

DISCIPLINE SPECIFIC CORE COURSE – (DSC): MENTAL HEALTH AND SOCIAL WORK

Credit distribution, Eligibility and Prerequisites of the Course

Course title & Code	Credit s	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lectur e	Tutoria l	Practical/ Practice		
MENTAL HEALTH AND SOCIAL WORK DSC 19	4	3	0	1	12 th Pass	NIL

Learning Objectives

The learning objectives of this course are as follows:

- Understand the foundational concepts of mental health and social work.
- Understand various models of practice in mental health settings.
- Identify various mental health disorders and their impact on individuals and communities.

Learning outcomes

At the end of the semester the students will be able to

- Apply social work practices and interventions in mental health settings.
- Analyse mental health policies and their implications for social work practice.
- Develop skills in critical thinking, ethical decision-making, and practical application.

SYLLABUS OF DSC- 19

Unit I: Foundation of Mental Health and Social Work **15 Hours**

Unit Description: This unit will familiarise student with a basic understanding of mental health concepts and its importance in social work practice.

- Concept of Health and mental health
- History and development of social work practice in the field of mental health

- Social Work Models in Mental Health

Unit II. Understanding Mental Health Disorders and treatment approaches **15 Hours**

Unit Description: This unit will help students to develop an understanding of common mental health disorders and related treatment approaches.

- Introduction to DSM-V : Normal and Abnormal Behaviour
- Common Mental health Disorders and treatment approaches: Neurotic disorders- anxiety, stress, Phobia, OCD, eating disorders, post-traumatic stress disorders(PTSD)
- Common Mental health Disorders and treatment approaches: Psychotic disorders: Depression, Bipolar disorder, Schizophrenia

Unit III: Mental Health Policies and Ethical issues **15 Hours**

Unit Description: This unit focuses on Social Work practice with persons with mental disorders, mental health policies, legislations and ethical concerns.

- Overview of Mental Health Care Act 2017, National Mental Health Policy, 2014
- Ethical Principles in Social Work (NASW), Legal and Ethical consideration in Mental Health settings
- Dealing with stigma and discrimination with individuals and communities

Unit IV: Social work practice in mental health setting **30 Hours**

Unit Description: This unit will give exposure to Social Work Practice in Mental health Settings. The students will be required to prepare project on any one the sub-topics.

- Project work: Design a Mental Health Intervention Program (Individual/Group Project)
- Project work: Study/Observational Visit to a Mental Health setting like IHBAS, AIIMS, NIMHANS, NIMH, and NGOs working in the field of mental health setting
- Project work: Case conferences/ Case Management/Counselling Techniques

Practical component – Unit IV application based

Essential readings

- Bhugra, D., Tse, S., & Roger, N. G. (2015). Handbook of psychiatry in Asia. London and New York: Routledge
- Butcher, J. N., Hooley, J. M., & Mineka, S. M. (2017). Abnormal psychology and modern life. New Delhi: Pearson Education.
- Coppock, V., & Dunn, B. (2010). Understanding social work practice in mental health. Los Angeles/ London/ New Delhi: Sage
- Francis A. (2014) Social work in Mental Health: Context for theory and practice. Sage
- Ramsden, P. (2013). Understanding abnormal psychology: Clinical and biological perspectives. Sage
- Steen, M., & Thomas, M. (2016). Mental health across lifespan. New York: Rutledge
- Taylor, L.E. (2010). Mental health in social work: A casebook on diagnosis and strengths-based assessment. Boston: Pearson

Suggested Readings

- Alastair M., Anne F., Bill F. (2017) Values and Ethics in Mental Health, An exploration For Practice. Bloomsbury.
- Allen R. Dyer, Brandon A. Kohrt, Philip J. Candilis (2021) Global Mental Health Ethics.
- David B. Cooper (eds) 2017 Ethics in Mental Health-Substance Use, Routledge.
- Goffman (1963)Stigma : Notes Management of a Spoiled identity , Penguin, Random House.
- National Mental Health Policy(2014)
https://nhm.gov.in/images/pdf/National_Health_Mental_Policy.pdf

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

DISCIPLINE SPECIFIC ELECTIVE COURSE - (DSE-) – : RESEARCH TOOLS AND DATA ANALYSIS

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE