

Liverpool John Moores University

Title: Therapeutic Approaches Used in Mental Health & Recovery
Status: Definitive
Code: **6509CPHEA** (119973)
Version Start Date: 01-08-2014

Owning School/Faculty: Nursing and Allied Health
Teaching School/Faculty: Accrington & Rossendale College

Team	Leader
Philomene Uwamaliya	

Academic Level: FHEQ6
Credit Value: 20.00
Total Delivered Hours: 48.00
Total Learning Hours: 200
Private Study: 152

Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	39.000
Seminar	6.000
Tutorial	3.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay		70.0	
Presentation	Pres		30.0	

Aims

- 1. To examine current debates and controversies related to evidence based approaches to clinical care and social support in mental health and recovery.*
- 2. To introduce students to a range of interventions based on different theoretical approaches to mental health and recovery.*

Learning Outcomes

After completing the module the student should be able to:

- LO1 Critically engage with theories, concepts and models of therapeutic approaches.
- LO2 Critically evaluate the evidence base of a selected therapeutic approach to mental health and recovery.
- LO3 Identify and critically appraise key challenges in engaging and sustaining the therapeutic relationship.

Learning Outcomes of Assessments

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

Essay	LO 1	LO 2
Presentation	LO 3	

Outline Syllabus

Historical perspectives

Developing therapeutic alliances with service users

Key Approaches

- *Cognitive Behaviour Therapy*
- *Solution Focused Therapy*
- *Motivational Interventions*
- *Humanistic Therapies*
- *Psychodynamic therapy*
- *New and emerging interventions*

Effective Skills for therapeutic approaches

Issues affecting application of therapeutic approaches

Learning Activities

The delivery of this module will use a combination of lectures, classroom based activities, independent learning methods and group work. During the seminar sessions students will be encouraged to research the topics they will be using for their coursework and overall will be student led.

Its Learning (VLE) will be utilised as an additional learning resource on this module. This will provide links to academic web-sites and on-line journals, facilitate group

discussion outside of the classroom, access to outline lecture notes, and provide students with assessment details.

References

Course Material	Book
Author	Joseph, S
Publishing Year	2010
Title	Theories of Counselling and Psychotherapy:
Subtitle	An Introduction to the Different Approaches
Edition	
Publisher	Palgrave Macmillan
ISBN	0230576370

Course Material	Book
Author	Walsh, T
Publishing Year	2010
Title	The Solution-Focused Helper
Subtitle	Ethics and Practice In Health and Social Care
Edition	
Publisher	Open University Press
ISBN	0335228844

Course Material	Book
Author	Dryden, W., Reeves, AThe
Publishing Year	2013
Title	Handbook of Individual Therapy
Subtitle	
Edition	
Publisher	Sage
ISBN	0335228844

Notes

The module will focus on the importance and need for service providers to more effectively engage with service users towards building therapeutic alliances.