



Course details

Course title

Psychology: Perspectives on Mental Health Part 1 (online)

Course code

Q00019523

Course date

Start: 08/01/25

End: 12/02/25

Number of classes

6 sessions

Timetable

Wed 8th Jan, 14:30 to 16:30

Wed 15th Jan, 14:30 to 16:30

Wed 22nd Jan, 14:30 to 16:30

Wed 29th Jan, 14:30 to 16:30

Wed 5th Feb, 14:30 to 16:30

Wed 12th Feb, 14:30 to 16:30

Tutor

Kevin Walker

Fee:

£44.40

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

We will explore the experience of mental distress from four very different viewpoints. Each has something to offer, none has the whole story. • The Biological aims to understand what is going on in the brain and the body. It underpins the medical model. • The Psychological perspectives seek to explain our mental states in terms of our thinking, feelings and habits. It's all in the mind. • The Social perspective shifts the focus away from the individual. It is society that needs to change. • A Spiritual perspective goes beyond our limited sense of self to seek deeper meaning in our life journey.

Course description

This is an introductory level course; no previous knowledge is assumed. It is suitable for those on a recovery journey, for those with a personal or professional interest in mental health, and those seeking to use their own experience to help others. Teaching is a mix of short presentations, small group discussions and lots of open questions. This is not about dismissing any of the perspectives but about exploring how some might be more useful in different situations.

We will use these different perspectives to look at questions such as

- Can the mind be sick like the body?
- Is mental ill-health a state of mind or the result of trying to fit into an insane world?
- Is depression an imbalance of brain chemistry or the result of negative (or realistic) thinking?
- Why do we feel so anxious to be accepted by others?
- Are you having delusions or just seeing and hearing what others miss?
- Do you try to change the medication or the world around you.
- When do you know you have recovered?

The tutor has a wealth of experience of exploring psychological issues with adults but is not a mental health practitioner. This course is more educational than therapeutic.

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