Alphonsa College Thiruvambady

Department of Psychology

Certificate course on

Mental Health

PSYCC02

Couse coordinator: Ms. Ajeena Joseph

Fee structure: INR 500

Duration of the course: 3 months

Total hours: 30 hours

ALPHONSA COLLEGE THIRUVAMBADY

Department of Psychology

Certificate course on Mental health

Program code: PSYCC02   Course Duration: 30hrs

OBJECTIVES

- .To understand basics of mental health
- To know mental health disorders
- Understand the relationship between physical activity and mental health

MODULE 1   BASIC CONCEPT

1.1   Definition, characteristics and importance of mental health

MODULE II   STRESS AND WELLBEING

1.2   Stress , causes of stress types of stress, stress management techniques

1.3   Coping and coping mechanisms

1.4   Wellbeing and importance of wellbeing in daily life

MODULE III COMMON MENTAL HEALTH DISORDERS

1.5   Anxiety Disorders-GAD, Phobias, Post traumatic stress disorder

1.6   Mood Disorders- Major depressive disorder, Bipolar Disorder

1.7   Schizophrenia – clinical picture, treatment

MODULE IV   RELAXATION TECHNIGUES

1.8   Jacobson's progressive muscle relaxation, Breathing exercise, Meditation

References

Sadock, B. J., Sadock, V. A., & Ruiz, P. (2015). Kaplan &Sadock's Synopsis of Psychiatry

Behavioral Sciences/ Clinical Psychiatry (11th ed.). U.S.A :Wolters Kluwer.

Carson, R. C., Butcher, J. N., &Mineka, S. (1996). Abnormal Psychology and Modern life

(10th ed.). Newyork : Harper Collins College Publishers.

Profile of the Teacher

Ms.Ajeena Joseph, is presently Guest Faculty Member, Department of Psychology, Alphonsa College, Thiruvambady. She received his Post graduate degree in Clinical Psychology from Prajyothi Nikethan College Pudukkad. She had presented several research papers in International Conferences. She also act as a Resource Person in various Colleges. She has working experience in counseling especially during COVID 19.

Evaluation

- Seminar
- Assignment
- Written examination

This programme has been approved by the Academic Council, Alphonsa College, Thiruvambady.