

## PSYC 5904 W – COMMUNITY MENTAL HEALTH AND WELL-BEING PRACTICUM

<b>Course</b>	PSYC 5904 W Community Mental Health and Well-Being Practicum
<b>Instructor</b>	Dr. Joanna Pozzulo
<b>Term</b>	Winter 2022
<b>Course Delivery</b>	Online Synchronous
<b>Email Address</b>	Joanna.pozzulo@carleton.ca
<b>Office Location</b>	B552 Loeb
<b>Office Hours</b>	Wed 10:30am-11:30am or by appt.

### COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This course focuses on applying concepts of Mental Health and Well-Being to the Carleton Community. You will gain practical experience working in the area of health promotion, that is, the process of supporting people to increase control over their health with the goal of improving their wellness. You will increase your awareness of the determinants of well-being and increase your sensitivity to the mental wellness of those around you. Through our virtual "Psychology Wellness Centre", you will be actively engaged in coaching Carleton students to reach their wellness goals.

The seminar portion of the course will take place in the classroom for 3 hours a week (for the first 5 weeks). The experiential learning portion of the course will take place through the virtual Psychology Wellness Centre for a total of approximately 50 hours, we will have a final in-class session on the last day of class for a roundtable discussion.

## EVALUATION

Please note that this course will be graded as either Satisfactory or Unsatisfactory. In order to receive a satisfactory grade, you must:

Attend each virtual in-class session

Complete all the required training satisfactorily

Complete a client report, for each client seen at the Psychology Wellness Centre

Complete 50 hours at the Psychology Wellness Centre

Complete a Psychology Wellness Centre evaluation report, participate in the roundtable discussion

## TEXT

N/A