

PSYC 5905 W – APPLIED COMMUNITY MENTAL HEALTH AND WELL-BEING

Course	PSYC 5905 W Applied Community Mental Health and Well-Being
Instructor	Dr. Joanna Pozzulo
Term	Winter 2024
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Office Location	A529 Loeb
Office Hours	Tues. 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.

PSYC 5905 follows what you have learned in PSYC 5904. You will apply what you have learned from 5904 and work at the virtual Psychology Wellness Centre for the duration of the course (approximately 30 hours). Applying your academic knowledge is known as experiential learning.

There will be two, virtual in-class sessions. The first session (first class) is to reorient you toward the Psychology Wellness Centre. The last class session will be a roundtable discussion and presentation of the evaluation of the Psychology Wellness Centre. Both of these two classes will occur during class time.

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 30 hours at the Psychology Wellness Centre

Complete a Psychology Wellness Centre Evaluation Report

Participate in the Roundtable Discussion

TEXT

N/A