psychological difficulties• Emerging perspectives in mental health and wellbeing• Interventions for psychological difficulties, mental health and wellbeing• Promotion & protection of positive mental health and wellbeing.

## Module Overview

This module will introduce historical and conceptual issues in understanding mental health/psychological difficulties. You will examine contemporary models and interventions and be introduced to emerging models demonstrating our developing understanding and approach to supporting psychological difficulties.

## Additional Information

Concepts in Mental Health and Wellbeing is a core module for the Psychology programme.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Essay	Course work Essay	60	0	MLO1
Centralised Exam	Final exam	40	2	MLO2, MLO3