

City University of Hong Kong

**Information on a Course
offered by Department of Applied Social Sciences
with effect from Semester A in 2013/2014**

Part I

Course Title:	Assessment and Interventions in Mental Health Counselling
Course Code:	SS5110
Course Duration:	One Semester
No. of Credit Units:	3
Level:	P5
Medium of Instruction:	English, supplemented by Cantonese/Putonghua in live demonstration, skills rehearsal, and role-play exercises as situation requires.
Medium of Assessment:	English
Prerequisites:	Nil
Precursors:	Nil
Equivalent Courses:	Nil
Exclusive Courses:	Nil

Part II

Course Aims

This course aims to enable students to (a) learn the major concepts, and assessment and treatment methods in mental health counselling; and (b) equip with mental health assessment and intervention skills, and (c) critically reflect on the legal and ethical issues such as Mental Health Ordinance and individual rights and social control.

Course Intended Learning Outcomes (CILOs)

Upon successful completion of this course, students should be able to:

No.	CILOs	Weighting (if applicable)
1.	Describe and critically examine relevant intervention models in mental health counselling	20%
2.	Apply selected intervention models in assessing clients with mental health problems	20%
3.	Apply selected intervention models in facilitating changes in clients with mental health problems	20%
4.	Demonstrate initial assessment skills in conceptualizing the issues faced by clients with mental health problems	20%
5.	Reflect critically relevant mental health legal and ethical issues	20%

Teaching and Learning Activities (TLAs)

(Indicative of likely activities and tasks designed to facilitate students' achievement of the CILOs. Final details will be provided to students in their first week of attendance in this course)

CILO No.	TLA1	TLA2	TLA3	TLA4
CILO 1	√	√		
CILO 2	√		√	√
CILO 3	√		√	√
CILO 4			√	√
CILO 5	√			√

TLA1: Lectures

Lectures will be delivered to help students understand the intervention theories and models in mental health counselling. Lectures will also facilitate students to critically examine the various intervention models, and to learn the assessment and intervention processes of selected models.

TLA2: Video-viewing

Videos will be played to facilitate students to learn the skills (i.e. selected models) in assessment and intervention.

TLA3: Role play

Students will be given the opportunity to practice the skills in front of the classmates.

TLA4: Group presentation

There will be chances for students to present certain intervention models and processes in the classes.

Assessment Tasks/Activities

(Indicative of likely activities and tasks designed to assess how well the students achieve the CILOs. Final details will be provided to students in their first week of attendance in this course)

CILO No.	Type of Assessment Tasks/Activities	Weighting (if applicable)	Remarks
CILO 1-4	AT1: Group presentation and skills demonstration	30%	
CILO 2-5	AT2: Reflection paper	20%	
CILO 1-5	AT3: Term paper	50%	

AT1: Group presentation and skills demonstration

Students will be broken into groups and each group will have to present an assessment model in mental health counselling, and demonstrate through role play how the assessment model is to be enacted.

AT2: Reflection paper

Following AT1, all students in class will discuss and reflect on the role play demonstration. The presenters will then write an individual reflection paper (no less than 1000 words) to highlight the insights gained through such experience and the discussion in class.

AT3: Term paper

Students have to write an individual paper of around 2500 words to examine an issue relating to mental health counselling. The paper should include: (1) applying a chosen theory or concept relevant to mental health to a situation or target group, (2) discussing and reflecting on the practice implications of the theory or concept for the situation or target group, (3) reflecting on an ethical issue that is relevant to the situation or target group.

Grading of Student Achievement:

Refer to Grading of Courses in the Academic Regulations for Taught Postgraduate Degrees.

Letter Grade	Grading criteria in relation to CILOs
A+ A A-	Excellent demonstration of understanding and appraising the various intervention models and ethical issues taught in classes. Excellent mastery of assessment skills in the role play Excellent deliberation on the details of an intervention plan for a person with mental health problem
B+ B B-	Good demonstration of understanding and appraising the various intervention models and ethical issues taught in classes. Good mastery of assessment skills in the role play Good deliberation on the details of an intervention plan for a person with mental health problem
C+ C C-	Adequate demonstration of understanding and appraising the various intervention models and ethical issues taught in classes. Adequate mastery of assessment skills in the role play Adequate deliberation on the details of an intervention plan for a person with mental health problem

D	Fair demonstration of understanding and appraising the various intervention models and ethical issues taught in classes. Fair mastery of assessment skills in the role play Fair deliberation on the details of an intervention plan for a person with mental health problem
F	Poor demonstration of understanding and appraising the various intervention models and ethical issues taught in classes. Poor mastery of assessment skills in the role play Poor deliberation on the details of an intervention plan for a person with mental health problem

Part III

1. Keyword Syllabus

1.1 Understanding the biological and psychosocial issues of major types of mental illness

Symptoms of mental illnesses, biological, psychological and social factors relevant to different types of mental illness

1.2 Assessment in mental illness

Different assessment frameworks for different types of mental illness, assessment skills relevant to the types of mental illness, “Do and Don’t” in assessing a particular type of mental illness

1.3 Intervention in mental illness

Different intervention models for treating different types of mental illness, different intervention strategies in dealing with different mental illness, “Do and Don’t” in intervening in a particular type of mental illness

1.4 Ethical and legal issues in mental illness

Mental Health Ordinance of Hong Kong, individual rights and the welfare of the community, social control, discrimination, social justice

2. Recommended Reading

Essential Texts

Corcoran, J., & Walsh, J. (2009). *Mental health in social work: A casebook on diagnosis and strengths-based assessment*. Boston, MA: Pearson/Allyn and Bacon.

Wong, D. F. K. Wong (2006) *Clinical case management for people with mental illness: A bio-psychosocial vulnerability-stress model*. NY: Haworth Press (Chinese version is available in bookstore)

Supplementary Texts

Barker, P. J. & Baldwin, S. (1991). *Ethical issues in mental health*. London: Chapman and Hall.

Ekdawi, M. Y. & Conning A. M. (1994). *Psychiatric rehabilitation: A practical guide*.

London: Chapman & Hall.

Huxley, P. (1985). *Social work practice in mental health*. Hants: Gower Publishing

Jacobs, P., Crichton, E., Visotina, M. (1989). *Practical approaches to mental health care*. Melbourne: MacMillan Company of Australia.

Hong Kong SAR Government (2013). *Mental Health Ordinance*. Retrieved on 17th April, 2013 from
[http://www.legislation.gov.hk/blis_pdf.nsf/6799165D2FEE3FA94825755E0033E532/D4C0652AC60B789482575EE00433474/\\$FILE/CAP_136_e_b5.pdf](http://www.legislation.gov.hk/blis_pdf.nsf/6799165D2FEE3FA94825755E0033E532/D4C0652AC60B789482575EE00433474/$FILE/CAP_136_e_b5.pdf).

Walsh, J. (2000). *Clinical case management with persons having mental illness*. Singapore: Brooks/Coles. (Available in bookstore)

Online Resources

<http://www.amhca.org> (American Mental Health Counselling Association)

<http://www.mentalhealth.org.uk> (UK Mental Health Association)