



CHRISTIAN HERITAGE COLLEGE

**CO213**

## **INTRODUCTION TO MENTAL HEALTH**

This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.

<b>Unit code</b>	CO213														
<b>Unit name</b>	Introduction to Mental Health														
<b>Associated higher education awards</b>	Bachelor of Counselling														
<b>Duration</b>	One semester														
<b>Level</b>	Intermediate														
<b>Core/elective</b>	Core														
<b>Weighting</b>	Unit credit points: 10 Course credit points: 240														
<b>Delivery mode</b>	Face-to-face on site External														
<b>Student workload</b>	<p><i>Face-to-face on site</i></p> <table> <tr> <td>Contact hours</td> <td>35 hours</td> </tr> <tr> <td>Reading, study, and preparation</td> <td>55 hours</td> </tr> <tr> <td>Assignment preparation</td> <td>60 hours</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>150 hours</b></td> </tr> </table> <p><i>External</i></p> <table> <tr> <td>Engagement with study materials</td> <td>90 hours</td> </tr> <tr> <td>Assignment preparation</td> <td>60 hours</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>150 hours</b></td> </tr> </table> <p>Students requiring additional English language support are expected to undertake an additional one hour per week.</p>	Contact hours	35 hours	Reading, study, and preparation	55 hours	Assignment preparation	60 hours	<b>TOTAL</b>	<b>150 hours</b>	Engagement with study materials	90 hours	Assignment preparation	60 hours	<b>TOTAL</b>	<b>150 hours</b>
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<b>Prerequisites/ co-requisites/ restrictions</b>	<i>Prerequisite</i> SO112 Introduction to Human Behaviour														
<b>Rationale</b>	<p>Statistics show that, in Australia, one in five people will experience some kind of mental health issue every year (SANE, 2014). For some this may be an isolated episode from which they will recover; however, many others find that their mental health challenges create on-going difficulties for them and their families in their day-to-day living. This has motivated governments and industry groups to highlight the importance of funding mental health support services, and educate the community in an attempt to reduce the stigma associated with mental health challenges.</p> <p>With such a large number of people experiencing mental health issues, and with increased awareness, it is to be expected that many of the clients that counsellors see will have a mental health issue, even if it is not the presenting issue. It is vital, therefore, that counselling students have knowledge of mental health challenges, be equipped with the skills to recognise mental health issues, and know how to respond appropriately to those issues within the limits of counsellor training and when referral to another mental health professional is warranted.</p>														

	<p>This unit explores the concept of mental health and what affects mental health from a variety of different perspectives, including neurobiology, psychology, traditional medical models and evidence-based practices, multicultural understandings, postmodernism, and a Christian worldview perspective. Students have the opportunity to examine the Australian mental health care system, and major mental health issues that might present in their counselling practice.</p>
<p><b>Prescribed text(s)</b></p>	<p>Hungerford, C., Hodgson, D., Clancy, R., Monisse-Redman, M., &amp; Bostwick, R. (2012). <i>Mental health care: An introduction for health professionals in Australia</i> (2nd ed.). Brisbane, Australia: Wiley.</p>
<p><b>Recommended readings</b></p>	<p><b>Books</b></p> <p>American Psychiatric Association. (2013). <i>Diagnostic and statistical manual of mental disorders</i> (5th ed.). Washington, DC: American Psychiatric Press.</p> <p>May, G. (1993). <i>Simply sane: The spirituality of mental health</i>. New York, NY: Crossroads.<sup>1</sup></p> <p>Meadows, G., Farhall, J., Fossey, E., Grigg, M., McDermott, F., &amp; Singh, B. (2012). <i>Mental health in Australia: Collaborative community practice</i> (3rd ed.). Melbourne, VIC, Australia: Oxford University Press.</p> <p>Pilgrim, D., &amp; McCranie, A. (2013). <i>Recovery and mental health</i>. London, UK: Palgrave Macmillan.</p> <p>Shannon, S. (2013). <i>Mental health for the whole child: Moving young clients from disease and disorder to balance and wellness</i>. New York, NY: Norton.</p> <p>Swinton, J. (2000). <i>From bedlam to shalom: Towards a practical theology of human nature, interpersonal relationships, and mental health care</i>. New York, NY: Peter Lang International Academic.<sup>1</sup></p> <p>Tantum, D. (2014). <i>Emotional well-being and mental health: A guide for counsellors and psychotherapists</i>. London, UK: Sage.</p> <p>Thornicroft, G., Szukler, G., Mueser, K.T., &amp; Drake, R.E. (Eds.). (2011). <i>Oxford textbook of community mental health</i>. New York, NY: Oxford University Press.</p> <p><b>Journals</b></p> <p><i>Journal of Mental Health Counseling</i></p> <p><i>Journal of Psychology and Theology</i></p> <p><b>Websites</b></p> <p><a href="https://mhsa.aihw.gov.au/home/">https://mhsa.aihw.gov.au/home/</a></p> <p><a href="http://www.aihw.gov.au/mental-health-services-publications/">http://www.aihw.gov.au/mental-health-services-publications/</a></p> <p><a href="http://www.mindframe-media.info/home">http://www.mindframe-media.info/home</a></p> <p><a href="http://www.cmha.org.au">www.cmha.org.au</a></p> <p><a href="https://www.sane.org/mental-health-and-illness/facts-and-guides/facts-figures">https://www.sane.org/mental-health-and-illness/facts-and-guides/facts-figures</a></p> <p>In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV 2011) or The Holy Bible: New King James Version (NKJV).</p> <p>These and other translations may be accessed free on-line at <a href="http://www.biblegateway.com">http://www.biblegateway.com</a>. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p>

<sup>1</sup> Seminal text

<b>Specialist resource requirements</b>	Nil
<b>Content</b>	<ol style="list-style-type: none"> <li>1. Introduction to mental health</li> <li>2. Neurobiological and psychological understandings of mental health and mental health challenges</li> <li>3. Different understandings of mental health and mental health challenges, including sociocultural, multicultural, postmodernist and Christian worldview perspectives</li> <li>4. DSM-V classifications of mental disorders and medical models</li> <li>5. Australia's mental health care system (including ethical, legal, and policy issues)</li> <li>6. The Recovery model</li> <li>7. Assessment skills and decision-making processes</li> <li>8. Crisis interventions</li> <li>9. Evidence-based counselling approaches</li> <li>10. Accessing resources and referral pathways</li> <li>11. A framework for working with mental health clients</li> </ol>
<b>Learning outcomes</b>	<p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> <li>1. investigated a variety of explanations of mental health and mental distress, including traditional approaches, different cultural understandings, postmodern theories, and Christian worldview perspectives;</li> <li>2. examined several major mental health challenges that counsellors may come across in their work;</li> <li>3. understood Australia's mental health care system, including ethical, legal and policy issues;</li> <li>4. developed strategies for working with mental health clients, including knowledge of appropriate referral processes and pathways;</li> <li>5. reflected upon their own attitudes to and engagement with mental health; and</li> <li>6. communicated at an appropriate tertiary standard with special attention to correct grammars, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing, and presentation.</li> </ol>
<b>Assessment tasks</b>	<p><b>Task 1: Journal entries</b></p> <p>Post five (5) journal entries in response to the topics posted on Moodle™.</p> <p>Word Length/Duration: 1,250 words (5 x 250 words)</p> <p>Weighting: 30%</p> <p>Learning Outcomes: 1-3, 5, 6</p> <p>Assessed: Weeks 2, 4, 6, 8,10</p> <p><b>Task 2: Concept map</b></p> <p>Design a concept map with your understanding of mental health, mental health challenges, and causation.</p> <p>Word Length/Duration: 1,200 words</p> <p>Weighting: 30%</p> <p>Learning Outcomes: 1-3, 6</p> <p>Assessed: Week 11</p>

	<p><b>Task 3: Case study</b></p> <p>Assess the mental health challenges being faced by the client in the case study, justifying your hypothesis with reference to appropriate literature.</p> <p>Word Length/Duration: 2,000 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-6</p> <p>Assessed: Week 15</p>
<p><b>Unit summary</b></p>	<p>This unit explores the concept of mental health from a variety of different perspectives, including neurobiology, psychology, traditional medical models, evidence-based practices, multicultural understandings, postmodernism, and a Christian worldview perspective. Students have the opportunity to examine the Australian mental health care system, and major mental health challenges that might present in their counselling practice.</p>

SAMPLE