

Programme Specification 2025-26

1.	Programme title	PGDip Mental Health Practice
2.	Awarding institution	Middlesex University
3a	Teaching institution	Middlesex University London
3b	Language of study	English

4a	Valid intake dates and mode of study
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Mode of Study	Cohort	Delivery Location	Duration
Full-time (FT)	Semester 2	Hendon	1 Years

4c	Delivery method	On Campus/Blended Learning
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5. Professional/Statutory/Regulatory body (if applicable)
N/A

6.	Apprenticeship Standard (if applicable)	N/A
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7. Final qualification(s) available
Target Award Title(s)
PGDip Mental Health Practice
Exit Award Title(s)
PGCert Mental Health Practice

8. Academic year effective from	2025-26
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9. Criteria for admission to the programme
<p>Graduates from participating local NHS Trusts, in full time employment with a first degree (2:2 minimum) will be offered the opportunity to apply to undertake the Post Graduate Diploma in Mental Health Practice. Trainee Mental Health Workers will be appointed on a fixed term contract for the duration of the programme with one of the seconding Mental Health Trusts. The programme is divided between attendance at university and clinical</p>

practice within their seconding Trust.

The programme is advertised through the NHS, and candidates apply via the NHS trust. Initial checks for eligibility are carried out by the NHS trust, but the interview and selection process is managed by Middlesex University.

Principle of fair admission

The University aims to ensure that its admissions processes are fair, open and transparent and aims to admit students who, regardless of their background, demonstrate potential to successfully complete their chosen programme of study where a suitable place exists and where entry criteria are met. The University values diversity and is committed to equality in education and students are selected on the basis of their individual merits, abilities and aptitudes. The University ensures that the operation of admissions processes and application of entry criteria are undertaken in compliance with the Equality Act.

We take a personalised but fair approach to how we make offers. We feel it's important that our applicants continue to aspire to achieving great results and make offers which take into account pieces of information provided to us on the application form.

10. Aims of the programme

The programme aims to:

- Provide a comprehensive overview and awareness of the theory and practice of mental health, from prevention to recovery.
- Enable students to work effectively across a range of mental health settings.
- Encourage students to explore the role of the multi-disciplinary team including service users, carers, and friends in the recovery process. Enable students to critically examine risk assessment and safe planning within mental health care and demonstrate the ability to effectively carry out risk assessment and understand the concept of positive risk-taking and decision-making in complex and unpredictable situations.
- Critically evaluate current interventions and issues relating to mental health services and practice.
- Developing awareness in key principles of diversity, inclusion, gender, sexual identities, religion, ethnic minorities and culture and how these issues impact on mental health practice.

11. Programme learning outcomes

Programme - Knowledge and Understanding

On completion of this programme the successful student will have a knowledge and understanding of:

1. The theory and practice of mental health including, awareness, promotion, prevention and recovery related to their level of practice
2. Social inclusion and recovery and its place within mental health services and care
3. The planning and delivery of mental health care across clinical settings

4. Ethical framework for working therapeutically with children, young people, adults and older people with mental health needs
5. Dealing with difficult and sensitive situations and associated risk assessment and safety planning considerations in the practice of effective mental health skills
6. Equality, diversity, inclusion, gender, sexual minorities and difference in mental health practice
7. Current interventions and issues relating to mental health services and practice
Programme - Skills On completion of this programme the successful student will be able to:
8. Demonstrate understanding of theoretical concepts within the field of mental health to their practice setting.
9. Critically evaluate practice delivery and reflect on service and personal development.
10. Synthesise the theory and practice of social inclusion and recovery.
11. Research literature and critically evaluate evidence from a range of sources.
12. Critically examine legal and ethical considerations relevant to mental health theory and practice.

12. Teaching/learning methods
<p>Students will be taught through a combination of face-to-face, synchronous and asynchronous sessions online.</p> <p>Teaching will use a range of approaches including workshops, tutorials, seminar discussions. Face-to-face teaching will be complemented by other teaching and learning strategies including electronic media, peer learning and research-based study.</p> <p>Sessions will include presentations, resource development, discussion, communities of enquiry, learning activities and technology enhanced teaching.</p> <p>Students will have opportunities to practice, discuss feedback and draw from evidence-based practice.</p> <p>The programme and modules will be enhanced and supported through the virtual learning environment (VLE) in line with technology enhanced learning thresholds.</p> <p>Students' knowledge and understanding is assessed by the use of a variety of methods, which are informed by the University and Faculty Strategies. Each module will be assessed according to the assessment guidelines of that particular module, therefore assessments will vary according to the type and focus of each module.</p>

13. Employability
13a Development of graduate competencies
13b Employability development

Students are employees of the seconding Trust, and therefore already in practice. The learning outcomes of the programme require the students to spend 60% of their time in mental health practice and 40% of their time in classroom activities. Within the programme, the students will receive access to the Employability team (MDX Works) at Middlesex, and they will attend an online workshop where they are provided with information about job searching, CV and interview preparation. We also invite alumni to speak to current students during their studies, to encourage and inspire.

Throughout the programme and through various modules students gain essential graduate competencies, and this is also achieved through the competencies expected of the students within practice. In particular, our students are supported in developing communication skills that will enable them to be effective healthcare professionals of the future, empathy and inclusion, leadership, resilience and adaptability, and problem solving and delivery.

13c Placement and work experience opportunities (if applicable)

Students are employees of the seconding Trust, and therefore already in practice. The learning outcomes of the programme require the students to spend 60% of their time in mental health practice and 40% of their time in classroom activities. To ensure that students can meet the specific learning outcomes associated with the modules they will be placed in either community or hospital mental health settings within their seconding Trust, which will include experience across a range of clinical settings e.g. community, inpatients, outpatients, day hospitals etc.

Practice Assessment Portfolio: This sets out key self-directed areas of learning associated with the module. Students will be required to record their impressions, experiences, and reflections on practice in the Reflective Journal component of the document as they progress through the course. Students will review this workbook formally with their practice supervisors/managers within the employing NHS Trust.

Students will be participating in Academic Advising sessions, which will be facilitated four times over the year by a member of the academic programme and NHS clinical staff. The purpose of these groups is to offer ongoing support and supervision to the students during their training, addressing both academic and practice issues.

13d Future careers / progression

As part of the remodelling and development plan for the workforce seconding Trusts are committed to creating career pathways for Trainee Mental Health Workers within the organisations into clinical, management, research and educational roles. Trusts will continue to work in partnership with Middlesex University to provide appropriate educational programmes to support the ongoing development of this group of employees through commissioning of appropriate modules, programmes and short courses.

In addition, on successful completion of the Post Graduate Diploma students will be eligible to progress and 'top up' to an MSc in Mental Health Studies offered as part of the post graduate studies framework within the Department of Mental Health and Social Work. To achieve this, students will be required to complete one 60 credit combined research methods and dissertation module (MHR4050) Developing Research Capability. The credits from the PGDip, 120 credits, will be transferred to the MSc.

Funding for the MSc is not part of the Trainee Mental Health Worker Programme.

Alternatively, on completion of the postgraduate programme, students may wish to consider undertaking a research or professional doctorate at Middlesex University and there are a number of professional doctoral pathways.

14. Assessment methods

Assessment methods

Students' knowledge and understanding is assessed by the use of a variety of methods, which are informed by the University and Faculty Strategies. Each module will be assessed according to the assessment guidelines of that particular module, therefore assessments will vary according to the type and focus of each module.

Formative assessment: dependent upon modules undertaken may include: written clinical case studies; case presentations, action plan presentations, online quizzes, reflective discussions, situational analysis, initial audit /evaluation of current practice, to help prepare students for the summative assessment.

Summative assessment: this may include case studies, service reviews, audit/evaluation of current practice, reports, VIVAs, presentations, critical reflection on practice and critical review of evidence.

15. Programme Structure (level of study, modules, credits and progression requirements)

Students will develop their skills in managing complex issues both systematically and creatively, make sound judgements and awareness of the importance of safeguarding vulnerable children and adults and develop knowledge of legal and ethical practice as it relates to current mental health practice. The programme addresses key principles of diversity, inclusion, gender, sexual minorities and culture and how these issues impact on clinical practice and aims to stimulate the student's critical evaluation skills to improve practice and mental health service delivery.

Throughout the programme there will be an emphasis on the importance of for the need for ongoing supervision in the clinical setting and support to engage in reflective practice. Students are encouraged to develop the independent learning ability required for continuing professional development.

Working in mental health is meaningful, interesting, and at its heart, it is about supporting people experiencing mental distress to recover and live the best lives possible - this programme equips students to provide flexible, ethical and compassionate care.

Structure is indicative for Part-time routes.

Students must take all of the compulsory modules and choose following programme requirements from the optional modules.

Non-compensatable modules are noted below.

Available Pathways

Not Applicable

<u>Year 1</u>			
Year 1 Level 7 FT and PT			
Code	Type	Module Title	Credits at FHEQ Level
MHR4604	Compulsory	Cognitive Behavioural Therapy 2025-26	15 at Level 7
MHR4001	Compulsory	Mental Health Awareness: From Prevention to Recovery 2025-26	30 at Level 7
MHR4707	Compulsory	Physical Assessment Skills for Mental Health Professionals 2025-26	15 at Level 7
MHR4608	Compulsory	Planning and Delivering Care in Practice 2025-26	30 at Level 7
MHR4609	Compulsory	Risk Assessment and Safety Planning 2025-26	15 at Level 7
MHR4606	Compulsory	Social Inclusion and Recovery in Mental Health 2025-26	15 at Level 7

*Please refer to your programme page on the website re availability of option modules

16. Programme-specific support for learning
<p>Within Middlesex University, the designated Programme Leader will be responsible for the day-to-day management of the Programme and the links between the programme and partner Trusts. The current arrangements for University's links with practice, including quality reviews of practice based learning apply. Throughout the year-long programme students will undertake practice supervision within the Trusts and be required to attend personal and professional development (PPD) sessions.</p> <p>As students of the University (seconded by the Trusts), students will have full access to all the resources and facilities of the University, including the virtual learning environment, the Learning Enhancement Team and Library Support Services.</p>

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17. HECos code(s)

100287: Mental Health Nursing

18. Relevant QAA subject benchmark(s)

19. University Regulations

This programme will run in line with general University Regulations: [Policies | Middlesex University](#)

20. Reference points

21. Other information (if applicable)

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if they take full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

24a. Programme learning outcomes

A1	The theory and practice of mental health including, awareness, promotion, prevention and recovery related to their level of practice.
A2	Social inclusion and recovery and its place within mental health services and care.
A3	The planning and delivery of mental health care across clinical settings, including considerations of physical health needs.
A4	Ethical frameworks for working therapeutically with children, young people, adults and older people with mental health needs.
A5	Dealing with difficult and sensitive situations and associated risk assessment considerations in the practice of effective mental health skills.
A6	Equality, diversity, inclusion, ethnicity, (dis)ability, gender, sexual minorities and difference in mental health practice.
A7	Current interventions and issues relating to mental health services and practice.

B1	Demonstrate mastery of theoretical concepts within the field of mental health to their practice setting.
B2	Critically evaluate practice delivery and reflect on service and personal development.
B3	Synthesise the theory and practice of social inclusion and recovery.
B4	Research literature and critically evaluate evidence from a range of sources.
B5	Interpret and analyse behaviour with reference to the experience of mental health problems.
B6	Critically examine legal and ethical considerations relevant to mental health practice.
B7	Demonstrate mastery of theoretical concepts within the field of mental health to their practice setting.
B8	Critically evaluate practice delivery and reflect on service and personal development.

Programme learning outcomes - Highest level achieved by graduates

A 1	A 2	A 3	A 4	A 5	A 6	A 7	B 1	B 2	B 3	B 4	B 5	B 6	B 7	B 8
x	x	x	x	x	x	x	x	x	x	x	x	x	x	x

24b. Mapping by level of study and module

<u>Module Title</u>	<u>Module Code</u>	A1	A2	A3	A4	A5	A6	A7	B1	B2	B3	B4	B5
MHR4001 Mental Health Awareness: From Prevention to Recovery	7	x	*	x	x	*	x	x	x	*	x	x	x
MHR4604 Cognitive Behavioural Therapy	7	x	*	*	*	*	*	x	x	*	x	x	x

MHR4609 Risk Assessment and Safety Planning	7	x	x	✖	✖	x	✖	x	x	✖	x	x	x
MHR4606 Social Inclusion and Recovery in Mental Health	7	x	x	✖	✖	✖	x	x	x	x	x	x	x
MHR4707 Physical Assessment Skills for Mental Health Professionals	7	x	✖	✖	✖	x	✖	x	x	✖	x	x	x
MHR4608 Planning and Delivering Care in Practice	7	x	x	x	x	x	✖	x	x	x	x	x	x