States
of mind

[1]

STUDENT WELLBEING AMBASSADORS TRAINING PROGRAMME CONTENT 2019-2020

Index

Module 2: Identity and Self Awareness

2.1   Module Objectives

2.2   Identity and Self Image
          1.2.1 Names and Personal History
          1.2.2 Family, Ancestry and Group Identity
          1.2.3 Authenticity and the Inner Child
          1.2.4 Identity and Social Roles

2.3   Body
          1.3.1 The Mind-Body Connection : The role of the nervous System
          1.3.2 Emotions and the Immune System
          1.3.3 Movement and Expression
          1.3.4 Diet and Mental Health
          1.3.5 Equilibrium: Exercise and mental health

2.4   Feelings
          2.4.1 Exploring Emotions
          2.4.2 Vulnerability
          2.4.3 Coping with difficult emotions
          2.4.4 Emotions and Communication
          2.4.5 Emotions and Creativity

2.5   The Mind
          2.5.1 The Evolution of the Mind
          2.5.2 The Psychodynamic model of the Mind
          2.5.3 Rumination and Mental Heath [2]

Module 3: Relationships

3.1   Module Objectives

3.2   Mentalising and Misunderstanding
        1.3.1 Why do we misunderstand each other?
        1.3.2 What is Mentalising?
        1.3.3 How can Mentalising improve our mental health?
        1.3.4 Developing our Mentalising capacity
        1.3.5 Exploring Mentalising in families

3.3   Repairing Unhealthy Relationship Styles
        3.3.1 I- Thou and I-It Relationships
        3.3.2 Mirroring and Mirror Neurons
        3.3.3 The consequences of not being ' seen'
        3.3.4 Bifocal Vision
        3.3.5 Family Contracts, Expectations and Values
        3.3.6 Sub Personalities and Defence Mechanisms

3.4   Attachment Styles
        3.4.1 What is Attachment?
        3.4.2 Activating Strategies
        3.4.3 Deactivating Strategies
        3.4.4 Anxious and Avoidant attachment dynamics
        3.4.5 Attachment and Addiction

3.5   Expressing difficult emotions in relationships
        3.5.1 Letter Writing
        3.5.2 Active Listening [3]
        3.5.3 Empathic Listening

Module 4: Anxiety and Self Compassion

4.1   Module Objectives

4.2   Anxiety and the Fear Response
         4.2.1 Understanding our Fears
         4.2.2 External and Internal Fears
         4.4.3 Long Term Effects of Anxiety

4.3   The Evolutionary Basis for Anxiety
         4.3.1 Anxiety and the Threat Response
         4.3.2 Anxiety and Hyper-vigilance
         4.3.3 Social Rank Theory
         4.3.4 Anxiety and Social Avoidance

4.4   Anxiety in the Body and Mind
         4.4.1 The role of the Amygdala and Vagus Nerve
         4.4.2 The Soothing/ Contentment System
         4.4.3 Managing Anxiety through routine, diet and exercise
         4.4.4 Self Compassion and Slowing Down

Module 5: Depression and Low Mood

5.1   Module Objectives

5.2   What is Depression?
       5.2.1 Life events, Change and Loss
       5.2.2 Depression and Emotion
       5.2.3 Depression and the Body
       5.2.4 Depression and Cognition

5.3   Depression and Behaviour
       5.3.1 Isolation and Avoidance
       5.3.2 Behaviour Change
       5.3.3 Depression and Relationships
       5.3.4 Being with vs Fixing

5.4   Managing Depression
       5.4.1 Resistance and Acceptance
       5.4.2 Trust and Honesty
       5.4.3 Examining Expectations and Beliefs
       5.4.4 Compassion and Self Care

Module 6: Becoming a Wellbeing Ambassador

6.1   Module Objectives

6.2   What is a Mental Health Ambassador?
        6.2.1 Representing Student Voice
        6.2.2 Language, Behaviour and Attitudes
        6.2.3 Informing School Wellbeing Policies
        6.2.4 Mentoring and Support
        6.2.5 Social Impact Projects
        6.2.6 Evaluation and Sustainability

6.3   Safeguarding and Confidentiality
        6.3.1 What is Safeguarding?
        6.2.2 Supervision
        6.2.3 Disclosures
        6.2.4 Case Studies

6.4   Next Steps
        6.4.1 Forming a Team and Defining Roles
        6.4.2 Scheduling and Goal Planning
        6.4.3 Ideation and Vision
        6.4.4 Testing the Idea
        6.4.5 Learning from Failure

6.5   Social Impact
        6.5.1 Key Dates and Opportunities
        6.5.2 End of Year Event
        6.5.3 Measuring Success [5]
        6.5.4 Marketing and Communications