



International Undergraduate Program  
Faculty of Psychology  
Universitas Gadjah Mada

## COURSE OUTLINE

### MENTAL HEALTH IN PSYCHOLOGY

Course Code	:	(4 SKS)
Period	:	2018/2019
Course Instructor(s)	:	Tri Hayuning Tyas, SPsi., M.A., Psikolog
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Language of Instruction	:	English

#### Course Description

This course is designed to provide the students with the opportunity to understand the historical trends of mental health movement and examine the mental health concepts and related community-psychology intervention. Utilizing positive psychology theoretical framework, students are introduced to theoretical models of behavior, mental health hygiene, concepts of positive psychology and its dynamic, and social determinant of mental health. The fundamental understanding of a healthy individual within familial, school, workplace and community living as well as intercultural mental health will also be discussed. Finally, student will also learn basic advocacy skills in mental health.

#### Learning Outcomes:

1. Understand the historical background of mental health movement and the emerging of positive psychology
2. Understand the positive psychology framework and its theoretical concepts
3. Understand the form and mechanisms of social determinants of mental health and stigma and how it impacts to access to treatment
4. Understand the principle of advocacy in the context of mental health and community psychology.
5. Be able to apply the understanding of mental health in various settings and cultural background such as school, family, workplace and community.

6. Be able to establish cooperation to generate creative ideas to promote mental health in public sphere.

### Course Time Table

No	Date	Topics	Method of Delivery	Assignment
1		History, Definition, and Concept of Mental Health	GHQ 12 scale ; Lecture & Discussion	
2		Adjustment: Theories, aspects, and dynamics	Lecture & Group Discussion	Group Assignment
3		Psychological Distress, dan Coping	Jigsaw Discussion - 8 prominent figures of Growth Psychology Lecture on Psychological Distress	
4		Resilience, Stress related growth, PTG	Guest Lecture survivor 'pasung' (consequences of stigma in Indonesia) Discussion: Stress related growth	Group assignment: review social determinant of MH
5		Social determinant of mental health	Discussion - social determinant of mental health	
6		Stigma dan mental health literacy	Lecture Stigma: Global and cultural context (Java) Discussion	In-class group assignment: Stigma in Indonesia
7		Promotion and Prevention of Mental Health	Watching example of video promotion and prevention in mental health: global and cultural context	in-class group assignment
			MID-TERM	
8		Global Mental Health, Mental Health and Human Rights. Basics of Advocacy	Group Discussion: Mental Health Systems across countries	
9		Family Mental Health	Lecture Discussion: Family's protective and risk factors	In-class group work
10		School Mental Health	Discussion: School's protective and risk factors, current issues on mental health in school settings	In-class group work
11		Mental Health in the workplace	Discussion: mental health in the workplace	in-class group work
12		Community Mental Health. Scaling up of mental health service: psychologist at puskesmas dan mental health cadre's	Guest Lecture: Primary Care Psychologist: Best Practice from Sleman/Bantul district	

13		Mental health in Emergency Settings	Discussion issues of mental health in emergency settings Lesson learned from Yogya Earthquake (will be updated based on the recent best practice)	
14		Presentation on Advocacy Proposal	Group Discussion	

### Grading and course requirement

No	Assignment	Due Date	Proportion	Deliverables	G/I
1.	Growth Psychology: Book Chapter review		10%	upload SIT: paper and file presentation	Group
2.	WHO: Social Determinant of Mental Health		10%	upload SIT: paper and file presentation	Group
3.	Psychoeducation of mental health and well being		35%	Audio-visual MH promotion (video)	Group
4.	Project Proposal on mental health advocacy topics		45%	proposal	Individual

### Required Text (updated yearly)

- Patel, V., Minas, H., Cohen, A., & Prince, M. (Eds.). (2013). *Global Mental Health*. doi:10.1093/med/9780199920181.001.0001
- Growth Psychology: Models of the Healthy Personality
- World Health Organization and Calouste Gulbenkian Foundation. (2014). *Social determinants of mental health*. Geneva:World Health Organization.
- Mental Health Action Plan 2013-2020 (WHO website)
- Warsini, S, Buettner, P, Mills, J, West, C, Usher, K. (2014). ‘The Psychosocial Impact of the Environmental Damage Caused by the MT Merapi Eruption on Survivors in Indonesia’, *Psychosocial Impact of Environmental Damage*, Vol. 11, No. 3
- WHO. (2006). *The Mental Health and Psychosocial Aspect of Disaster Preparedness*, Report of an Intercountry Meeting Khao Lak, Thailand, 20-23 June 2006, WHO Regional Office for South East Asia, New Delhi.
- Sheehan, L. Nieweglowski, K., & Corrigan, P. Structures and Types of Stigma. In *The Stigma of Mental Illness- End of the Story?* Gaebel, W., Rossler, W., & Sartorius, N. Eds. Springer. Geneva.
- Christner, R. W., & Mennuti, R. B. (2008). *School-Based Mental Health. [electronic resource] : A Practitioner's Guide to Comparative Practices*. Hoboken: Taylor and Francis.
- Searight, H. R. (2010). *Practicing psychology in primary care / H. Russell Searight*. Cambridge, MA: Hogrefe Publishing.
- Setiyawati, D., Blashki, G., Wraith, R., Colucci, E., & Minas, H. (2014a). Australian experts’ perspectives on a curriculum for psychologists working in primary health care: Implication

for Indonesia. *Health Psychology & Behavioural Medicine*, 2(1), 970-982. doi: 10.1080/21642850.2014.951937

- Ehrenreich, JH. (2001). *Coping with disasters: A guidebook to psychosocial intervention*, Center for Psychology and Society, State University of New York, New York.
- IASC. (2007). *IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings*, Inter-Agency Standing Committee, Geneva, Switzerland.
- Stranks, J. (2005). *Stress at work: Management and prevention*. Elsevier: Oxford, UK
- Defrain, J., Asay, S.M. (2010, October). *Families from a Global, Strengths-Based Perspective: Why They Are Important and What the Future Will Bring*. Paper presented at the Eighth Annual Session of the World Public Forum (WPF) *Dialogue of Civilizations*, the Island of Rhodes, Greece.