

Course Unit	Option 3 - Education and Mental Health		Field of study	Educational Sciences/Social Sciences	
Bachelor in	Social Education		School	School of Education	
Academic Year	2022/2023	Year of study	3	Level	1-3
Type	Semestral	Semester	2	ECTS credits	4.0
Code	9084-628-3203-01-22				
Workload (hours)	108	Contact hours	T -	TP 36	PL -
			TC -	S -	E -
			OT 9	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Ana Raquel Russo Prada, António Francisco Ribeiro Alves

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Describe the evolution of the concept of Mental Health;
2. Discuss the concept of normality and abnormality;
3. Distinguish models of prevention in Mental Health;
4. Explain the principles and strategies of human change in supporting socioeducational Mental Health.

Prerequisites

Before the course unit the learner is expected to be able to:
None.

Course contents

1. Mental Health; 2. Prevention and Promotion of Mental Health; 3. Introduction to the problems of the possibility of human change.

Course contents (extended version)

1. Mental Health
 - 1. 1. Evolution of the concept of Mental Health
 - 1. 2. Developmental psychopathology
 - 1. 2. 1. Normal vs Pathological
 - 1. 2. 2. Continuity vs. Discontinuity
2. Prevention and Promotion of Mental Health
 - 2. 1. Concept and models of prevention
 - 2. 2. Prevention of stigma and discrimination of Mental Illness
 - 2. 3. Prevention programs in Mental Health
 - 2. 3. 1. Intervention in children
 - 2. 3. 2. Intervention for adolescents
 - 2. 3. 3. Intervention for youth and adults
3. Introduction to the problems of the possibility of human change
 - 3. 1. Processes of change and resistance
 - 3. 2. The possible role of the Social Educator in the process of human change

Recommended reading

1. Bährer-Köhler, S., & Carod-Artal, F. J. (2017). Global mental health: prevention and promotion. Springer.
2. Fazenda, I. (2008). O puzzle desmanchado: saúde mental, contexto social, reabilitação e cidadania. Climepsi Editores.
3. Moreira, P., & Melo, A. (2005). Saúde mental: do tratamento à prevenção. Porto Editora.
4. Ryan, P., Ramon, S., & Greacen, T. (2012). Empowerment, lifelong learning and recovery in mental health: towards a new paradigm. Palgrave Macmillan.
5. Steen, M., & Thomas, M. (2016). Mental health across the lifespan: a handbook. Routledge.

Teaching and learning methods

Lectures, examination of case studies, presentation and discussion of students' group work.

Assessment methods

1. Continuous assessment - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 50% (One written test.)
 - Presentations - 15% (Discussion and presentation of group work.)
 - Development Topics - 35% (Group work.)
2. Final exam - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

1. Portuguese
2. Portuguese, with additional English support for foreign students.

Electronic validation

Ana Raquel Russo Prada, António Francisco Ribeiro Alves	Pedro Augusto Oliveira Salgueiro	Maria do Céu Ribeiro	Carlos Manuel Costa Teixeira
07-12-2022	09-12-2022	09-12-2022	29-12-2022