

Emnekode og navn	MAPSY4450 Blended Intensive Programme (BIP) on Mental Health of Migrants and Minorities
Bokmål navn	Blandet intensivprogram (BIP) i psykisk helse for migranter og minoriteter
Nynorsk navn	Blanda intensivprogram (BIP) i psykisk helse for migrantar og minoritetar
Studieprogram	Tverrfaglig videreutdanning i psykisk helse-, rus- og avhengighetsarbeid og Masterstudium i helsevitenskap – tverrfaglig spesialisering i psykisk helse-, rus- og avhengighetsarbeid (begge program på hel- og deltid)
Studiepoeng	3
Emnetype	Masternivå/Master level
Semester	Høst /Spring
Undervisningsspråk	Engelsk /English

Introduction/Innledning

Language of instruction: English

Migration has long shaped individuals and societies, bringing both benefits and challenges. It improves well-being and offers safety to migrants, and boosts productivity and growth in both host and origin countries. However, migrants and their descendants face various socio-economic and psychosocial challenges.

This BIP course addresses migration and minority perspectives related to mental health within the context of multicultural societies. The key areas of focus include theoretical and epidemiological aspects of mental health and migration; intersectionality and cultural competence in mental healthcare; communication using interpreters; trauma and rehabilitation; professional practices in multicultural settings; interventions to promote mental health or prevent the onset of mental illness; and life course development of mental well-being. Students will also reflect on mental healthcare services in each country.

This BIP course offers an innovative cross-national and interdisciplinary platform that encourages active participation, reflection, and the use of examples from different countries to compare and discuss resource mobilization within various contexts. The BIP course also creates an intercultural and international environment for students.

Required preliminary courses/Forkunnskapskrav

Admission to the programme or course. You must be a master/postgraduate student within health or social sciences at one of OsloMets partner universities.

Learning outcomes /Læringsutbytte

After completing the course, the student should have the following learning outcomes defined in terms of knowledge, skills and general competence:

Knowledge

The student

- Can discuss the importance of sex and gender, age, socio-cultural and economic contexts, and living conditions—including employment, housing, and social participation—in relation to mental health, substance use, and addiction.
- can analyse and discuss common ethical issues and values related to mental health care.
- can analyse the relationships between migration and experiences of traumatised, and its impact on mental illness and substance abuse

Skills

The student

- can analyse interactions between gender, age and socio-cultural context (i.e., among minority groups and persons) and problems related to mental illness, substance abuse and addiction. Further, make use of such knowledge to understand the need for help and support.
- can work on individual, group and social levels to promote well-being, facilitate positive everyday life situations, and enhance social participation, for example, in schools and workplaces for the individuals concerned, their family, and their networks.

General competence

The student

- Can apply knowledge and skills to develop professional judgment on how to interact with individuals experiencing mental health challenges and/or substance use issues.
- can apply equitable, inclusive and culturally sensitive health and social services.

Teaching and learning methods /Arbeids- og undervisningsformer

Lectures (initially digital, followed by in-person sessions at OsloMet), and a variety of student active learning activities, like group work and reflections in study groups, field visits and practical exercises, and self-studies.

Course requirements /Arbeidskrav og obligatoriske aktiviteter

No special course work requirements. Compulsory activities are participating in the online courses before the physical teaching at OsloMet.

Assessment /Vurdering og eksamen

Oral group work presentation conducted during a seminar:

- Groups of 4-6 student.
- A 15-minute PowerPoint presentation, followed by 5 minutes for feedback.

Permitted exam materials and equipment /Hjelpemidler ved eksamen

All aids are permitted as long as the candidate use literature references in accordance with existing guidelines.

Grading scale/Vurderingsuttrykk

Pass/Fail.

Examiners /Sensorordning

All presentations are assessed by two examiners.

An external examiner is used regularly, at a minimum of every third completion of the course.

Overlapping courses/Emneoverlapp

3 credits overlap with MAVIT4400 Mental Health of Migrants and Minorities, 10 credits.