

Module specification

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Module code	HLT623
Module title	Skills and Settings for Contemporary Mental Health Practice
Level	6
Credit value	20
Faculty	SLS
Module Leader	Justine Mason
HECoS Code	100473
Cost Code	GAHW

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc (Hons) Mental Health and Wellbeing	Core

Pre-requisites

None.

Breakdown of module hours

Learning and teaching hours	24 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	24 hrs
Placement / work based learning	0 hrs
Guided independent study	176 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	6 th December 2021
With effect from date	September 2022
Date and details of revision	
Version number	1

Module aims

This module will enable students to develop a critical understanding of contemporary therapeutic approaches in mental health practice. It will provide knowledge and understanding of contemporary practices, including key skills for working with individuals and groups, and new models of mental health care provision.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Critically evaluate the evidence underpinning contemporary non-medical therapeutic approaches in supporting the recovery of those living with mental health challenges.
2	Implement a practical proposal for a therapeutic activity, utilising appropriate interpersonal skills to navigate working with a group.
3	Critically evaluate the role of non-medical settings and approaches in contemporary mental health practice.

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Assessment 1

Students will be required to implement a 15-minute practical proposal for a therapeutic activity, utilising appropriate interpersonal skills.

Assessment 2

Students will also be required to submit a 2,000-word report that critically evaluates the evidence underpinning non-medical therapeutic approaches in supporting the recovery of those living with mental health challenges, and the role of non-medical settings and approaches in contemporary mental health practice.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	2	Practical	40%
2	1, 3	Written Assignment	60%

Derogations

None.

Learning and Teaching Strategies

The learning and teaching strategy for this module follows WGU's Active Learning Framework. Students are required to attend 'synchronous' workshops that will include the delivery of module content alongside individual and group discussions and tasks. They are also required to complete 'asynchronous' directed study tasks provided on the Virtual Learning Environment (VLE), such as watching recorded lectures, engaging with discussion forums, and undertaking quizzes, individual and group tasks, key readings and reflective activities.

Indicative Syllabus Outline

- Key skills for contemporary mental health practice: working with individuals and groups including active listening, solution focused interventions and group development
- Therapeutic activities including:
 - Mindfulness and guided relaxation
 - Art
 - Horticulture
 - Drama
 - Music
 - Physical health activities e.g. yoga, Tai Chi

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Egan, G. and Reese, R. (2018), *The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping*, 11th ed. Andover: Cengage.

Other indicative reading

Clift, S., Camic, P., and Royal Society for Public Health. (2016), *Oxford Textbook of Creative Arts, Health, and Wellbeing: International Perspectives on Practice, Policy, and Research*. Oxford, United Kingdom: Oxford University Press.

Manchiodi, C. (2006), *The Art Therapy Sourcebook*, 2nd ed. London: UK: McGraw: Hill.

Oham, C. and MacDonald, D. (2016), *Leading and Managing a Social Enterprise in Health and Social Care*. CreateSpace Independent Publishing Platform.

Stuart-Smith, S. (2020), *The Well-Gardened Mind*. Glasgow: William Collins.

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication