

COURSE DETAIL

THE IMPACT OF TRAUMA ON MENTAL HEALTH

Country

United Kingdom - England

Host Institution

University of London, Queen Mary

Program(s)

Summer at Queen Mary London, Summer at Queen Mary

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology Health Sciences

UCEAP Course Number

108

UCEAP Course Suffix

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UCEAP Official Title

THE IMPACT OF TRAUMA ON MENTAL HEALTH

UCEAP Transcript Title

TRAUMA/MENTAL HLTH

UCEAP Quarter Units

6.00

UCEAP Semester Units

Course Description

This course analyzes the impact of the Covid-19 pandemic on mental health in society. There have been consequences of the pandemic for mental health in the human population. Considering the potential scale of this problem, there is growing need for medicine to integrate knowledge from related subjects, such as psychology, criminology, psychotherapy, and neuroscience, to precisely understand the mechanisms of ill health. This course brings together the discoveries of science with the life stories behind diagnoses to clarify the mechanisms that drive mental health symptoms. In the book, *The Myth of Normal*, Dr Gabor Maté makes the claim that society is built on a hidden assumption of generational trauma. Trauma disrupts the connection between mind and body. This psychophysiological problem can be diagnosed by doctors as physical and mental health conditions. While diagnostic labels help individuals understand mental health problems to an extent, the individual remains a member of society and its many challenges. Therefore, this course draws upon research taking place at the Wolfson Institute of Population Health to understand resilience in the context of different challenges, such as adolescence, socioeconomic deprivation and war. The course illustrates the mechanisms by which life experiences impact the mind, including the impact of the pandemic on the disconnect between mind and body.

Language(s) of Instruction

English

Host Institution Course Number

SUM701T

Host Institution Course Title

THE IMPACT OF TRAUMA ON MENTAL HEALTH

Host Institution Campus**Host Institution Faculty**

Wolfson Institute of Population Health

Host Institution Degree

Host Institution Department

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