

MentALLY*

A MOOC on Evidence-Based Psychotherapeutic Practice



*The MentALLY project is a pilot project which has received funding from the European Parliament. Pilot Projects is an initiative „of an experimental nature designed to test the feasibility of an action and its usefulness“ and permits appropriations for it to be entered in the EU budget for more than two consecutive financial years.

What is a MOOC?

- a **M**assive **O**pen **O**nline **C**ourse
- **Massive**: access to a large number of users
- **Open**: free access for everyone who's interested, no preconditions to enter the course
- **Online**: worldwide accessible via the internet, physical attendance at a classroom is not required
- **Course**: learning objectives, tests and interaction between students and teachers (forums)

Evidence-Based Psychotherapeutic Practice

Topics

- Critical reflection to tackle mental health related stigma
- Involvement of the client and problem identification
- Defining a qualitative case formulation
- Authentic and individualized care

Evidence-Based Psychotherapeutic Practice

- **Duration:** 6 weeks
- **Weekly study:** 2-4 hours/week
- **Price:** FREE
- **Subject:** Humanities, psychology, psychotherapy
- **For whom?** Mental healthcare professionals
- **Language:** English

Outline

- **Week 1:** Module 1 - Introduction
Module 2 - Theoretical framework on critical thinking
- **Week 2:** Module 2 - Theoretical framework on critical thinking
Module 3 - Critical thinking when approaching mental health issues
- **Week 3:** Module 3 - Critical thinking when approaching mental health issues
Module 4 - The SLP-model
- **Week 4:** Module 4 - The SLP-model
- **Week 5:** Module 5 - Case formulation
- **Week 6:** Module 5 - Case formulation
Module 6 - The Single Case Archive