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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
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| **12. Student's obligation**Weekly reflection diary AssignmentsIn-class participationQuizzes First Semester Exam, week 15   |
| **13. Forms of teaching**Implementing Pedagogy Programme SeminarPresentationsGroup work |
| **14. Assessment scheme**15% Mid-Term exam, week seven10% Reflection Diary5% in-class participation5% assignments 5% Quiz60% 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
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| **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 diseasesNot very serious mental health problemsNone of the above |
| **20. Extra notes:** |
| **21. Peer review پێداچوونه‌وه‌ی هاوه‌ڵ**   |