

School of Postgraduate Medicine

## Mind and Skin

Code: 7LMS0175, Credits: 30, Level: 7

This module will explore the relationship between skin conditions and their impact on mental health and wellbeing and analyse therapeutic approaches currently used to support individuals affected by a range of skin conditions and wounds. It will critically analyse the association between biological, psychological, and social factors affecting skin integrity to develop an understanding of the relationship between mental health and well-being. It is taught by clinicians with experience of managing patients with psych-cutaneous disorders and focuses on managing the delivery of psychological interventions in primary and secondary care settings.



### Content:

- An introduction to neuroscience
- Relationship of skin disease to mental health & wellbeing
- Psychological factors: body image, self esteem
- Social factors: psychological wellbeing and quality of life.
- Patient assessment & advanced communication skills
- Therapeutics & management approaches: pharmacological, psychotherapeutic complementary interventions
- Impact of interpersonal skills/engagement on therapeutic interventions
- Research & practice development related to skin disease & mental health.
- Service user needs & carers role, health promotion and self-help.
- Multidisciplinary team working & specialist referral criteria.

**Study Route:** This module will be of interest to a wide range of health professionals involved with psychological support of people with skin conditions and those interested in psycho-dermatology. This module is available on the MSc Clinical Dermatology, MSc Skin Lesion Management and on the MSc Skin Integrity & Wound Management.

### Assessment:

Critical analysis of psychological interventions for patient with a skin condition/wound. 100% Coursework.

### Further information:

Kathy Radley (Module Leader)

[k.radley@herts.ac.uk](mailto:k.radley@herts.ac.uk)

Madeleine Flanagan (Admissions)

Programme Lead MSc Clinical Dermatology

[m.flanagan@herts.ac.uk](mailto:m.flanagan@herts.ac.uk)

### Dates:

5 days (09.00 – 17.00)

5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> Feb 2025 (Weds – Fri)

3<sup>rd</sup>, 4<sup>th</sup> April 2025.

**Venue:** All teaching is face to face at the University of Hertfordshire, College Lane Campus, Hatfield, Herts, AL10 9AB.

### Cost:

£1,730 per 30 credit module for Home students commencing in academic year 2024/25. Modular fees remain at a fixed price for the duration of your studies based on year of commencement.