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**Department of Social Work**

**College of Arts**

**University of Salahaddin/ Erbil**

**Subject: Mental Health Disorders and Social Work**

**Course Book –Grade 4**

**Assistant Lecturer Hazha Mohammed Salih**

**Academic Year: 2024/2025**

**Course Book**

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| **1. Course name** | **Social Work and Mental Health** | |
| **2. Lecturer in charge** | **M. Hazha Mohammed Salih** | |
| **3. Department/ College** | **Social Work- Arts** | |
| **4. Contact** | **e-mail:hazha.salih@su.edu.krd** | |
| **5. Time (in hours) per week** | **3 hours** | |
| **6. Office hours** |  | |
| **7. Course code** |  | |
| **8. Teacher's academic profile** | **My research area revolves around domestic violence, forced marriage and honour killing in Kurdistan. In this framework, I am interested in outlining changes which happened to the forms of society due to development and political conflicts.** | |
| **9. Keywords** | **Mental Health, Trauma, Gender, ethnicity and mental health** | |
| **10. Course overview:**  Mental Health (MH) is designed to provide students with a theoretical understanding on mental health and a range of other issues that affect our mental well-being. Mental health is a state of cognitive, emotional and social well-being which is influenced by multitude factors on individual, community and even global levels. | | |
| **11. Course objective:**   1. Making students familiar with concepts of mental health, mental ill-health, resilience, stress, and trauma and so on. 2. Introducing students to the theoretical explanations of mental health. 3. Supporting students to acquire necessary skills to work with people with mental health problems | | |
| **12. Student's obligation**  Weekly reflection diary  Assignments  In-class participation  Quizzes  First Semester Exam, week 15 | | |
| **13. Forms of teaching**  Implementing Pedagogy Programme  Seminar  Presentations  Group work | | |
| **14. Assessment scheme**  15% Mid-Term exam, week seven  10% Reflection Diary  5% in-class participation  5% assignments  5% Quiz  60% final exam  ‌ | | |
| **15. Student learning outcome:**  Upon the completion of the course students will be able to:   * Grasp theoretical understanding about mental health, mental illness * Understand trauma and use social work skills to work work with traumatized individuals * To link theory and practice in terms of the relationship between gender ethnicity and mental health | | |
| **16. Course Reading List and References‌:**  ▪ Ryan, T. and Pritchard, J. 2004. *Good Practice in Adult Mental Health*. London: Jessica Kingesly.  Heinonen, T. and Metteri, A. 2005. *Social Work in Health and Mental health*. Toronto: Canadian Scholarls’ Pres. Inc.  Tew. J. 2005. *Social Perspective in Mental Health*. London and Philadelphia: Canadian Scholars’ Press. Inc. | | |
| **17. The Topics:** | | **Lecturer's name** |
| * Mental Health, Stress, Resilience, protection and risk factors * Developmental Approach to work with mental Health * Trauma and work with traumatized individuals * Mental Health Disorders like (Depression, OCD, Anxiety, PTSD……. * Child abuse, domestic violence and mental health | | M. Hazha Mohammed Salih |
| **18. Practical Topics (If there is any)**  **Week 1: What is Mental Health and Social Work**  **Week 2: Stress and Stress Management Techniques**  **Week 3: Anxiety**  **Week 4: Depression**  **Week 5: Self- harm**  **Week 6: Suicidal Thoughts**  **Week 7: Phobia**  **Week 8: Field Visit**  **Week 9: Selective Mutism & Dyslexia**  **Week 10: OCD**  **Week 11: PTSD**  **Week 12: Exam**  **Week 13: Memory Loss**  **Week 14: Schizophrenia** | |  |
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| **19. Examinations:**  ***1. Compositional:*** how does gender affect mental health?  ***2. Multiple choices:***  Mental health problems include:  Serious mental diseases  Not very serious mental health problems  None of the above | | |
| **20. Extra notes:** | | |
| **21. Peer review پێداچوونه‌وه‌ی هاوه‌ڵ** | | |