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Statement of participation

Guest user

has completed the free course including any mandatory tests for:

The role of diagnosis in counselling and psychotherapy

This 8-hour free course explored the role of diagnosis in the treatment of mental health problems, and understandings of mental illness over time.

Issue date: 14 March 2022

www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification.
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:
https://www.open.edu/openlearn/society-politics-law/sociology/the-role-diagnosis-counselling-and-psychotherapy/content-section-0

COURSE CODE: **D240_1**

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The role of diagnosis in counselling and psychotherapy

https://www.open.edu/openlearn/society-politics-law/sociology/the-role-diagnosis-counselling-and-psychotherapy/content-section-0

Course summary

This free course, The role of diagnosis in counselling and psychotherapy, explores the role of diagnosis in the treatment of mental health problems. It considers the history of our current understandings of 'mental health' and 'illness' with a focus on the concepts of anxiety and depression, and looks at potential gains and losses in using diagnostic labels in counselling and psychotherapy.

Learning outcomes

By completing this course, the learner should be able to:

- describe how views of mental health problems have changed over time
- explain current classification systems of psychopathology
- explore the costs and benefits of psychiatric diagnosis to different interest groups, particularly counselors and psychotherapists and their clients
- consider the potentials and pitfalls of diagnosis versus formulation in relation to fear and sadness.

Completed study

The learner has completed the following:

Section 1

The complexities around diagnosing mental illness

Section 2

Current western diagnostic systems and their history

Section 3

Problems with diagnostic classifications

Section 4

The survival of diagnosis

Section 5

Focus on ‘depression’ and ‘anxiety’

Section 6

Losses and gains of diagnosis

Section 7

Working without diagnosis

Section 8

The politics of diagnosis and formulation

Section 9

Mixed messages from psychotherapies

Section 10

Conclusions