



Course details

Course title

Personal Development: Introduction to Different Perspectives on Mental Health

Course code

Q00019893

Course date

Start: 27/11/24

End: 27/11/24

Number of classes

1 sessions

Timetable

Wed 27th Nov, 14:30 to 16:30

Tutor

Kevin Walker

Fee range

Free to £7.40

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 introduction for a longer course starting in January. It will introduce the perspectives

used and explain how they can be applied to look at Mental Health in different ways. This

is not about dismissing any of the perspectives but about exploring how some might be

more useful in different situations.

It is open to all, and no previous knowledge is assumed. It is suitable for those on a

recovery journey, for those with a personal 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.

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.

We will use these different perspectives to consider 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?

The follow up course starts on Wednesday January 8th for 6 weeks from 2.30pm to

4.30pm. To find out more visit <https://www.wea.org.uk/courses/humanities->

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

Source URL: <https://www.wea.org.uk/courses/skills-life/self-development/27-november-personal-development-introduction-different>