



Certificate of Achievement

Susan M. Cotterill

has completed the following course:

PSYCHOLOGY AND MENTAL HEALTH: BEYOND NATURE AND NURTURE
UNIVERSITY OF LIVERPOOL

This course explored how a psychological understanding of emotions and behaviour gives us new ways to improve mental health and well-being.

6 weeks, 3 hours per week



Peter Kinderman
Professor of Clinical Psychology
University of Liverpool



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit futurelearn.com/proof-of-learning/certificate-of-achievement.

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STUDY REQUIREMENT

6 weeks, 3 hours per week

LEARNING OUTCOMES

- Explore how social aspects can impact on mental health
- Explore the extent to which life events affect mental health and well being
- Synthesise differing contemporary approaches to health and well being
- Engage in cutting edge research into mental health and well being
- Compare different explanatory models of mental health
- Synthesise different conceptual and explanatory models of mental health

SYLLABUS

- The impact of biological and neurological traits on mental health and well-being
- The impact social elements have on mental health and well-being
- The extent to which life events can impact on how we act
- The role that rumination plays in well being and mental health
- Evidence-based suggestions as to how we might all protect and improve our mental health and well-being
- The design of mental health services form a non-medical perspective