

# COURSE DETAIL

## MENTAL DISORDER AND PSYCHOLOGICAL TREATMENT

**Country**

United Kingdom - England

**Host Institution**

University College London

**Program(s)**

Summer at University College London

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology Health Sciences

**UCEAP Course Number**

131

**UCEAP Course Suffix**

S

**UCEAP Official Title**

MENTAL DISORDER AND PSYCHOLOGICAL TREATMENT

**UCEAP Transcript Title**

MENTAL DISORDER

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

### **Course Description**

Mental disorders, such as depression and schizophrenia, are prevalent across the globe, significantly impacting individuals and communities. This course explores both the understanding of mental disorders and the psychological treatments used to address them. The first half of the course introduces students to the clinical presentation, etiology, and diagnostic frameworks of various mental disorders, and these disorders are examined through multiple perspectives, including developmental, sociocultural, neurobiological, and psychodynamic approaches. The second half of the course explores a range of psychological treatments, including Cognitive Behavioral Therapy (CBT), Psychodynamic Therapy, Humanistic Therapy, and other therapeutic approaches, focusing on their application to specific mental health conditions. Importantly, this course involves research methods in psychology, mental health, and psychotherapy.

### **Language(s) of Instruction**

English

### **Host Institution Course Number**

ISSU0138

### **Host Institution Course Title**

MENTAL DISORDER AND PSYCHOLOGICAL TREATMENT

### **Host Institution Course Details**

[https://www.ucl.ac.uk/prospective-students/summer-school/sites/prospective\\_stud...](https://www.ucl.ac.uk/prospective-students/summer-school/sites/prospective_stud...)

### **Host Institution Campus**

### **Host Institution Faculty**

### **Host Institution Degree**

### **Host Institution Department**

Division of Psychiatry

**Course Last Reviewed**

2025-2026

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