

Welcome To
Counseling & Mental Health II



Lessons in Mental Health



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WELCOME

Hello everyone, and welcome to Counseling & Mental Health II!

I'm excited to have you all here!

You might be wondering, 'What exactly is this class about, and how is it different from Counseling & Mental Health I?'

CLASS FOUNDATION

Counseling & Mental Health II provides a more comprehensive understanding of the counseling and mental health field, including:

- Career pathways
- Mental Health Stigma
- Theorists & Theories
- Professional Behaviors & Ethics
- Brain Function
- Mental Health Disorders



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Here is an overview of
what we will cover
throughout the semester.

OBJECTIVE 1

Career Pathway

- Understand the counseling and mental health career pathway.
- Address the stigma related to mental health.
- Learn about the history of mental health.
- Develop an understanding of professional behaviors, ethics, and laws in providing counseling and mental health services.



OBJECTIVE 2

The Human Brain

- Understand how the brain and nervous system function.
- Explore how mental health affects well-being across the lifespan.
- Learn about the development of emotional literacy.
- Recognize effective practices for building positive mental health.



OBJECTIVE 3

Mental Health Theories & Treatments

- Apply theories of mental health development.
- Explore treatment options for mental health-related services.
- Analyze the effect of technology on mental health research and treatment delivery.
- Review positive and strengths-based psychology.



OBJECTIVE 4

Mental Health Disorders

- Understand the major classifications of mental health disorders.
- Explore how mental health disorders are assessed and diagnosed.
- Analyze specific mental disorders and their effect across the lifespan.
- Learn about substance abuse-related disorders.



OBJECTIVE 5

Social Awareness Teen Issues

- Understand the cycle of abuse.
- Examine the signs and effects of child abuse, domestic abuse, and dating violence.
- Analyze the effect of bullying on adolescent development.
- Understand the impact of suicide on individual and family lives.





REAL-WORLD

In sum, this course gives a practical, real-world look at counseling and mental health.

We will explore how mental health challenges impact people's lives and learn about effective ways to address them.



WHAT THIS
CLASS
ISN'T



Not Therapy

This class is not a substitute for professional therapy or counseling.



Not Self-Help

It's not a self-help group.



Not A Place For Personal Sharing

Personal details that are private should remain private.



Not a Replacement for Support Services

It doesn't replace other support services or resources you might need.



NO PRESSURE

You should never feel obligated or pressured to share personal details in class.

Our goal is to focus on learning and understanding general concepts, not discussing personal experiences.

This way, everyone can participate comfortably without feeling the need to reveal private information.



GOAL

My goal is for you to leave this class with a clear understanding of mental health, its challenges, and solutions.

As we deepen our knowledge, we'll lead with empathy and compassion and gain the skills needed to navigate the complexities of mental health.

A photograph of a school hallway with lockers on the left and a window on the right. A white rectangular box is overlaid in the center, containing a quote.

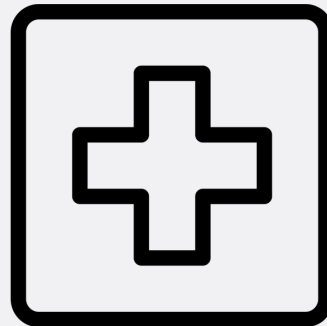
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I'm excited to have you here
and look forward to the
journey ahead.

LEAD WITH COMPASSION, EDUCATE WITH PURPOSE.

Until our next lesson

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