

Mental Health and Wellbeing

and tailored certificates for new roles, eg Vocational Rehabilitation Workers, Primary Care Graduate Mental Health Workers



Location: London North campus, Ladbroke House

Aims of the course

The focus of policy and practice in relation to mental health is increasingly on wellbeing, prevention and inclusion. This programme has been designed to meet the needs of those aiming to deliver these policy objectives. It aims to develop the skills, knowledge and insight of those who work in any way with people who need support for problems related to mental health. The focus is particularly on social factors affecting wellbeing.

Students may take a single module as an Associate Student, take three modules to gain a PG Certificate in Mental Health Practice, or continue on to Post-Graduate Diploma or MA Mental Health and Wellbeing.

The post-graduate certificate in Mental Health Practice allows students to tailor a programme of 3 modules to their particular professional development needs, and competencies. Select in discussion with course leader, eg:

Post-Graduate Certificate Focus – Vocational Rehabilitation role:

Supporting People into Employment/IPS focuses on the importance of work to health, and to social inclusion, and on the knowledge and skills needed by workers whose role is linked to the aim of increasing participation in paid employment.

Taught by Miles Rinaldi, experienced vocational services manager

5 days: June 11, 12, 21, 22, 29, 2012
10am-4.30pm

Brief Interventions in mental health

introduces the key concepts and skills underpinning a range of therapeutic approaches, and enables students to reflect critically on their communication skills. Includes skills based video workshops where students will be required to practice and demonstrate interpersonal competence.

11 consecutive Thurs afternoons (break for Easter) 2 – 5pm from Feb 2012

Third module, either:

Mental Health Practice (work based project) develops the student's practice skills; work based and supervised, based on a chosen intervention that should improve the wellbeing of an identified group of people. Can be used to demonstrate competencies

or select from modules listed below and overleaf.

Post-Graduate Certificate Focus – Primary Care Graduate Mental Health role:

Mental Health Promotion

evaluates interventions designed to promote wellbeing and/or prevent mental ill-health; analyses structures and support at the individual and service provider levels, and at community and policy levels.

Taught by Dr Jennifer Newton, author and researcher in mental ill-health prevention
Tuesday evenings, Oct to Dec, 6-9pm

Mental Health in Primary Care

aims to extend the students understanding of common mental health problems, policy and practice in primary mental health care, including use of case registers, physical health needs, referral pathways, and links to other relevant sources of support.

Taught by Simon Brewer, experienced mental health practitioner, manager, and in practice development
Thursday mornings, 11 weeks, Feb to May

Third module –
[Brief Interventions in Mental Health](#)– as above.

Post-Graduate Certificate Focus – Support worker role:

Mental Health in the Community
Support Planning
Brief Interventions in Mental Health

MA Mental Health and Wellbeing

Complete 4 core (compulsory) modules, two designates or electives, and a 12,000-15,000 word dissertation. Part-time over two years or full-time over one year.

Core Modules for the MA

Social Epidemiology
Mental Health Promotion
Social Research
Brief Interventions in mental health

Designate Modules

Any two:
Supporting People into Employment/IPS Advice, Empowerment and Customer Care
Support Planning
Mental Health in the Community
Race, Culture and Wellbeing: RECC
Sexual Violence: causes, consequences and interventions
Child and adolescent mental health: evidence based intervention.
Mental Health Practice (work based project)
Or elective

Career opportunities

This programme will support those working in primary care, or toward recovery and wellbeing in secondary care services, or working in non-health related services such as refuges, supported housing, voluntary sector support services, family support, employment support, community groups. The designates have a strongly applied focus, and can be combined with a work based practice module in the post-graduate certificate to enable people looking for a programme of in-service professional development to tailor a programme to meet their particular needs.

Expertise

The programme is able to draw on a range of distinguished contributors from both inside and outside the university. The Faculty of Applied Social Sciences has a world leading Centre for

Child and Woman Abuse Studies, a Centre for Social Evaluation Research, a Refugee Advice and Guidance Unit, and three research Institutes: the Institute for Human Rights and Social Justice; the Working Lives Research Institute; the Institute for the Study of European Transformations, as well as a good track record in mental health research. Associates of the programme include Professor Jenny Secker, Professor Suman Fernando, and Dr Dorothy Rowe.

Fees

£630 per module for home students 2011-12

Entry requirements

For the MA, the normal entry requirement is a good Honours degree or equivalent in a relevant academic subject (eg a social science) or professional programme. However, applicants with other qualifications but substantial relevant work experience may be considered and are encouraged to apply. Applicants for whom English is not their first language must demonstrate sufficient proficiency in both written and spoken English. The minimum requirement is one of the following: IELTS 6 or above; TOEFL (old examination) 580 minimum; TOEFL (new examination) 237 minimum

Applicants for a single module as Associate student do not need to take the assessments, and hence do not need the same level of academic qualification. Relevant experience and evidence of benefit of taking the module required.

How to apply

For a single module/short course, go to www.londonmet.ac.uk/dass/shortcourses and download the form and post to Jennifer Newton or Simon Brewer at 62-66 Highbury Grove, N5 2AD, with passport photo, or email scanned copy

For the MA - please apply directly to the University. An application form can be printed off from <http://www.londonmet.ac.uk/how-to-apply/direct-application.cfm> and sent to the admissions office, with a note on the form itself to clarify it is for the attention of the two tutors below.

Further information

Admissions Office, London Metropolitan University, 166-220 Holloway Road, London N7 8DB. Tel: 020 7133 4200 Email: admissions@londonmet.ac.uk

You can also discuss course details with course leader Jennifer Newton 020 7133 5106, email j.newton@londonmet.ac.uk

We do everything we can to ensure that information in this leaflet is correct, however details may change and we cannot accept responsibility for errors or omissions.