

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) António Francisco Ribeiro Alves

Learning outcomes and competences

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. General concepts and general psychopathological frameworks
 - 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*. Clípepsi 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 - 60% (One written test.)
 - Presentations - 40% (Presentation, in a group, of a recent article on a content provided for in the program.)
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

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