

Concepts in Mental Health and Wellbeing

Module Information

2022.01, Approved

Summary Information

Module Code	4507PSYSLI
Formal Module Title	Concepts in Mental Health and Wellbeing
Owning School	Psychology
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Sri Lanka Institute of Information Technology

Learning Methods

Learning Method Type	Hours
Lecture	31
Seminar	10

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-PAR	PAR	January	12 Weeks

Aims and Outcomes

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.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Identify, compare and contrast conceptual viewpoints of mental health and wellbeing.
MLO2	2	Identify and describe how transdiagnostic factors relate to mental health and wellbeing.
MLO3	3	Identify and describe how psychology can promote and protect positive mental health.

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• Emerging perspectives in mental health and wellbeing• Interventions for mental health and wellbeing• Promotion and protection of positive mental health and wellbeing.
Module Overview	
Additional Information	Seminars will support lecture content and will be tailored to assessment preparation.

Assessments

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

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Simon Cooper	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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