



Mental Health Nursing

⇒ Course 01: Mental Health Nursing Diploma

Mental Health Nursing Diploma - Updated Version

- Introduction to Mental Health
- Overview of Mental Health Support Worker
- Childhood and Adolescent Psychiatric Disorders
- Stress and Anxiety Disorders
- Schizophrenia
- Personality Disorders
- Mood Disorders
- Eating & Sleeping Disorders
- Self-Harm and Suicide
- Medication and Therapy in the Treatment of Mental Illness
- Mental Health Legislation and Services
- Community Mental Health Teams (CMHTs)
- The Participation of The Service User

Mental Health Nursing Diploma - Old Version

- Introduction to Mental Health Nursing
- Mental Health over Life Span and Society
- Child Mental Health
- Adolescent Mental Health
- Adult Mental Health
- Planning and Implementation
- Mental Health Nursing Models
- Mental Health in the Digital Age-Part 1
- Mental Health in the Digital Age-Part 2
- Common Mental Disorders-Part 1
- Common Mental Disorders-Part 2
- Legislations Related to Mental Health in the UK

⇒ Course 02: Mental Health Laws and Awareness - Level 2

- Interface with Legislation, Policy and Procedures
- Deprivation of Liberty Safeguards
- The Mental Capacity Act (2005) and Deprivation of Liberty Safeguards During a Pandemic
- Mental Health Legislation and Services
- Liberty Protection Safeguards (LPS)

⇒ Course 03: Mental Health with Positive Psychology

- Models of Positive Psychology
- Healthy Self Esteem
- Sleep Better
- Bonus
- Conclusion

⇒ Course 04: Emotional Intelligence and Human Behaviour

- Human Behaviour and Basic Psychological Process
- Evolutionary Perspective of Human Behaviour
- Human Intelligence
- Intelligence Test and Variations in Intelligence
- Learning and Conditioning
- Language and Communication
- Introduction to Emotion
- Emotion Influences Cognition
- Stress, Anger and Conflict
- Emotional Intelligence
- Self-Leadership
- Neuro-Linguistic Programming (NLP)

⇒ Course 05: Release Addiction, Anxiety and Trauma Level-3

- Introduction
- Healing, Thriving & Re-Framing
- Addiction, Beliefs & Ambivalences
- The Way Forward in Clearing Trauma
- Process, Possibilities & Awareness
- Questions, Reflections, Insights & Healing Options
- Addiction, Authenticity, Boundaries & Enabling

⇒ Course 06: Cognitive behavioural therapy

- Psychology of Stress
- Individual experiences of 'stress'
- Stress Management
- Psychology of 'Anxiety'
- Anxiety Disorders
- Coping with Anxiety
- Final Words

⇒ Course 07: Rational Emotive Behaviour Therapy

- Unit 01: Introduction
- Unit 02: Foundations of REBT
- Unit 03: REBT Techniques and Step-by-Step Practical Application
- Unit 04: REBT in Special Conditions

⇒ Course 08: Anti Social Behaviour

- Overview of Anti-social Behaviour
- Family Influences on Anti-social Behaviour
- Anti-Social Behaviour Order
- Anger and Anti-social Behaviour
- Understanding Antisocial Personality
- Prevention of Anti-social Behaviour

⇒ Course 09: Addiction and Mental Health – Dual Diagnosis

- Promotional Video
- SAMHI Dual Diagnosis Intro video
- Module 01 - Drugs and Effects
- Module 02 - Addictions & Mental Health
- Module 03 - Harm Minimisation & Optimal Health
- Module 04 - Brain Works - Neurophysiology
- Module 05 - Trauma Model & Keys to Treatment
- Module 06 - Brief & Early Intervention and Tripod of Support

⇒ Course 10: Understanding Autism Awareness and Diagnosis Level 2

- Autism Spectrum Disorder (ASD)
- Learning Difficulties Related to Autism
- Autism Diagnosis
- Cognitive Approaches in Autism
- Dealing with Autistic Individuals
- Other Considerations for Dealing with Autistic Individuals
- Engagement in Autism Awareness

⇒ Course 11: Domestic Violence and Abuse Awareness - Level 2

- Introduction to Domestic Violence & Abuse
- The Components of Domestic Violence
- The Impact of Domestic Violence on Victims
- The Impact of Domestic Violence and Abuse on Children
- Assessing the Risks of Domestic Violence and Abuses on Children
- Supporting the Victim and Reporting Incidents
- Record Keeping
- Domestic Violence and Abuse Legislation in the UK

⇒ Course 12: Food and Mood: Improving Mental Health Through Diet and Nutrition

- Introduction to Food & Mood
- The Relationship between Nutrition and Mental Health
- The Second Brain: Trust Your Gut
- Diet and Mental Health in Adults
- Trends in Food Consumption and Mental Health
- Stress Can Make You Fat
- Disorders of Mood and Behaviour

⇒ Course 13: Treating Post Traumatic Stress Disorder

- Introduction
- Understanding Trauma & PTSD
- Integrating CBT, DBT, ACT Techniques into Your Life
- Managing Your Anxiety & PTSD
- Stop Avoiding and Start Living Again
- Handling Difficult Thoughts of Trauma
- Coping with Memories, Flashbacks, Nightmares, and Intrusions
- Surviving and Thriving as You Look Ahead
- Conclusion

⇒ Course 14: Biohacking Your Physical and Mental Health

- Introduction
- Sleep – So MUCH More Than Just Rest
- Blue Light & Red Light
- Mindfulness & Movement
- What You Put In Your Mouth is KEY!
- Hidden Secret – “Cryotherapy”
- Importance Of PURE Air
- Final Thoughts & Recommendations



Thank You