

MH 204
Alternative Therapies
3 Credits

Instructor: TBA

Original Developer: Melissa Rothwell

Current Developer: Melissa Rothwell

Reviewer: Joanne McDonald

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Alternate Delivery: Yes

The Implementation Date for this Outline is 01/09/2019

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MH 204 Version: 2



Alternative Therapies

Calendar Description

This course examines complementary and alternative therapies for mental health practitioners. Students gain an understanding of alternative therapies that focus on an alternative and complimentary route to mental health healing. They also examine the advantages and disadvantages of using alternative therapies as a form of treatment. The main areas of exploration include: transpersonal theory, massage therapy, reflexology, music therapy, animal assisted activities, acupuncture body, shamanism, mindfulness and meditations.

Rationale

This is a required course for the Community Mental Health certificate students.

Prerequisites

None

Co-Requisites

None

Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. learn the World Health Organization's definition of complementary and alternative medicine.
2. demonstrate the five dimensions of CAM.
3. distinguish between Alternative to Complimentary therapies.
4. describe the acceptance of CAM to the mainstream medical model.
5. describe and explain how acupuncture works and how it assists with treatments of mental illnesses.
6. identify how art therapy benefits individuals with mental illnesses and describe the two major approaches.
7. summarize the benefits of animal assisted therapy.
8. explain the benefits of animal assisted therapy with depression, PTSD, and anxiety.

9. explain what the difference is in conscious and unconscious mind.
10. describe mind body interventions for individuals with mental illness.
11. describe hypnosis and biofeedback.
12. examine art therapy, music and massage therapy as a form of alternative medicine.
13. investigate the different forms of faith healing and shamanism.

Resource Materials

Required Textbook:

There is no required textbook for this course

Required Online Free Resource Material:

- a. Students are required to read a series of articles and website links assigned by the instructor are also used as course materials.
- b. Students are required to watch series videos that are used as course materials.

Students are responsible to contact the instructor if they are unable to open a resource that is required.

Conduct of Course

This is an online course offered over ten weeks. This course requires the students to be actively involved in online discussion and research and to watch videos and read articles to help facilitate exploration of the therapies that are used for treating mental disorders. Students are to follow the dates outlined for assignments.

Evaluation Procedures

D2L Discussions and Activities	10%
Introduction assignment	10%
Test 1	25%
Test 2	25%
Final assignment	<u>30%</u>
Total	100%

Grade Equivalents and Course Pass Requirements

A minimum grade of D (50%) (1.00) is required to pass this course.

Letter	F	D	D+	C-	C	C+	B-	B	B+	A-	A	A+
Percent Range	0-49	50-52	53-56	57-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	1.00	1.30	1.70	2.00	2.30	2.70	3.00	3.30	3.70	4.00	4.00

Students must maintain a cumulative grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.

Attendance

Because this course is on-line, attendance is demonstrated by keeping up with readings and assignments, participation in dialogue on the discussion board and completing course work and assignments to the satisfaction of the instructor.

In cases where illness impedes participation, the student may be requested to submit a medical certificate.

Course Units/Topics

1. World Health Organization's definition of complementary and alternative medicine
2. The five dimensions of CAM
3. Mainstream medical model and the acceptance of alternative medicine
4. Types of alternative medicine
 - Acupuncture
 - Faith Healing and Shamanism
 - Herbal therapy (Chinese medicine)
5. Types of alternative therapies
 - Art Therapy
 - Music Therapy
 - Animal Assisted Therapy
 - Hypnosis and biofeedback
 - Conscious and Unconscious mind



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