

<i>NAME</i>	MENTAL HEALTH AND WELLBEING
Course volume ECTS	5
Assessment form	
Methods of learning	Group work, independent work, lecture, film, pair work, written assignments, presentations, Internet search
Approximate amount of contact lessons	30
Lecturer	-
Pre-requirements	Counselling and lifestyle coaching
Course aims (Learning outcomes of the course)	To understand the role of mental health in different life stages and know the essence of and how to cope with stress in work and living environment.
Brief description of the course	<ol style="list-style-type: none"> 1. Nature of health <ol style="list-style-type: none"> 1.1 Health as resource, mental health 1.2 Relations between health determinants 1.3 Positive mental health (positive psychology) 1.4 Negative mental health (psychiatry) 1.5 Mental health and community 1.6 Different sources on mental health and source-criticism 2. Mental health and life cycle <ol style="list-style-type: none"> 2.1 Children and the youth 2.2 Working population (men and women) 2.3 The elderly 3. Psychological defence and coping with stress <ol style="list-style-type: none"> 3.1 Stress, distress and eustress 3.2 Conflicts, emotions and coping strategies 3.3 Burn-out and occupational mental health 3.4 Personality traits 3.5 Recognition and prevention / time management, self-aid literature and groups
Learning outcomes	<ol style="list-style-type: none"> 1. Has an overview of the comprehensive nature of health and the role of mental health 2. Analyses the mental health factors in different stages of human life cycle 3. Understands the nature of stress and the coping mechanisms
Evaluation scale	-
Assessment methods and criteria	Independent written assignment: based on instructions, describe and analyse (independently/in pairs) an incident related to mental health, outlining the prevention, interventions and solutions to the incident. Oral presentation of the independent work.
Study literature and materials	<p>MUST:</p> <p>Eesti vaimse tervise ja heaolu koalitsioon (VATEK) Vaimse tervise strateegia 2016-2025 http://vatek.ee/wp-content/uploads/2016/04/Vaimse_tervise_heaolu_strateegia_2016-2025_30.03.2016.pdf</p> <p>Järv-Mändoja K, Käesel K, Pill E, Riis M. Vaimse tervise probleemide märkamise ja ennetamine koolis [Internet]. Tallinn: Tervise Arengu Instituut; 2011. Available from: https://intra.tai.ee/images/prints/documents/131496820076_Vaimse_tervise_probleemide_markamine_ja_ennetamine_koolis_est.pdf</p> <p>Martin E. P. Seligman (2008). Ehe õnn. Tallinn: Pilgrim</p> <p>Tõnu Lehtsaar. Suhtlemiskonflikti psühholoogia. Tartu, 2008</p> <p>Recommended:</p> <p>Vaimse tervise edendamine haridusasutustes: käsiraamat [Internet]. MHPHands Consortium; 2013. Available from: http://www.mentalhealthpromotion.net/resources/school-settings-training/sst-et/index.html</p> <p>Laido Z, Mark L. Vaimne tervis kui vaimne heaolu: infomaterjal noortele. Värnik A, editor. Tallinn: ERSI; 2011.</p> <p>Akkermann K. Lapse heaolu ja vaimse tervise hindamisvahendite kaardistamine. Rakenduskaava standardiseeritud</p>

hindamisvahendite kohandamiseks Eesti praktikale. Tartu: OÜ Kognitiivse ja Käitumisteraapia Keskus; 2014.

Extra materials:

Kasmel, A. ja Lipand, A. (2007). Tervisedenduse teooria ja praktika I: Sissejuhatus salutoloogiasse.

Martti Lindqvist. Aitaja Vari. OÜ Väike Vanker, 2008

Toivo Niiberg. Suhtlemise kuldreeglid. Toivo Niiberg ja Kirjastus Pegasus, 2011

Valdar Parve „Vaimne tervis – loomult vastuoluline mõiste“ Sotsiaaltöö 2/2003 Sotsiaaltöös 6/2002

Dirk den Hollander, Jean Pierre Wilken. Kuidas klientidest saavad kodanikud.

Taastumise ja kaasatuse toetamine CARE metoodika abil. Tallinn, 2015

Tommy Hellsten. Jõehobu elutoas. Pilgrim, 2007.

Kadri Ugur. Väike kriisimeelespea Koostaja:, EELK Haiglahingehoiu Keskus, 1999

<http://raulpage.org/kriisi.html>

Kristi Puusepp, Ilme Aro: Võimestamine ja võimestumine – mõisteanalüüs . Eesti Arst 2007; 86 (10): 736–743

Useful links:

<http://www.terviseinfo.ee/et/>

www.vatek.ee

<http://raulpage.org/koolitus/>

Recommended films on mental health:

Dom durakov (2002) Andrey Konchalovski; peaosas: Yuliya Vysotskaya

One flew over the cuckoo's nest (1975) Milos Forman; peaosas: Jack Nicholson

Veronika Decides to Die (2009) Emily Young; peaosas: Sarah Michelle Gellar

Beautiful Mind (2001) Ron Howard; peaosas: Russell Crowe

Printsess (2010) Arto Halonen. Peaosas: Katja Kukkola

Shutter Island (2010) Martin Scorsese. Peaosas: Leonadro DiCaprio

Awakenings (1990) Penny Marshall autor: dr. Oliver Sacks). Peaosas Robert deNiro ja Robin Willams

Polaar poiss (2016) Eesti film. Anu Aun

La Pazza Gioia (Like Crazy) 2016 Italian