

# **Mental Illness: An Overview**

## **Course Description:**

This seminar will offer an overview of the major mental illnesses, their symptoms, and approaches to treatment, including an overview of psychotropic drugs. It will provide participants with a way of looking at individuals with a mental illness and suggest some approaches to integrating treatment. Participants in this course will practice using this information to do the assessment of a client's presentation, their severity of current symptoms and to conceptualize his/her functioning level.

## **Course Objectives:**

Participants who complete this course will be able to:

- List 3 of the major mental illnesses and their symptom cluster
- Describe 3 of the common psychotropic medications and their side effects
- Apply your learning in your clinical work
- Incorporate your observations into an assessment including: appearance, mood, affect, speech characteristics, thought process, thought content, insight, judgment, impulsivity, and reliability

## **Learning Materials:**

The instructor will supply handouts of the PowerPoint presentation used in this course. Lecture and discussion will be the main learning activities along with the extensive use of small group activities. A short post-test will also be used to measure learning.

## **Assignments:**

Participants are expected to actively engage in dialogue with the instructors and other participants during interactive segments of the course.

## **Evaluation:**

There will be an opportunity for the participants to complete an evaluation of the course and the instructor. Depending on the requirements of the hosting organization, there may be a short post-test of the material at the end of the seminar.