STRESS MANAGEMENT

Synopsis
This unit examines the body of scientific evidence linking stress with mental and physical illness and with a range of abnormal lifestyle behaviours. It teaches practical skills in the form of relaxation and meditation techniques which students learn and practice themselves and can then teach their patients to carry out. The unit identifies the circumstances and conditions in which these techniques are most useful. The theory and practice are run in parallel throughout the unit.

Objectives
By the end of this unit students should be able to:

1. Recognise that there is now a significant body of research linking psychological states like stress with many illnesses.
2. Recognise that there is also a large body of research demonstrating the benefits of psychological interventions like stress management and mindfulness.
3. Describe the ways in which stress affects physical health and lifestyle.
4. Practice the mindfulness exercises in its various forms.
5. Understand the principles and applications of the mindfulness-based cognitive strategies.
6. Assess and improve your professional skills as a counsellor in stress management, thereby being of greater benefit to your patients.
7. Reflect on your own experience of stress and ways in which you manage it, thereby deriving personal benefit from the course.

Assessment
Scientific stream:
Assignment (25%)
Essay (25%)
Practical stream:
Journal (50%)