



Postgraduate Certificate in Mental Health Promotion

A Postgraduate Certificate in Mental Health Promotion has been jointly developed by NUI Galway and Mental Health Ireland. This programme is designed for professionals working in different sectors who wish to develop knowledge, skills and competencies of mental health promotion and its implementation in practice. The programme aim is to provide participants with professional education and training in the principles and practice of promoting positive mental health and wellbeing. This part-time programme is open to those working in a professional capacity in areas such as mental health, health promotion, public health, primary care, education, community work, nursing, social work, psychology and allied fields.

Course participants will acquire an understanding of the concepts, principles and evidence base for mental health promotion and the practical implementation of mental health promotion interventions from a national and international perspective. Course participants will gain skills and competencies for the effective implementation of mental health promotion interventions based on principles of evidence-based practice and policy.

Course Level

National Qualification Framework Level 9

Duration

1 academic year, part-time

Entry Requirements

A primary degree, each applicant is assessed individually on relevant professional experience, level of motivation and suitability as per personal statement submitted on the online application

Places Available

This programme has an intake every September subject to a prescribed minimum registering

Fees

www.nuigalway.ie/courses/fees-and-funding/#art

Applying

www.nuigalway.ie/postgraduateapplications



Postgraduate Certificate in Mental Health Promotion (Course Code: 1PHP1 - Mental Health)

Discipline of Health Promotion

The Discipline was established in 1990 at the National University of Ireland Galway. It is part of the College of Medicine, Nursing and Health Sciences. The Discipline is the only one of its kind in Ireland and was established with the support of the Department of Health. Its function is to develop training and education courses in the field of Health Promotion and to undertake relevant research through the Health Promotion Research Centre, a World Health Organization Collaborating Centre for Health Promotion research.

Course Duration

The Postgraduate Certificate in Mental Health Promotion is a part-time course of one academic year duration. The programme runs from September to the following May.

Course Delivery

This is a blended learning programme, with a combination of teaching techniques employed to support learning. This includes participatory workshops, project work, self-paced learning using instructional materials, as well as other resources such as articles, websites and research reports. Academics in the Discipline of Health Promotion, together with contributions from practitioners and those with lived experience in the specialist field of study, deliver the lectures and workshops. This course takes place at the NUI Galway campus www.nuigalway.ie/campus-map/

Continued Professional Development

This is a Level 9 programme comprising of 30 European Credit Transfer System (ECTS) points in total. Each module carries 10 ECTS points. Successful graduates who wish to apply to the MA/Postgraduate Diploma in Health Promotion programme, offered by NUI Galway, can carry forward up to 20 ECTS.

Programme Structure

The programme comprises three modules. The first two modules include participation in workshops and self-paced instructional materials with assignments and independent study, while the third module focuses on project work.

1. Concepts and Principles of Health Promotion

This module includes:

- Definitions of health and Health Promotion
- Health Promotion programme development
- Current issues and discourse in Health Promotion policy and practice
- Communication training and facilitation skills.

2. Specialism Module

This model includes:

- Concepts and determinants of positive mental health and wellbeing, mental health equity, frameworks for practice
- Effective mental health promotion interventions, evidence-based principles of effective practice
- Implementing mental health promotion strategies across the life course in key settings such as the home, schools (primary and post-primary), community, primary care and mental health services
- International and national policy development, advocacy and capacity development in the promotion of mental health and wellbeing.

3. Project Development

Course participants will design a mental health promotion intervention for implementation with a specific population group in a setting of their choice.

Further Information

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