

Postgraduate Academy

Mental Health

Psychological Therapies

Mental Health and Law

Transcultural Mental Healthcare

MSc, PG Certificate 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

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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 Problem Based Learning (PBL) sessions run by the tutors and student-staff liaison Meetings, convened once a 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 cater for 3 different pathways. Students choose 1 of the 3 pathways for their study. For all pathways, the academic year runs from September to August.

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 Assessment

Module One addresses a number of important current issues in mental health assessment:

Classification

What is the system for identifying mental health disorders?

Epidemiology

How many people have mental health problems?

Aetiology

What causes mental illness?

Risk factors

What problems are associated with mental illness?

Interview skills

How are mental health problems assessed?

Term runs from September to December.

Teaching is on Wednesdays

Each week teaching comprises:

- 2 hours of lectures
- 5 hours of facilitated group-work
- 1 hour of Problem-Based Learning (PBL) Tutorial



MSc Psychological Therapies

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 module 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.

Content

- Individual Therapy
- Group Therapy
- Family Therapy

- Cognitive Behavioural Therapy
- Psychoanalytic Psychotherapy
- Cognitive Analytic Therapy

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 module is an ideal opportunity for people who are:

- Looking to gain access to clinical psychology or psychotherapy training 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 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

Term runs from January to April

Teaching is on Tuesdays

Each week teaching comprises:

- 2 hours of lectures
- 5 hours of facilitated groupwork
- 1 hour of Problem-Based Learning (PBL) Tutorial

One year full-time, two years part-time, distance learning option available



MSc Mental Health and Law

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 module is designed to improve your legal knowledge in mental health to achieve a number of objectives:

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

Content

- Capacity
- Understanding Coercion in Care: Legal, Ethical and Clinical Frameworks
- Professional Skills in Representing Mental Health
- Public Mental Health
**CPD options available*

Outcomes

Students gain an in-depth understanding of the legal mechanisms

Career prospects

The Mental Health and Law module is an ideal opportunity for people who are:

- Working in mental health and regularly deal with legal aspects of mental healthcare, including psychiatrists, social workers, medics and psychologists
- Wishing to pursue research careers in the field of Mental Health and Law

Student profile



Cate Bailey

Capacity; Understanding Coercion in Care: Legal, Ethical and Clinical Frameworks
2014/2015

“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

Term runs from January to April

Teaching is on Thursdays

Each week teaching comprises:

- 2 hours of lectures
- 5 hours of facilitated group-work
- 1 hour of Problem-Based Learning (PBL) Tutorial

One year full-time and two years part-time options available.



MSc Transcultural Mental Healthcare

Research has shown that the success of mental health services can depend on the interplay between the beliefs and cultures of mental health patients and those of the professionals working with them.

Without consideration of culture in mental health services, there is increased risk of prolonged and unnecessary suffering.

Evidence-based transcultural methods can effectively improve mental health services in a multi-cultural society.

Content

- Religion and spirituality as protective and risk factors for mental health problems
- Refugee and migration mental health issues
- Health inequalities
- Intersectional: gender, sexuality and ethnicity

Outcomes

Students gain an in-depth knowledge of transcultural issues in mental healthcare to inform clinical practice with diverse populations.

Career prospects

The Transcultural Mental Healthcare module is an ideal opportunity for people who are:

- Working in mental healthcare with ethnically diverse populations and want to improve their therapeutic impact
- Wishing to pursue research in transcultural issues in mental healthcare

Student profile



Adriana Romero Gonzalez
Transcultural
Mental Healthcare
2014/2015

“One of the best things of the TMH course 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/msc-mental-health-tmh

Term runs from January to April

Teaching is on Wednesdays

Each week teaching comprises:

- 2 hours of lectures
- 5 hours of facilitated group-work
- 1 hour of Problem-Based
- Learning (PBL) Tutorial

One year full-time, two years part-time, distance learning option available



Research methods

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.

Quantitative and qualitative methods

A grounding in both qualitative and quantitative analysis is provided.

Term runs from April to June

Teaching is on Wednesdays

Each week teaching comprises:

- 2 hours of lectures
- 5 hours of facilitated group-work
- 1 hour of research tutorial
- Dissertations are submitted in August

Professional skills

Placements

The 'Psychological Therapies' and 'Transcultural Mental Healthcare' pathways require students to complete a clinical placement. Placements can be in the NHS, IAPT centres, social services and charities, gaining valuable experience of direct contact with people suffering from mental health issues.

Once students have identified and secured a placement, the MSc team will support their learning progress.

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.

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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 once a semester.

Notes

For further information: Mental Health Postgraduate Academy
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