



CHRISTIAN HERITAGE COLLEGE

**CO513**

## **TOWARDS AN UNDERSTANDING OF 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>	CO513														
<b>Unit name</b>	Towards an Understanding of Mental Health														
<b>Associated higher education awards</b>	Master of Counselling														
<b>Duration</b>	One semester														
<b>Level</b>	Postgraduate														
<b>Core/elective</b>	Core														
<b>Weighting</b>	Unit credit points: 10 Course credit points: 160														
<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>	Nil														
<b>Rationale</b>	<p>Mental health in Australia is rapidly becoming one of the major social issues of our time. With research showing that one in five people will experience some kind of mental health issue every year (SANE, 2014), the reality is that many people are finding that their mental health challenges create on-going difficulties for themselves and their families in their day-to-day living. In order to effectively respond to these challenges, governments and industry groups are recognising the importance of funding mental health support service to both address these challenges and to educate the community in an attempt to reduce the stigma traditionally associated with mental health.</p> <p>Considering this unprecedented increase in the numbers of adults, adolescents and children experiencing mental health issues, it is foreseeable that many of the clients counsellors see may have a mental health issue/s, even if it is not the presenting issue. Therefore, in this unit, the student will have the opportunity to examine traditional and contemporary theories related to addressing mental health challenges. They will also 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>														

	Further to this, the student will have the opportunity to evaluate the strength-based philosophies being utilised by those in the mental health sectors as well as examining factors that threaten 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. Other important factors, including the Australian mental health care system will also be examined. The goal of this master's level unit is to enable students to establish a framework for working with clients facing mental health challenges.
<b>Prescribed text(s)</b>	Hungerford, C., Hodgson, D., Clancy, R., Monisse-Redman, M., & Bostwick, R. (2014). <i>Mental health care: An introduction for health professionals in Australia</i> (2 <sup>nd</sup> ed.). Brisbane, Australia: Wiley.
<b>Recommended readings</b>	<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., Szmukler, 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>Best Practices in Mental Health</i></p> <p><i>Evidence-based Mental Health</i></p> <p><i>Journal of Mental Health Counseling</i></p> <p><i>Journal of Mental Health and Human Behavior</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>

<sup>1</sup> Seminal text.

	<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>
<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, postmodernism 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. analysed, mental health and mental distress from various perspectives including traditional medical models, cultural understandings, postmodern theories, and a Christian worldview;</li> <li>2. exhibited an advanced understanding of the causes and effects of major mental health challenges commonly faced by counsellors in their work from a number of perspectives;</li> <li>3. critically evaluated Australia's mental health care system, considering ethical, legal and policy issues;</li> <li>4. developed specific strategies for working with mental health clients, including knowledge of appropriate referral processes and pathways;</li> <li>5. critically 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: Concept map</b>  Design a concept map that demonstrates your understanding of mental health, mental health challenges, and causation.</p> <p>Word Length/Duration: 1,500 words</p> <p>Weighting: 25%</p> <p>Learning Outcomes: 1-3, 6</p> <p><b>Task 2: Oral presentation plus handout</b>  Research one mental health issue commonly encountered in counselling from the list supplied on Moodle™. A 1-2-page handout for the class, outlining the major points of your presentation, is to be included with your presentation.</p> <p>Word length/Duration: Presentation - 20 minutes; Handout - 1,000 words</p> <p>Weighting: 35%</p> <p>Learning Outcomes: 1-4, 6</p> <p>Assessed: Weeks 10-13</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. Formulate a plan for proceeding with this client that includes relevant ethical, legal and Christian worldview considerations. Include a personal reflection on your response to this case study.</p> <p>Word Length/Duration: 2,500 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-6</p> <p>Assessed: Week 15</p>
<b>Unit summary</b>	<p>This unit explores the concept of 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 challenges that might present in their counselling practice. The goal of this unit is to enable students to establish a personal practice plan for working with clients facing mental health challenges.</p>

S A M P L E