

Liverpool John Moores University

Title: CONCEPTS IN MENTAL HEALTH AND WELLBEING
Status: Definitive
Code: **4507PSYSLI** (127494)
Version Start Date: 01-08-2021

Owning School/Faculty: Psychology
Teaching School/Faculty: Sri Lanka Institute of Information Technology

Team	Leader
Simon Cooper	Y

Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 43

Total Learning Hours: 200 **Private Study:** 157

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	31
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 mental health and wellbeing	60	
Exam	Exam	Exam on module topics of transdiagnostic factors and clinical psychology in relation to mental health and wellbeing	40	2

Aims

- 1. Introduce historical and conceptual issues in understanding mental health/psychological difficulties.*
- 2. Examine contemporary models and interventions for psychological difficulties.*

3. *Introduce emerging models demonstrating our developing understanding and approach to supporting psychological difficulties.*

Learning Outcomes

After completing the module the student should be able to:

- 1 Identify, compare and contrast conceptual viewpoints of mental health and wellbeing.
- 2 Identify and describe how transdiagnostic factors relate to mental health and wellbeing.
- 3 Identify and describe how psychology can promote and protect positive mental health.

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*
- *Emerging perspectives in mental health and wellbeing*
- *Interventions for mental health and wellbeing*
- *Promotion and 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.