



**EFPTA**

European Federation of

Psychology Teachers' Associations



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



## EFPTA WEBINAR - 19TH FEBRUARY 2022



Mental health topics are part of school psychology courses in some countries. In others, mental health topics are sometimes taught within other subject areas. Currently, EFPTA and the EFPA Board of Educational Affairs are investigating the status of mental health education in secondary school curricula and the role of psychology teachers in supporting the mental health of students.



Join our webinar and learn more about mental health projects in schools in different countries.



19th February 2022, from 10.00 to 12.00 CET  
(no prior registration needed, just click the link)



<https://khs.zoom.us/j/69659783510>



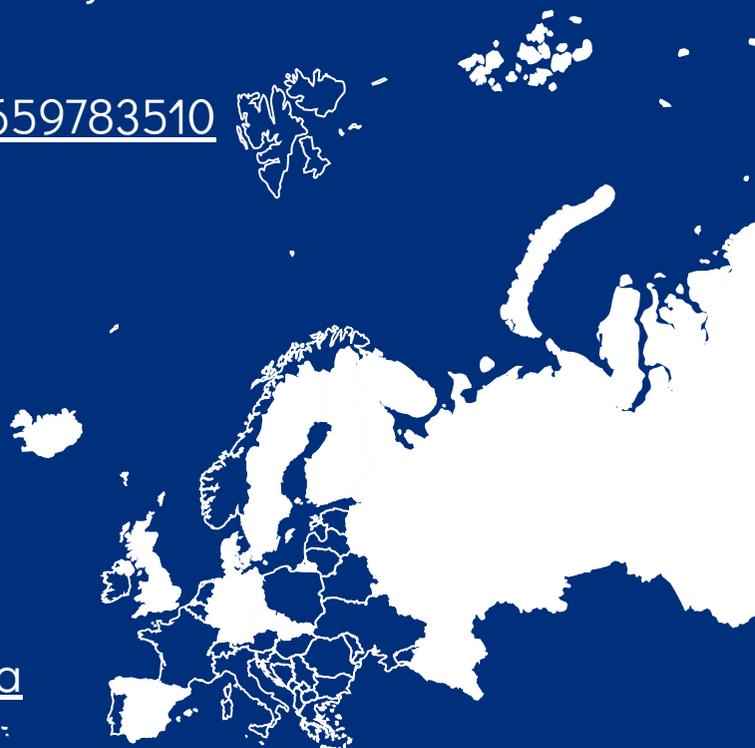
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# PROGRAMME



## L. Sokolová: Mental health education in schools – what do we know?

10.00 - 10.15  
(CET)

The mental health of children and young people is acknowledged by many organizations worldwide (e.g., World Health Organisation, EFPA, British Psychological Society and others) as a global challenge for public health and educational systems. There is anecdotal evidence from conference events and discussions amongst psychology teachers that mental health education exists in many schools but is delivered in a variety of ways, and in diverse areas of the curriculum. The aim of this presentation is to introduce EFPTA and EFPA's Board of Educational Affairs survey on mental health education in schools across Europe.

Lenka Sokolová is a former psychology teacher and a lecturer at Comenius University in Bratislava. She is the chair of Slovak Association for the Teaching of Psychology and President of the European Federation of Psychology Teachers' Associations (EFPTA).



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

10.15 - 10.30  
(CET)

The framework for psychology courses is that students should be able to a) demonstrate knowledge and understanding of scientific ideas, processes, techniques and procedures b) apply this knowledge and understanding and c) evaluate it so they can make judgements and reach conclusions and refine practical methodology. The presentation will outline a range of teaching strategies that are used to teach mental health in psychology and discuss their relative effectiveness in meeting the assessment objectives of the English psychology curriculum.

Jock McGinty is a psychology teacher at Watford School for Boys. He is the Chair of the Association for the Teaching of Psychology (UK), a member of the board of the European Federation of Psychology Teachers' Associations (EFPTA) and author of psychology textbooks for pre-tertiary psychology courses.



## R. Chumicheva & O. Zvereva: The content and technologies of maintaining psychological health in the system of continuing education

10.30 - 10.45  
(CET)

This session will present a content analysis of programs for the preservation and maintenance of mental health of preschool children and students at school. The strategies, goals, tasks and types of support for the process of preserving the mental health of preschool children and school students in joint extracurricular activities will be considered.

Raisa Chumicheva (Southern Federal University, Rostov-on-Don) and Olga Zvereva (Moscow Pedagogical State University, Moscow) are members of the board of the European Federation of Psychology Teachers' Associations (EFPTA).



## S. Robinson: Addressing young people's Mental Health and Wellbeing in Scotland

10.45 - 11.00  
(CET)

As well as delivering traditional Psychology qualifications, schools and colleges in Scotland are starting to offer a new course entitled "Mental Health and Wellbeing". Psychological knowledge and skills make up much of the content, with a strong applied emphasis. Simon will outline its aims and content, and will consider the role of psychology teachers in delivering this new style of course.

Simon Robinson is a teacher at Leith Academy in Edinburgh. He has delivered Psychology courses in schools in England and Scotland for over 20 years, and is a Chartered Teacher with an interest in supporting teacher learning. He manages a national email network and resource bank which supports psychology teachers across Scotland.



## L. Ósk Úlfarsdóttir & V. Ólafsdóttir: Psychology of everyday living

11.00 - 11.15  
(CET)

Psychology of everyday living is a practical psychology course developed for secondary school students in Iceland. The course aims to teach students practical skills to prevent stress, cope with the challenges of everyday living in a modern society and improve their mental health. These skills include mindfulness, relaxation, communication skills and ways to cope with ordinary challenges such as procrastination, disappointments, and loss. Students also study compassion, joy and sustainability in various contexts.

Lilja Ósk Úlfarsdóttir Ph.D. and Valgerður Ólafsdóttir Cand. Psych. are clinical psychologists as well as psychology teachers. Currently Lilja Ósk Úlfarsdóttir Ph.D. is Head of Psychology Department at Kvennaskólinn in Reykjavík and Valgerður Ólafsdóttir Cand. Psych., is a school psychologist at Þjónustumiðstöð Vesturbæjar, Miðborgar og Hlíða, Reykjavík.



## A. Helotie: How can we make mental health skills the heart of school culture?

11.15 - 11.30

The Finnish curriculum emphasizes that the entire school staff plays a role in strengthening the students' wellbeing and interpersonal skills. In her presentation, Anni Helotie discusses the practical steps to build a school culture that supports the mental health skills of the whole school community.

Anni Helotie works as a specialist at MIELI Mental Health Finland. Her area of responsibility is the promotion and strengthening of mental health skills in schools.

11.30 - 11.45  
(CET)

## Discussion and closing.