

Psychological Wellbeing and Resilience in Healthcare Settings

12 weeks, Distance Learning

Credits: Non-credit bearing
Start date: January 2021

This course explores the role of psychological wellbeing and resilience in healthcare settings. It aims to equip a diverse range of professional healthcare staff with knowledge and skills around psychological wellbeing and therefore helping to prevent Post Traumatic Stress Disorder (PTSD) and related conditions which affect mental health and ability to cope.

During times of intense pressure and change, for example the COVID-19 pandemic, healthcare professionals already experiencing high degrees of work-related stress are at greater risk of a range of mental health conditions. This course:

- Considers the basis of psychological wellbeing and how we can use specific strategies to cope.
- Demonstrates a range of practical skills which can be used by students on this module within their organisations to support colleagues. Strategies include a toolkit for enhancing resilience and reducing stress and anxiety.
- Communicates TRiM (Trauma Management) training and offers suggestions around how this can be shared within workplaces to support the recognition and treatment of PTSD and associated stress and anxiety conditions.
- Recognises a range of mental health issues as well as offer practical and applied support and tools for colleagues in the workplace.
- Considers the principles of behaviour change in order for students to have a strong understanding of the principles underlying behaviour change and altering habits for enhanced psychological wellbeing..

Entry requirements

You must:

- Be working in a health or social care environment
- Have access to a computer with a reliable internet connection.
- Have the ability to access and use online study guidance and support.

Course structure

You will be taught through distance learning. Your studies will be supported by the University's virtual learning environment.



Career opportunities

This course creates opportunities either within your existing employment or in a new career, to implement effective interventions within the workplace to increase positive mental health and to reduce the risk of PTSD (either in relation to a global pandemic or other psychological trauma). You will be able to apply for positions which include the consideration of employee health and wellness, specifically mental health. The course also provides a foundation for you to engage in further study in the areas of health behaviour and/or psychological wellbeing.

Fees

This course is eligible for funding from Health Education Yorkshire and the Humber. Detailed guidance on such funding arrangements is available in their funding guide.

If you are not eligible for funding, the tuition fee for this course for 2020/21 entry is £460.90. Tuition fees will cover the cost of your study at the University as well as charges for registration, tuition, supervision and examinations.

How to book

We are currently accepting online applications. To secure your place please visit: <https://pt-onlineapps.hud.ac.uk/>

Further information

For further course information please contact:

Admissions Team
Email: ssprd@hud.ac.uk
Visit our website: courses.hud.ac.uk

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