

Certificate in Applied Mental Health

Code	AK1022
Duration	One year full time (two 16 week semesters)/two years part time
Venue	North Shore Campus
Starting date	Semester one 03 March 2008 Semester two 21 July 2008

This programme provides essential foundational knowledge attitudes and skills for people who intend to work as mental health support workers. It is ideal for adults with work and life experience but little formal education in mental health.

Certificate level education in Mental Health Support Work is considered the basic requirement for employment as a mental health support worker.

Objectives

Students will develop their capability to foster the ability of people with mental illness to live fully integrated and participating lives within the community by studying the following themes:

- Self awareness, interpersonal skills and ability to develop relationships to foster individual recovery journeys
- Knowledge of community resources, attitudes and encouraging participation in the community
- Knowledge of mental health, mental illness, mental health service delivery and legislation, regulations and policies
- Demonstrate knowledge for the application of Te Tiriti O Waitangi to mental health support work

- Being an effective member of the mental health support team working in partnership with the clinical team
- Fostering the development of natural supports through family/whanau/friend networks
- Developing and working with plans to foster healthy progressive living and minimise episodes of mental illness
- Skills to be a team member when supporting people with behaviour considered offensive or challenging
- Developing the habits of safe, effective, ethical and reflective practice
- Dual diagnosis – mental illness and alcohol and other drug abuse

Structure

This is a full time course. There is also an option to study part time.

Semester One 2008

16 Weeks, 03 March–27 June

564101 Attitudes, Values and Skills for Mental Health Support Work

30 Points Level 4

Developing fundamental attitudes, values and skills, which underlie safe mental health support work in an individual and community context.

564102 Knowledge and Skills Development 1

30 Points Level 4

An introduction to foundational knowledge attitudes and skills necessary for working effectively in the mental health support worker role with consumer/tangata whai ora.

Semester Two 2008

16 Weeks, 21 July–14 November

564103 Integrative Mental Health Support Work Practice

30 Points Level 4

Extending foundational knowledge attitudes and skills necessary for working effectively in the mental health support worker role with consumers/tangata whai ora.

564104 Knowledge and Skills Development II

30 Points Level 4

Knowledge, attitudes and skills to support consumers/tangata whai ora to develop and implement individual lifestyle plans. Working with consumers/tangata whai ora with behaviour that is offensive to others.

Fees

Disclaimer: Fees quoted here are correct at the time of printing. Confirmed tuition fees will be listed on your invoice sent by Academic Registry.

2008 fees, including students' association, are approximately \$4,392.00 including GST (the average cost of a standard full time course of 120 points). A 30-point paper will cost approximately \$1,098.00).

Additional Costs

Students can anticipate travel costs for observation and placements. In most cases these can be arranged in the student's home location.

Students can also anticipate buying several texts (with an approximate cost of \$300 in total) and purchasing bound copies of reprinted material.

Programmes offered by the School of Public Health & Psychosocial Studies

Certificates

Certificate in Health Studies AK3207
Certificate in Applied Mental Health AK1022

Diplomas

Diploma in Mental Health Support Work AK3637
Diploma in Violence & Trauma Studies AK3414

Undergraduate Degrees AK3680

BHSc in Applied Mental Health
BHSc in Psychology
BHSc in Health Promotion
BHSc in Oral Health

Graduate Diplomas

Graduate Diploma in Psychosocial Studies AK3580
Graduate Diploma in Child Mental Health AK3579
Graduate Diploma in Addictions AK1014

Postgraduate Programmes

MHSc in Psychotherapy AK3485
Pathways are in adult or child psychotherapy and are dependent upon the applicant's undergraduate qualifications.

PgCertHSc in Advanced Psychotherapy Practice AK3484

PgDipHSc in Psychotherapy Practice AK3487

Pathways are:

- Clinical Supervision
- Couple Therapy
- Group Psychotherapy
- Psychoanalytic Psychotherapy (only offered in the PgDipHSc)

There are also pathways which students can complete as an unendorsed PgDipHSc in the areas of:

- Expressive Therapies
- Jungian and Transpersonal Psychology

Enrol online

<http://arion.aut.ac.nz>

Get information online

www.autuni.ac.nz

Or contact

Susan Ryan, Programme Administrator
Phone: (09) 921 9466
Fax: (09) 921 9780
susan.ryan@aut.ac.nz

Or

Caril Cowan, Programme Coordinator
Phone: (09) 921 9999 Ext 7730
caril.cowan@aut.ac.nz

The information in this brochure was correct when it was printed.
CERT_APP_MENTAL-100-JAN08

AUT

Certificate in Applied Mental Health

HEALTH

faculty of health and environmental sciences

0800 FOR AUT
www.aut.ac.nz

AUT