Module Name: Theoretical Perspectives on Mental Health/Illness
Module Code: NU1P01
ECTS: 5
No. of Hours: 20
Term: Michaelmas
Assessment Date: Week 16
Module Leader: Jean Morrissey
Lecturers: Jean Morrissey, Mike Watts, Brian Keogh

Aims

This module will introduce students to a number of theoretical approaches, which offer ways of understanding the nature of mental health and mental illness. The module will explore both historical and contemporary discourses, with reference to bio/psychiatric, psychological, social, political, spiritual and legal explanations of mental illness and distress. The module will also explore literature on recovery, service user expertise, peer support and the role of non statutory organisations. Emphasis will be placed on exploring how each lens of understanding impacts on service users and families, with specific emphasis on: citizenship, agency and social exclusion, service provision, professional roles, therapeutic approaches to care and treatment, risk and power relationships.

Learning Outcomes

Following completion of this module the student should be able to:

- Discuss what is meant by the concept of mental health.
- Discuss the social, psychological and physical factors that negatively impact on a person’s mental health.
- Describe the historical and contemporary explanations of mental health and illness.
- Compare and contrast the bio psychiatric/medical, psychological, social and spiritual approaches to understanding mental health and illness.
- Describe the strengths and limitations of each approach as a way of understanding the cause, treatment, and care of a person experiencing mental distress.
- Discuss the implications of each explanation of mental illness/distress for the person’s agency and role in their own recovery.
- Discuss the principles underpinning a recovery approach to mental health service provision and describe how a recovery approach would view the role of the person in their own care.
- Discuss the role and contribution of non statutory organisations and peer support in mental health service provision and the care of people who are experiencing mental distress.
- Differentiate between the concepts of public stigma, self stigma and courtesy stigma, and discuss the implications of labelling a person as mentally ill, in terms of citizenship personhood and social inclusion.
Indicative Content

- Concept on Mental health: World Health organisation’s definitions, continuum of mental health, stress and mental health, coping and mental health.
- Mental illness: theoretical approaches- historical theories, biomedical theories (genetic, biochemical, structural), biomedical classifications (DSM and ICD), psychological theories (cognitive, psychoanalytic, behavioural, stress cognitive vulnerability model), family theories (expressed emotion), social (age, gender, social class, homelessness, education, substance misuse, violence and abuse) spiritual and legal explanations.
- Implications of each theory for the role of the mental health nurse, therapeutic stance of mental health nurse, approach to risk, power, agency and voice of the service user.
- Recovery model, expertise by experience, and role of hope, peer support and advocacy.
- Impact of labelling, stigma and service providers attitudes on personhood, citizenship, agency and social inclusion.

Teaching and Learning Activities

- Lectures
- Directed Learning

Student Effort Hours

- 100

Assessment

Mode of Assessment: Unseen Examination

Assessment Details

2 hours
Answer 3 questions out of 5

Reading List

Essential Reading


**Recommended Reading**


