

## The Self in Mental Health

### Module Information

2022.01, Approved

#### Summary Information

Module Code	7702HMADV
Formal Module Title	The Self in Mental Health
Owning School	Nursing and Allied Health
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

#### Teaching Responsibility

LJMU Schools involved in Delivery
Nursing and Allied Health

#### Learning Methods

Learning Method Type	Hours
Seminar	28
Tutorial	2

#### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

#### Aims and Outcomes

Aims	To critically explore the concept of the self within a mental health context
------	--

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

## Learning Outcomes

Code	Number	Description
MLO1	1	Critically examine the responsible self as this relates to society and culture
MLO2	2	Critical analyse the development of psychological and emotional aspects of the self
MLO3	3	Critical discussion of the potential self as it relates to coaching
MLO4	4	Demonstrate a critical understanding of the reasoned self as this relates to ethical reasoning and decision making

## Module Content

Outline Syllabus	The syllabus will focus of the different aspects of the self; the responsible self – relates to society and culture, the development of self – relates to the psychological and emotional aspects of self, the potential self – relates to coaching, and the reasoned self – ethical reasoning and decision-making. This includes exploring the self as personality, as a belief system, as a relational dynamic and therapeutic model to personal and professional practice - Peplau, Watson, Barker, Berne, and Heron. There will also be a focus on self-awareness as self-discovery and the use of self in the talking therapies encompassing critical reflection, emotional intelligence, self-resilience, skills in relation to mindfulness, compassion-based approaches, advocacy and applying a right based approach.
Module Overview	This module aims to critically explore the concept of the self within a mental health context. It is assessed via a referenced script or your journey of development and oral presentation to support this. The focus is on the different aspects of the self; the responsible self “relates to society and culture, the development of self “relates to the psychological and emotional aspects of self, the potential self “relates to coaching, and the reasoned self “ethical reasoning and decision-making. You will explore the self as personality, as a belief system, as a relational dynamic and therapeutic model to personal and professional practice - Peplau, Watson, Barker, Berne, and Heron. There will also be a focus on self-awareness as self-discovery and the use of self in the talking therapies encompassing critical reflection, emotional intelligence, self resilience, skills in relation to mindfulness, compassion-based approaches, advocacy and applying a right based approach.
Additional Information	This module is a core module which forms part of the MA Mental Health and MA Nursing: Mental HealthIt is not a stand alone CPD module.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Referenced script	70	0	MLO1, MLO2, MLO3, MLO4
Portfolio	Oral presentation ref script	30	0	MLO2

## Module Contacts

### Module Leader

Contact Name	Applies to all offerings	Offerings
Philomene Uwamaliya	Yes	N/A

**Partner Module Team**

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