Course Title: Introduction to Mental Health and Mental Illnesses

Subject category: mental health

Course aim: The aim of this course is to provide learners with knowledge of the psychiatric and other key models of mental illnesses.

Course overview: This course provides learners with knowledge of how mental health and illnesses relate to each other, and how psychiatrists make sense of mental illnesses, as well as other talking treatment practitioners. Anyone who wants to know more about mental illnesses will find this course extremely valuable, not least because it helps delegates to recognise signs and symptoms, a skill which can only help with day to day interactions. It also raises awareness of how to begin supporting people who are vulnerable due to their mental health.

Pre course requirements: None

Name of trainer: Stephen Brogan

Who should attend: Anyone who works in the field of mental health, or anyone who wants to gain further insight into mental health and mental illnesses. The course will be of particular interest to non-specialists who come into contact with people with mental health conditions as part of their work, family or friends of people experiencing mental health conditions who would benefit from information and guidance, and anyone with an interest in learning more about this important and fascinating topic.

Course level: Level 1 (introductory)

What you will learn:

- The different models of mental health: psychiatric, social, intuitive/spiritual, existential, recovery
- How mental illnesses are diagnosed
- The six strands of inequality and mental health
- The causes and symptoms of the most prevalent mental health problems (anxiety, OCD, depression, bi-polar disorder, schizophrenia and personality disorders), and the treatment and support options that relate to these
- The common prejudices and assumptions associated with mental health
Course timings: this one day course will run from 10am to 4.30pm with short comfort breaks in the morning and afternoon and a one hour lunch break.

Programme:

10.00 Welcome, introductions, housekeeping and ground rules

10.20 Introduction to mental health: what is the difference between mental health and ill-health? How are mental illnesses diagnosed and classified? Apart from the psychiatric classification, what are the other models that explain mental ill health? The key issues connected to mental health and inequality

11.15 Break

11.30 The common mental health problems: causes, signs and symptoms, and treatment and support that relates to anxiety, phobias, OCD, and depression

13.00 Lunch

14.00 The severe mental health problems: causes, signs and symptoms, treatment and support that relates to psychosis, bi polar disorder and schizophrenia

15.15 Break

15.30 Personality Disorders: common themes, different types, causes, signs and symptoms, treatment and support

16.00 The strengths and weaknesses of the psychiatric model of mental health

16.15 Resources and further reading, review and evaluations

16.30 Close