

It is suitable for anyone with an interest in mental health. It aims to be educational rather than therapeutic and is one of a series of workshops 'Thinking about Mental Health'.

What will I achieve?

By the end of the course I will be able to:

1. Understand how some Anxiety Disorders are diagnosed and outline different views regarding the value of diagnosis.
2. Become familiar with the idea that phobias are learnt and be able to explain this.
3. Appreciate some treatments proposed and some of the strengths and limitations of these.
4. Feel more confident when talking to experts, professionals and others regarding this aspect of mental health.
5. Be prepared take part in action for positive change regarding their own or others perceptions of abnormality in society

What teaching methods will be used and will there be work outside of the class?

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning
- The tutor will introduce key concepts which we will discuss as a group. There will be an opportunity to share personal experiences where relevant but this is not an expectation nor is a requirement.

What kind of feedback can I expect from the tutor?

- You will have opportunities to discuss your progress with your tutor

What else do I need to know? Is there anything I need to bring?

- Nothing else is needed
- Bring yourself and an open mind.

Pre-course work, reading and information sources

- No previous knowledge, reading or experience is required.

Possible next steps after this course including career opportunities if appropriate

- Progress to another WEA course
- Progress to a course with another provider
- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member
- Become involved as a volunteer for a WEA partner or another organisation
- You could progress to Higher Education courses. Follow link to the PEARL website for information <http://pearl.open.ac.uk/>
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>
- This is one of a series of workshops 'Thinking about Mental Health'. Other courses available are on Schizophrenia, Depression (incl Bipolar) and different approaches to Mental Health.

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student

Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept a Learning Agreement. Full details of the Learning Agreement can be found on our website at <http://www.wea.org.uk/about-us/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB
Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk



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