

Liverpool John Moores University

Title: CONCEPTS IN MENTAL HEALTH AND WELLBEING
Status: Definitive
Code: **4207PSYSCI** (121357)
Version Start Date: 01-08-2021

Owning School/Faculty: Psychology
Teaching School/Faculty: Psychology

Team	Leader
Ben Rosser	Y
Emma Ashworth	
Kayleigh Sheen	
Kaye Richards	

Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 42

Total Learning Hours: 200 **Private Study:** 158

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	30
Seminar	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Essay to identify, compare and contrast conceptual viewpoints of psychological difficulties and wellbeing	60	
Exam	Exam	Exam on module topics related to understanding and supporting psychological difficulties and wellbeing	40	2

Aims

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:

- 1 Identify, compare and contrast conceptual viewpoints of psychological difficulties and wellbeing
- 2 Identify and describe how psychology can contribute to our understanding and support of psychological difficulties.
- 3 Identify and describe how psychology can promote and protect positive mental health and wellbeing.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Course work Essay	1	
Final exam	2	3

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.*

Learning Activities

Lectures, seminars, reading and assessment preparation.

Notes

Seminars will support lecture content and will be tailored to assessment preparation.