



MENTAL HEALTH AND WELLBEING

HSW1110 – Semester 2, 2020

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The Sociological Perspective (Robertson 1981)

The basic insight of sociology is that human behaviour is shaped by the groups to which people belong and by the social interaction that takes place within those groups. We are who we are and we behave the way we do because we happen to live in a particular society at a particular point in space and time.

The study of sociology leads us into areas of society that we might otherwise have ignored or misunderstood. Since our world view is shaped by our personal experience and since people with different social experiences have different definitions of social reality, sociology helps us to appreciate viewpoints other than our own and to understand how these viewpoints came into being.

The **Sociological Imagination** "the awareness of the relationship between personal experience and the wider society"

"Things are not always as they seem"

Therapeutic Use of Self

- Developing self awareness
- Understanding your own attitudes
- Using aspects of your own personality, experiences, values, feelings, intelligence, needs, coping skills and perceptions
- Establish relationships with clients, consumers and carers
- Allows you to form a connection with another person

The Self

Understanding ourselves, helps us to understand others develop self awareness

Self awareness includes:

Knowing how you tend to respond to people and situations (Emotions) Having a sense of who you are (Identity)

Knowing your own worth or value (Self Esteem)

Appreciating the effect that the above may have on other people

The Professional Self

Self awareness is essential for reflective practice

Being able to review your own behaviour and learn from it

Self awareness is essential for critical thinking

Being able to question yourself

Being able to question beyond yourself

Being able to question the world objectively

