Postgraduate Academy

Mental Health

Psychological Therapies
Mental Health and Law
Cultural and Global Perspectives in Mental Health Care
Creative Arts and Mental Health
MSc, PG Diploma and PG Certificate
Full-time, part-time and distance learning

www.smd.qmul.ac.uk
Queen Mary is one of the UK’s leading research institutions with an equally enviable reputation for teaching excellence.
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why choose this course?</td>
<td>4</td>
</tr>
<tr>
<td>Introduction</td>
<td>6</td>
</tr>
<tr>
<td>Psychological Therapies</td>
<td>8</td>
</tr>
<tr>
<td>Mental Health and Law</td>
<td>10</td>
</tr>
<tr>
<td>Cultural and Global Perspectives in Mental Health Care</td>
<td>12</td>
</tr>
<tr>
<td>Creative Arts and Mental Health</td>
<td>14</td>
</tr>
<tr>
<td>Methodology</td>
<td>16</td>
</tr>
<tr>
<td>How to apply</td>
<td>18</td>
</tr>
<tr>
<td>Mental Health team</td>
<td>19</td>
</tr>
</tbody>
</table>

www.smd.qmul.ac.uk
Why choose this course?

Queen Mary University of London is one of the UK’s leading research-focused universities.

The REF 2014 results have shown that Queen Mary University of London has risen to 9th place among multi-faculty institutions in the UK.

The Centre for Psychiatry is ranked 5th in the UK for research outputs assessed to be of the highest quality.

As part of Barts and The London School of Medicine and Dentistry, we are placed within the top 7 UK institutions in the following Units of Assessment:

- Clinical Medicine
- Public Health, Health Services and Primary Care
- Allied Health Professions, Dentistry, Nursing and Pharmacy
The MSc lecturers draw on their experience and expertise of a vast array of disciplines:

- Medicine
- Psychology
- Anthropology
- Pharmacology
- Sociology
- Epidemiology
- Law
- Creative arts
- Cultural research
- Health service research

The diversity of our student body reflects our location in one of the most creative and culturally diverse areas of London.

We offer a variety of modes of study including distance learning and part-time options, giving students many choices to suit their existing workloads and lifestyles. Distance-learning is ideal for international students and those living far away, while part-time study is ideal for those with work or other commitments.
Introduction

The MSc is designed to advance the careers of aspiring professionals in medicine, mental health, psychology, psychiatry, and other fields where mental health is the focus of the work.

We do this by sharing the scientific evidence base to inform professional practice and empower research that will change the way care is provided.

Support and contact are ensured throughout the year with 1 hour tutorials including the Problem Based Learning (PBL) approaches. Also student-staff liaison meetings are convened each semester between staff and student representatives.

We support people with physical and learning difficulties in accessing higher education and the vast opportunities it can create.

The MSc is designed to deliver 4 programmes. These are delivered from September to August. Teaching is dependent on the programme and module, the teaching takes place one or two days a week.

Full-time students complete the MSc in one year. Part-time students complete the MSc in two years. Distance Learning students are required to participate in online lectures and tutorials that follow the same structure as those for the on-site students.
Mental health problems are vast and complex and so too are the psychological treatments available. The evidence for these treatments is growing, so there has never been a better time to get involved in research for the most effective psychological therapies.

This programme is designed to improve knowledge of a variety of psychological therapies so that students are well-equipped to identify appropriate therapies for people suffering with mental health problems looking to gain access to clinical psychological or psychotherapy training, including as an IAPT therapist, in the future.

**Example of content**
- Mental Health Assessment
- Epidemiology
- Psychopathology & Classification
- Individual Therapy
- Group Therapy
- Family Therapy
- Cognitive Behavioural Therapy
- Psychoanalytic Psychotherapy
- Cognitive Analytic Therapy
- Research Methods

**Outcomes**
Students gain an in-depth understanding of the process of a variety of psychological therapies and their target populations.
Career prospects
The Psychological Therapies programme is an ideal opportunity for people who are:

• Looking to gain access to clinical psychology or psychotherapy training, including IAPT services, in the future
• Working in mental healthcare who wish to enhance their career prospects by demonstrating advanced competence in psychological therapies
• Wishing to pursue a career in research in mental health and psychological therapies.

Student profile
Quynh Pham
Psychological Therapies
2013/2014

“The experience of being supported by the Centre of Psychiatry was incredible; I will always be grateful to my supervisors and to the department for allowing me to come into my own as a researcher.”

Further information
qmul.ac.uk/msc-mental-health-pt
Legal safeguards for patients and clinicians are now an integral part of mental health practice. Knowledge of these safeguards is essential to maintain compliance with European legislation on human rights and with clinical practice competencies.

This programme will be jointly run by the School of Medicine and Dentistry and the Department of Law at Queen Mary. This joint venture will draw on the expertise of academics and clinicians from the Department for Law and the Centre for Psychiatry.

This MSc is designed to improve your knowledge and understanding of the legal mechanisms that guide professionals in mental health care to achieve a number of objectives:

- Enhance staff, patient’s and carer’s safety and wellbeing of staff, patient and the carer
- Improve critical care decisions in the context of a wide range of mental health problems
- Improve outcomes in court and tribunal proceedings
- Engage professionals directly in the research-evidence base in public mental health issues such as disability, suicide risk, terrorism, refugees and immigration.

Throughout the course of your studies, you will be provided with up-to-date and practical knowledge of critical issues at the interface of mental health and law. Furthermore, we will encourage students to debate clinical, legal and ethical issues that arise in mental health treatment and facilitate exchange about public mental
Wish to pursue research careers in the field of Mental Health and Law.

**Example of content**
- Capacity
- Understanding Coercion in Care: Legal, Ethical and Clinical Frameworks
- Professional Skills in Representing Mental Health
- Public Mental Health

**Outcomes**
Students gain an in-depth understanding of the legal mechanisms within Mental Health and Law.

**Career prospects**
The Mental Health and Law programme is an ideal opportunity for people who:
- Are interested in interdisciplinary and organisational advances in mental health care or work to represent the rights and dignity of mental health patients;
- Wish to pursue research careers in the field of Mental Health and Law.

**Student profile**
“*These modules have given me confidence in applying law to clinical practice and opened my mind to research possibilities and contributing to legislative change.*”

**Further information**
qmul.ac.uk/msc-mental-health-law
MSc Cultural and Global Perspectives in Mental Health Care
– Distance Learning available

Socio-cultural contexts, including factors such as beliefs, norms, and practices, impact on the risk and resilience towards developing mental health problems as well as on treatment and recovery. In addition, the dynamics of discrimination and health inequalities prevent access to appropriate mental health care. In the current climate of globalisation, a cultural and global perspective is integral to delivering culturally competent, responsive and effective mental health services that reflect the cultural diversity of populations.

This programme is designed to improve your understanding of the impact of socio-cultural factors on mental health, mental illness and mental health care to achieve the following objectives:

1. Improve assessment of mental health problems in their cultural contexts in order to better understand their origins and facilitate recovery.
2. Engage a global perspective on mental health to highlight the importance and challenges of working with culturally-diverse populations.
3. Prepare individuals for research and mental health roles in various global settings and in multicultural societies.

Example of content
- Refugee and migration mental health issues
- Global mental health
- Religion and spirituality
- Health inequalities and human rights
- Gender-based violence
- Suicide and suicide prevention in different cultural settings.

Outcomes
Students gain an in-depth knowledge of cultural and global issues in mental health that informs both their pursuit of mental
health research and clinical practice with diverse populations in international and multicultural settings.

**Career prospects**

The Cultural and Global Perspectives in Mental Health Care module is an ideal opportunity for people who are:

- Working in mental health care with culturally diverse populations and want to enhance their therapeutic impact as well as contribute to improving the cultural competency of mental healthcare services.
- Interested in pursuing mental health care careers in international settings.
- Wishing to pursue research in cultural and global issues in mental health care.

**Student profile**

Adriana Romero Gonzalez
Cultural and Global Perspectives in Mental Health Care 2014/2015

“One of the best things about the programme is the level of expertise of the lecturers. They are leaders on their fields and agents of change, which is inspirational.”

**Further information**

www.qmul.ac.uk/postgraduate/taught/coursefinder/courses/168691.html
MSc Creative Arts and Mental Health

Creative Arts and Mental Health explores the history, theory, and practice of performance in relation to all aspects of mental health promotion and the prevention and treatment of mental illness. A unique MSc defining the connection between live art, performance and public critical engagement with mental illness and health care.

This programme is jointly run by the Centre for Psychiatry and the Department of Drama and offers an interdisciplinary approach to knowledge and research, with a particular emphasis on theatre and performance in the creative arts.

The primary aims of this course are to develop students’ ability to think critically about the relationship between the arts and mental health and mental health care practices in both national and international contexts. Specific aims are to develop and enhance:

- Ways in which mental health professionals, arts practitioners and mental health and wellbeing groups work together in both clinical and non-clinical environments;
- Ways in which mental health experiences are represented in the arts and popular culture, how arts-based practice may help with expansion and nuance within clinical and popular understandings of patient and clinician experiences in the mental health system;
- Perceptions and assumptions about ways in which arts-based practices may support recovery;
- Critical assessment of the strengths and weaknesses of current practices in arts/mental health collaborations
- Develop best practices for collaboration amongst arts workers, clinicians, mental health researchers, and service users.

This course will involve participation and contribution with numerous community partners (including local, national, and international arts organisations), leading mental health professionals, applied theatre scholars and practitioners, within both of the MSc’s core fields.
Content:

- Historical legacy and the place of power and identity in contemporary mental health care practice;
- Performance of mental health and mental illness;
- Historical and contemporary representations of ‘madness’ and ‘mental illness’ in performance;
- Critical reflection on the processes of performance practice;
- Existing and historical leaders and influential practitioners and researchers in mental health and/or arts;
- Arts-based research, evaluation and dissemination methods.

Career Prospects

The MSc Creative Arts and Mental Health programme is an ideal opportunity for people who are:

- Individuals working within mental health, drama or performance, or practicing artists. The course offers a unique opportunity to reinvigorate their work, expand knowledge base, and meet professionals working in related fields.
- Leading to pursue postgraduate research/doctoral training in either art or mental health.

Further information

www.qmul.ac.uk/postgraduate/taught/coursefinder/courses/124844.html
Methodology

Literature search and synthesis
The first step in research is establishing a need and identifying a gap in existing knowledge. This course will teach you how to do a thorough search of existing literature, as well as the skills of critical appraisal for identifying and comparing the quality of existing research evidence.

Research Skills
Research jobs are emerging in every industry. This course will provide you with the skills for developing a research question and applying a methodology appropriate to the aims of the research. Whether working in health, technology, public services or elsewhere, the ability to apply a method to obtain reliable data underpins the work of most successful businesses. The skills you develop in this course will therefore enhance your progression in many industries, not just in mental healthcare and research. Students who produce a thesis of excellent quality are also supported in getting their work published.

Presentation and writing skills
This course will enhance your ability to present theory and data to an audience in an academically rigorous and skilful way, preparing you for any situation in which you may be required to communicate to large groups, for example in teaching, clinical discussion, project promotion or fundraising.
How to apply

Applicants should have a degree in a related subject and/or a professional qualification and have worked in the relevant subject area for at least one year.

We encourage applications from diverse cultural and professional backgrounds and career pathways.

**UK Applicants Visit:**
www.qmul.ac.uk/postgraduate/coursefinder

**International Students and Distance Learners visit:**
www.qmul.ac.uk/international/international-students/studyabroad//apply/

**Assistance with application**
For help and advice with completing the online application please visit: www.qmul.ac.uk/postgraduate/guidancenotes/
Mental Health team

Director
Kamaldeep Bhui, Professor of Cultural Psychiatry and Epidemiology, QMUL. Hon Consultant Psychiatrist and Psychoanalytic Psychotherapist, East London Foundation Trust.

Business Administrator
Rehana Patel, BSc
e-mail: Rehana.patel@qmul.ac.uk

Administrator
Ciara Byrne BSc
e-mail: Ciara.byrne@qmul.ac.uk

Lecturers
Dr Heidrun Bien
Dr Erminia Colucci
Dr Mark Freestone
Ms Andrea Palinski

Student support
Throughout the course support is available from the MSc team staff and tutors.
Additionally, student representatives are elected to act as Communicators, and to participate in the student-staff liaison meetings which are convened every a semester.
Any section of this publication is available in large print upon request. If you require this publication in a different accessible format we will endeavour to provide this where possible. For further information and assistance, please contact: hr-equality@qmul.ac.uk; Tel: +44 (0)20 7882 5585.

The information given in this publication is correct at the time of going to press. We reserve the right to modify or cancel any statement in it and accept no responsibility for the consequences of any such changes. For the most up-to-date information, please refer to the website qmul.ac.uk.

This publication has been printed on environmentally friendly material from well-managed sources.