

Module Details	
Module Title	Clinical Psychology and Mental Health
Module Code	PSY6016-B
Academic Year	2024/5
Credits	20
School	School of Social Sciences
FHEQ Level	FHEQ Level 6

Contact Hours	
Type	Hours
Lectures	33
Directed Study	167

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Semester 1

Module Aims
<p>The objectives of this module are to foster a critical appraisal of clinical psychology as a discipline interested in promoting people's mental health and relieving mental distress. Students will learn about a variety of clinical approaches (e.g., behavioural, cognitive, psychodynamic, positive, and humanistic), used to provide a conceptualisation, assessment, diagnosis, and treatment of various mental health conditions (e.g., anxiety, depression, psychosis, substance abuse etc.). Diagnostic criteria will be described and clinical research, theory and practice will be reviewed to improve the understanding of the factors impacting on people's mental health and the most promising treatments for mental distress.</p>

Outline Syllabus
<ul style="list-style-type: none"> - Conceptions of abnormality, psychopathology, and mental distress. - History and current developments in clinical psychology. - Assessment, diagnosis, treatment, and research methods. - Depression and mood disorders. - General personality and personality disorders. - Anxiety Disorders. - Schizophrenia and psychotic disorders. - Substance abuse. - Legal and ethical issues, and code of conduct.

Learning Outcomes	
Outcome Number	Description
01	To demonstrate an understanding of the biological, psychological, sociocultural, and historical factors that affect mental health and contribute to mental distress.
02	To explore different types of mental health conditions (e.g., anxiety, depression, psychosis, substance abuse etc.) and assess the efficacy of currently available approaches to treatment.
03	To recognise the value of critical thinking and its ability to be transformative with regard to the understanding of mental health and distress.
04	To describe different clinical approaches to mental health and distress within psychology including behavioural, cognitive, psychodynamic, positive, and humanistic.
05	To reason scientifically, demonstrating the ability to see relationships between theory and evidence in relation to clinical psychology.
06	To critically compare the psychiatric diagnosis and taxonomy of mental disorders based on the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V), with the psychological formulation developed in clinical psychology.
07	To explore tools and best practices in clinical psychology (e.g., clinical interview and observation, reflection and supervision, psychometric testing etc).
08	To understand the main ethical and legal issues involved in the clinical practice as well as the code of conduct that clinical psychologists need to follow.

Learning, Teaching and Assessment Strategy
The module is taught by a combination of lectures, workshops, and group discussions (LOs 1-4). Approximately two hours of each session comprises the 'formal' lecture. The remainder of the session takes the form of a workshop followed by group discussion and debate (LOs 5-11). The workshops provide the opportunity to observe videos (with accompanying worksheets), read and discuss case histories and complete practical exercises in order to further explore issues raised in the formal lecture.

Mode of Assessment			
Type	Method	Description	Weighting
Summative	Coursework - Written	Critical reflective essay of 3000 words on a chosen clinical mental health condition.	100%

Reading List
To access the reading list for this module, please visit https://bradford.rl.talis.com/index.html

Please note:

This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.

