



Course details

Course title

Psychology: Perspectives on Mental Health Part 2 (online)

Course code

Q00019524

Course date

Start: 23/04/25

End: 28/05/25

Number of classes

6 sessions

Timetable

Wed 23rd Apr, 14:30 to 16:30

Wed 30th Apr, 14:30 to 16:30

Wed 7th May, 14:30 to 16:30

Wed 14th May, 14:30 to 16:30

Wed 21st May, 14:30 to 16:30

Wed 28th May, 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 meaning and our experience of mental distress from four very different viewpoints; the Biological or medical model, various psychological approaches, the societal perspective and a spiritual one. Each has something to offer, none has the whole story. This is an introductory level course, so no previous knowledge is assumed. It is suitable for those on a recovery journey, for those seeking to use their own experience to help others or for those simply curious about mental health. It follows on from part 1 but it is not essential to have completed that to do this course. Teaching is a mix of short presentations of key ideas, challenging open questions and lots of open discussion in small groups online.

Course description

The Biological aims to understand what is going on in the brain and the body. It underpins the medical model.

The Psychological approaches seek to explain our mental states in terms of our thinking, feelings and habits. It's all in the mind. The Social perspective aims to shift 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.

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

- Diagnosis and labelling
- Mood swings & bipolar disorder
- Neurodiversity and ASD
- Obsessions, Compulsions and Addictions
- Eating Disorders
- Personality Disorders

The tutor has a wealth of experience of exploring psychological issues with adults, but he is not a mental health practitioner. This course would not be helpful for someone seeking therapeutic advice. It is more educational than therapeutic.

Comments from previous students -

This has made me start to view mental health conditions in a different way.

I liked the balance of receiving information and the chance to discuss it with other students.

It gave me a more open-minded view of others ongoing challenges.

Brilliant to find a sense of community and sharing experience in a supported environment.

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