

Mental Health Coaching

ABC and CERTA AWARDS Level 3 course.

Guided Learning hours 120

No course pre-requisites

Contents

Unit 1 - Poor mental health

- What is mental health?
- Who is affected by poor mental health?
- What affects mental health?
- Signs of poor mental health
- Common types of mental health issues
 - Anxiety
 - Stress
 - Burn-out
 - Depression
 - Addiction
 - Premenstrual stress
 - Eating disorders
 - Self-harm
 - Suicide
 - Panic disorders
 - Post-traumatic stress disorder

Unit 2 - Theories and models of mental health

- Theories of mental health
 - Analytic Psychology
 - Psychoanalytic Psychology
 - Behaviourist theory
 - Humanistic Psychology
 - Attachment theory
- Types of therapy used to address mental health issues
 - Psychotherapy
 - Gestalt therapy
 - Cognitive behaviour therapy
 - Hypnotherapy
 - Scheme therapy
 - Acceptance and commitment therapy
 - Dialectical behaviour therapy

- Drama and art therapy
- Cognitive analytic therapy
- Person-centred therapy
- Solution focussed therapy
- Mindfulness cognitive therapy
- Alternative and complementary therapies

Unit 3 - Measuring mental health

- Methods used to measure mental health
 - Adult's wellbeing measuring tools
 - Children's wellbeing measuring tools

Unit 4 - Primary, secondary and tertiary prevention of mental health issues

Part A

- Prevention of mental health issues in the workplace
 - Primary prevention in the workplace
 - Secondary prevention in the workplace
 - Tertiary prevention in the workplace

Part B

- Prevention of mental health issues on a personal level
 - Primary prevention on a personal level
 - Secondary prevention on a personal level
 - Tertiary prevention on a personal level

Unit 5 – Interventions and strategies to combat poor mental health

- Dealing with anxiety and panic attacks
- Dealing with stress and burn-out
- Dealing with depression
- Dealing with addiction
- Dealing with premenstrual stress
- Dealing with eating disorders
- Dealing with self-harm
- Dealing with suicidal thoughts
- Dealing with abuse
- Dealing with post-traumatic stress disorder
- Dealing with sexual orientation issues

Unit 6 - Primary, secondary and tertiary mental health care in the NHS

- The NHS mental health care system
 - NHS Primary mental health care
 - NHS Secondary mental health care
 - NHS Tertiary mental health care
- The integrated care system

- Types of mental health care teams
- NHS mental health care of older adults
- NHS mental health care of children and young people

Unit 7 - Who to contact for help

- Free 24-hour listening support
- Crisis support services for young people
- Other useful contacts