

COURSE DETAIL

UNDERSTANDING MENTAL HEALTH

Country

United Kingdom - England

Host Institution

University of Manchester

Program(s)

English Universities, University of Manchester

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Health Sciences

UCEAP Course Number

120

UCEAP Course Suffix**UCEAP Official Title**

UNDERSTANDING MENTAL HEALTH

UCEAP Transcript Title

UNDERST MENTAL HLTH

UCEAP Quarter Units

4.00

UCEAP Semester Units

2.70

Course Description

This course explores why and how mental health and wellbeing are important to all of us. It introduces intellectual and professional discussions around mental health and how people's experiences come to be labelled as mental illness in some cultures but not others. Students gain new perspectives on longstanding questions in the field, such as the nature vs nurture debate, causes of mental health problems, and the history and controversies relating to psychiatric labeling, diagnosis, and treatments. Students consider contrasting theoretical perspectives - specifically biological, social, and psychological models - on mental health problems and their management. This course also introduces the research, theory, and practices that have helped shape how mental health problems might be treated.

Language(s) of Instruction

English

Host Institution Course Number

UCIL20112

Host Institution Course Title

UNDERSTANDING MENTAL HEALTH

Host Institution Course Details

Host Institution Campus

University of Manchester

Host Institution Faculty

Host Institution Degree

Host Institution Department

University College for Interdisciplinary Learning

Course Last Reviewed

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