



**MENTAL HEALTH AT SCHOOL:
WHAT IS THE ROLE OF PSYCHOLOGY TEACHERS?
EFPTA WEBINAR - 19TH FEBRUARY 2022**

J. McGinty: Mental health in the teaching of psychology in England - a case study



**MENTAL HEALTH AT SCHOOL:
WHAT IS THE ROLE OF PSYCHOLOGY TEACHERS?
EFPTA WEBINAR - 19TH FEBRUARY 2022**

WATFORD GRAMMAR SCHOOL FOR BOYS



Watford Grammar School for Boys

- Founded 1704
- ~ 1500 boys
- 200 take A-levels each year with ~50 psychology students



MENTAL HEALTH AT SCHOOL:
WHAT IS THE ROLE OF PSYCHOLOGY TEACHERS?

EFPTA WEBINAR - 19TH FEBRUARY 2022



**MENTAL HEALTH AT SCHOOL:
WHAT IS THE ROLE OF PSYCHOLOGY TEACHERS?
EFPTA WEBINAR - 19TH FEBRUARY 2022**

Teaching psychology guidelines

- Demonstrate knowledge and understanding of scientific ideas
- Apply this knowledge and understanding
- Evaluate knowledge and understanding and make conclusions

Applied psychology

- Issues in mental health
- The historical context
- The medical model
- Alternatives to the medical model



**MENTAL HEALTH AT SCHOOL:
WHAT IS THE ROLE OF PSYCHOLOGY TEACHERS?
EFPTA WEBINAR - 19TH FEBRUARY 2022**



MENTAL HEALTH AT SCHOOL:
WHAT IS THE ROLE OF PSYCHOLOGY TEACHERS?
EFPTA WEBINAR - 19TH FEBRUARY 2022

Course content

- Definitions and categorisation of mental illness, e.g. ICD-11, DSM-5
- Characteristics of disorders, e.g. affective, psychotic, anxiety
- Explanations of mental illness, e.g. medical model - biochemical, genetic, brain abnormality: Alternatives – behavioural, cognitive, psychodynamic.
- Treatments of mental illness, e.g. biological – drugs, ECT: Non-biological – CBT, systematic desensitisation.

Teaching strategies

- Active learning
- Problem based learning
- Psychology Applied Learning Scenarios [PALS] Norton (2005)
- Students create their own PALS



**MENTAL HEALTH AT SCHOOL:
WHAT IS THE ROLE OF PSYCHOLOGY TEACHERS?
EFPTA WEBINAR - 19TH FEBRUARY 2022**

Teaching strategies

- Social constructivism
- Group work
- Peer tutoring and mentoring
- Effect of the COVID-19 pandemic



**MENTAL HEALTH AT SCHOOL:
WHAT IS THE ROLE OF PSYCHOLOGY TEACHERS?**

EFPTA WEBINAR - 19TH FEBRUARY 2022

Teaching strategies

- Metacognition
 - Critical thinking
 - Retrieval practice
 - Distributed practice
-
- Focus on OUTformation rather than INformation



**MENTAL HEALTH AT SCHOOL:
WHAT IS THE ROLE OF PSYCHOLOGY TEACHERS?**

EFPTA WEBINAR - 19TH FEBRUARY 2022

The pastoral curriculum

- Tutors
- Head of year

- Wellbeing curriculum delivered in tutor time and assemblies
- Resilience, Initiative, Thinking, Collaboration, Respect and Kindness

- ‘Five ways to wellbeing’ activities - connect, be active, take notice, learn, give.



Counsellors for students

- Safespace



- CAMHS



- Kooth online



Training for teachers

- Mental Health First Aid England
- Herts for Learning
- National Health Service
- Time to change

