COURSE DETAIL

MENTAL HEALTH
Country Japan
Host Institution International Christian University
Program(s) International Christian University
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology
UCEAP Course Number 127
UCEAP Course Suffix
UCEAP Official Title MENTAL HEALTH
UCEAP Transcript Title MENTAL HEALTH
UCEAP Quarter Units 4.00
UCEAP Semester Units 2.70

Course Description

This course covers foundational bio-psycho-social theories of adjustment process and reaction patterns to stressors, with a focus on mental health outcomes. It discusses methods of preventing mental disorders and promoting mental health in individual, group and community settings while emphasizing cultural, spiritual, and local perspectives.

Prerequisite: Introduction to Contemporary Psychology.

Language(s) of Instruction
English

Host Institution Course Number
PSY273E

Host Institution Course Title
MENTAL HEALTH

Host Institution Course Details
https://campus.icu.ac.jp/public/ehandbook/PreviewSyllabus.aspx?regno=21331&year...

Host Institution Campus
International Christian University

Host Institution Faculty

Host Institution Degree

Host Institution Department
Psychology

Course Last Reviewed
2023-2024

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