

Postgraduate Academy

Mental Health

Psychological Therapies

Forensic Mental Health

Cultural and Global Perspectives in Mental Health Care

Creative Arts and Mental Health

MSc and PG Diploma

Full-time, part-time and distance learning



Queen Mary is one of the UK's leading research institutions with an equally enviable reputation for teaching excellence

Contents

Why choose this course?	4
Introduction	6
Psychological Therapies	8
Forensic Mental Health	10
Cultural and Global Perspectives in Mental Health Care	12
Creative Arts and Mental Health	14
Methodology	16
How to apply	18
Mental Health team	19

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.

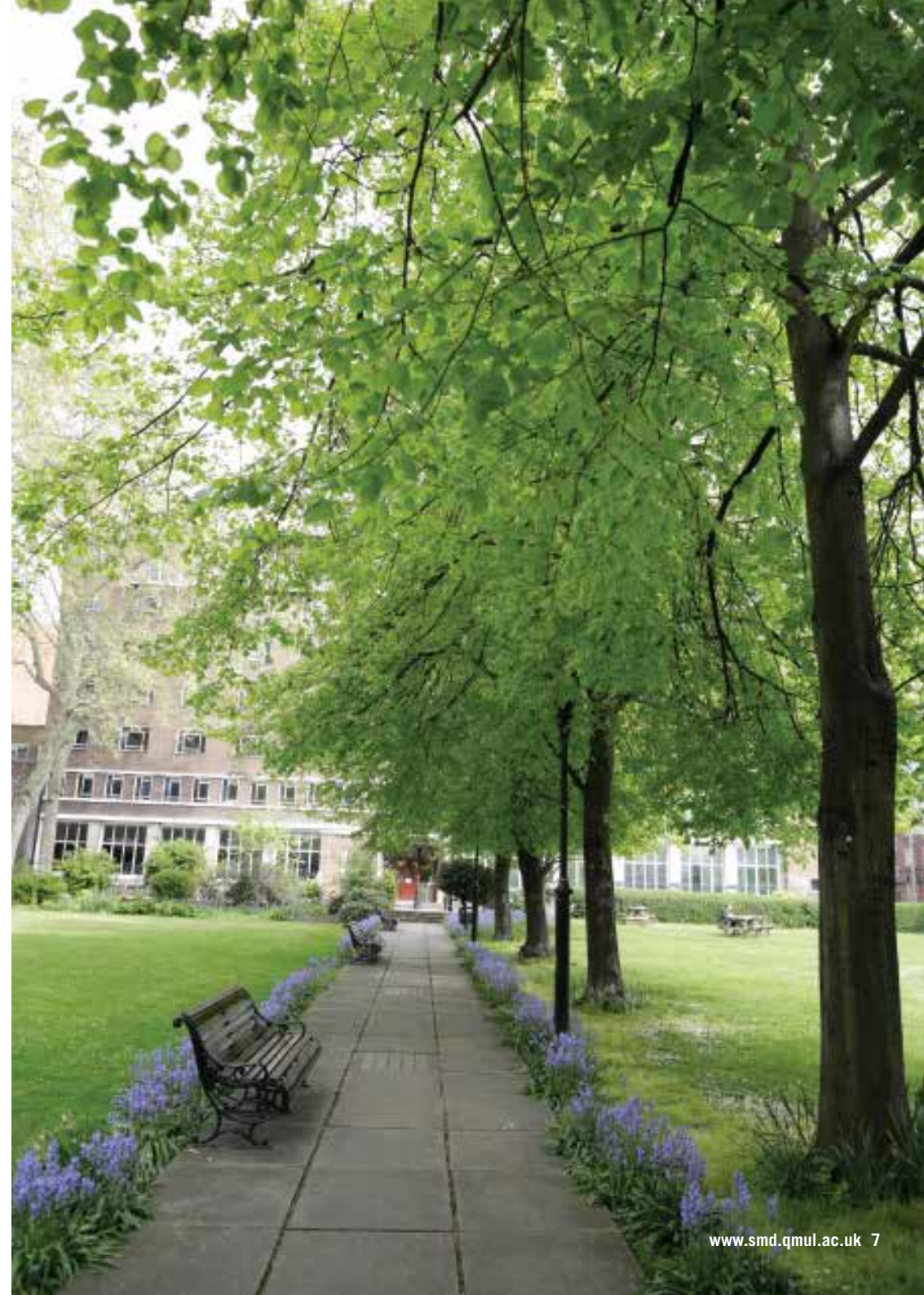
Full-time students complete the MSc in one year. Part-time students complete the MSc in two years. Distance Learning students are required to participate in online lectures and tutorials that follow the same structure as those for the on-site students.

Psychological Therapies

Forensic Mental Health

**Cultural and Global Perspectives
in Mental Health Care**

Creative Arts and Mental Health



MSc Psychological Therapies

– Distance Learning available

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 increase students' knowledge and understanding of a variety of psychological therapies so that they are well-equipped to assess and identify appropriate interventions for people suffering from a range of mental health problems. It is well-suited to students either seeking to consolidate their clinical knowledge with an academic qualification, or those seeking to gain access to clinical psychology 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.

They will complete a dissertation, usually an evidence synthesis, on a topic related to psychological therapies that will make a unique contribution to knowledge on the subject. Students also complete a clinical placement involving supervised service user contact, which encourages reflection and use of supervised learning. In the second term, students are involved in experiential small groups facilitated by the Institute for Group Analysis, to strengthen their clinical and self-reflection skills.

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



Sophia Ahmed
Psychological Therapies
2016/17

“My experience at the Centre for Psychiatry has been incredibly positive. Teaching staff are passionate and knowledgeable and crucially, the research supervision was first-rate.”

Further information

qmul.ac.uk/msc-mental-health-pt



Forensic Mental Health

Forensic Mental Health services work at the interface between criminal behaviour and mental illness, delivering interventions to some of the most complex and challenging offenders. Working in forensic mental health settings requires knowledge of the professional standards expected of forensic practitioners; as well as a sound grasp of the evidence for these services and the legal and ethical principles that underpin them.

Jointly delivered by QMUL and East London NHS Foundation Trust, this Master's programme is designed for professionals who may already be practicing in forensic mental health who wish to improve their practice and knowledge of the field; or for students with an academic or clinical interest in forensic mental health services and would like to explore the area further.

In undertaking this Master's, you will learn a unique psychosocial perspective on mental health services, with an emphasis on real-world experience of forensic services, supported by professional supervision and reflective practice. You will also complete a clinical placement, facilitated by the University in conjunction with local NHS trusts and Probation services, which will provide material for use in reflective practice. You will also complete a piece of original research, under supervision from academic and clinical academic staff within the Centre for Psychiatry.

Example of Content

- Risk assessment and successful risk management of high-risk offenders
- The Mental Health Act 2007 and the interface between criminal justice and health services
- Professional practice in forensic mental health, including supervision and multidisciplinary team (MDT) working
- Understanding research evidence as it applies to policy and practice at both a global and service level
- Psychosocial perspectives on working with offenders with personality disorder

Career Prospects

Graduates of this course will be well-suited for careers in the criminal justice or forensic mental health services, including the NHS, HM Prison Service or Community Rehabilitation Companies.

This course is accredited to confer Stage 1 of the Qualification in Forensic Psychology awarded by the British Psychological Society (accreditation pending). Note that you must be eligible for the Graduate Basis for Chartership (GBC) with the British Psychological Society to be eligible for this accreditation. Applicants without GBC may also apply, but in order to work towards the BPS Qualification in Forensic Psychology (Stage 2), would need to go on to complete a Psychology conversion course after gaining their MSc.

Queen Mary has a strong research interest in forensic mental health and we are keen to receive applications from individuals without a background in psychiatry or psychology who would be interested in pursuing a research career in forensic mental health. Individuals with a strong academic background in a cognate discipline (e.g. nursing, criminology, sociology, social policy) are also encouraged to apply.

Further information

<http://qmul.ac.uk/msc-fmh>



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



Bethany Green

Cultural & Global Perspectives in Mental Health Care
2016/17

“This course really encourages students to think outside the box and looks beyond the one-size-fits-all, medicalised approach to mental illness that dominates current practice.”

Further information

www.qmul.ac.uk/postgraduate/taught/coursefinder/courses/168691.html



MSc Creative Arts and Mental Health

This MSc explores the history, theory and practice of arts and performance in relation to all aspects of mental health and the prevention and treatment of mental illness. A unique MSc defining the connection between arts and 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 arts and 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 arts and 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

We encourage students on our PT and CGP pathways to complete an evidence synthesis for their MSc dissertation. 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, or a professional qualification (e.g. CQSW, RMN) with appropriate post-qualification experience of at least one year and evidence of academic ability to degree level.

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

Academic PG Programmes Manager

Rehana Patel, BSc
Email: Rehana.patel@qmul.ac.uk

Administration

Course admin queries:
mha-admin@qmul.ac.uk

Senior Lecturer

Dr Heidrun Bien

Lecturers

Dr Justyna Kucharska
Ms Andrea Palinski
Dr Maria Turri
Dr Hannah Jones

Senior Lecturer and programmes lead

Dr Mark Freestone

Programme Co-ordinators

Dr Simon Dein (CGP)
Dr Ruth Taylor (PT)

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.

For further information: Mental Health Postgraduate Academy
Centre for Psychiatry
Tel: +44 (0)207 882 2038
email: mha-admin@qmul.ac.uk
www.smd.qmul.ac.uk

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: designandbranding@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.