

# Virginia Western Community College

## MEN 100

### Introduction to Mental Health

#### Prerequisites

None

#### Course Description

Surveys history of mental health from ancient to contemporary times, with special emphasis on impact of the Psychoanalytic, Humanistic, and Behavioral movements in the treatment of mental illness. Includes examination of structure and functions of human service delivery systems, knowledge and skills of mental health workers, and current ethical and legal issues.

The purpose of this course is to provide the student with a brief, historical overview of the mental health/human services field, from the Greek/Roman period to contemporary times in the United States. Special emphasis will be placed on the theoretical and technical applications of three of the early models of counseling, Psychoanalysis, Adlerian, and Person-Centered. In addition, the course will cover ethical and legal issues related to the profession.

**Semester Credits: 3**

**Lecture Hours: 3**

## **Required Materials**

1. Textbook
2. Internet access
3. Canvas

### **Textbook:**

Murdock, Nancy L. (2017) *Theory and Practice of Counseling and Psychotherapy: A Case Approach*, 4th ed. ISBN:978-0-13-424022-0

### **Other Required Materials:**

None

## **Course Outcomes**

### **At the completion of this course, the student should be able to:**

- Have a working knowledge of historical events in the field of mental health/human services field.
- Demonstrate familiarity with the principles and techniques of Psychoanalytic, Adlerian and
- Person-Centered counseling models
- Compare and contrast the major principles and techniques of Psychoanalysis, Adlerian and
- Person-Centered counseling models.
- Understand the ethical guidelines and legal issues related to this field.
- Understand the personal and professional qualities necessary to be an effective human services professional
- Value the importance of self-evaluation and self-care in this field and have identified his/her areas of strengths and areas for personal growth.
- Demonstrate the ability to work in formal and informal groups.

## Topical Description

1	Section 1: <ul style="list-style-type: none"><li>• Ethics</li><li>• Self-Care/Compassion Fatigue</li><li>• History of the Mental Health Field</li><li>• Legal Issues in Mental Health</li></ul>
2	Section 2: <ul style="list-style-type: none"><li>o Psychoanalytic Theory</li></ul>
3	Section 3 <ul style="list-style-type: none"><li>o Adlerian Theory</li></ul>
4	Section 4 <ul style="list-style-type: none"><li>o Person-Centered Therapy</li></ul>

## Notes to Instructors

None

[ADA Statement \(PDF\)](#)

[Title IX Statement \(PDF\)](#)