Concepts of Recovery in Mental Health
(589341) 30 Points

Paper overview
Develops understanding of mental health recovery from philosophical, theoretical and personal perspectives. Enables critical evaluation of current practices and the development of recovery-focused service delivery.

Programme study options
This paper is available from the Faculty of Health and Environmental Sciences in all specialisation areas and is for the PGDiploma in Health Sciences (Mental Health and addictions).

Who can study this paper?
The paper is for health professionals who will normally have completed the requirements of one of the following in a relevant field from a New Zealand tertiary institution or equivalent:
- A bachelors degree
- Professional qualification recognised by the university as being equivalent to a bachelors degree
- Evidence of professional experience deemed by the university to be equivalent to a bachelors degree

Where entry qualifications do not meet the criteria for study at postgraduate level, completion of transitional studies may be required before the applicant is admitted to the programme.

What you can expect to learn?
This paper covers the following topics:
- Recovery definitions, theories, research and principles
- Socio-historical context of recovery concepts and practice
- The lived experience of recovery from mental illness and addictions
- Philosophical and cultural perspectives of recovery
- Bio-medical aspects of recovery (examining the place of diagnosis, medication and other strategies for symptom management in the recovery process)
- Psychological aspects of recovery (understanding grief and trauma, and notions from positive psychology including resilience and hope)
- Social aspects of recovery (exploring the place of family/whanau, role reclamation, social inclusion and participation in recovery)
- Spiritual aspects of recovery (including the place of faith, culture and existential notions in recovery)
- Recovery-oriented policy and approaches to service delivery

What do you need to study this paper?
- To study this paper it is essential you have a computer, internet (broadband preferred), email access and access to a clinical practice setting.

Concepts of Recovery in Mental Health Paper Leader, Daniel Sutton, PhD, PGDipHSc, NZROT
Daniel has previously worked in community and residential mental health services but now focuses on teaching and research in the areas of recovery from mental health problems, recovery-oriented, rehabilitation and occupation-based practice and the use of sensory interventions in mental health services.

Dates and location details
Location: North Shore Campus
On Campus: The paper is taught in 2 on-campus blocks in Semester 1.
Teaching Style: Student learning is facilitated through classroom discussion and requires active participation to meet individual learning needs as well as the intended learning outcomes. This will be complemented by seminars, online discussion and self-directed tasks and reading. The lecturers are a facilitator and resource for this process.

How much time will I need to commit to the paper?
This is dependent on your other commitments and the speed at which you learn and work, but on average a 30 point paper typically involves around 300 hours per semester.
How much does the paper cost?
30 point paper tuition fee for domestic students is approximately NZ$2000. Fees are subject to change. This is an approximate cost. Additional fees for study may include: a learner services levy, student association (AUSM) fee, charges and paper activity fees. Please contact us for further information (International students: email international.centre@aut.ac.nz).

How will the paper be assessed?
There are two assessments in the paper:
Review of the recovery literature in relation to a chosen practice area (4000 words)
Written submission containing a critique of current practice and recommendations for the development of recovery-focused service delivery (3500 words).

Enrolment process
New students
Contact the Student Information Centre
Phone: 0800 AUT UNI (0800 288 864) or Email: courseinfo@aut.ac.nz

Returning students
Go online to AUTonline, https:autonline.ac.nz
a. Check paper timetable by clicking on ‘Timetable’ option
b. Then, complete the re-enrolment form by clicking on ‘Forms’ option
c. Then, email us the completed form.

Enrolment and paper information
Student enrolment enquiries:
0800 AUT UNI (0800 288 864)
www.healthpostgraduate.aut.ac.nz
postgradHES@aut.ac.nz

Student enquiries about this paper:
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