

Training Module 3

Mental Health, Wellbeing and Illness Within Spiritual and Scientific Perspectives

Module Summary

Duration	1 day (10am – 4pm)
Dates	Every 4 months, on 3rd Saturday of the month (starting October)
Venue	Online or in-person
Registration	₦50,000 for individuals. Organisations should contact us.
Certificate	ISDS Certificate of Completion.
Benefits	Free 1-year membership of ISDS Centre Library in Jos.

Module Aims

This session aims to explore historical, medical, and contemporary definitions of mental health/illness and how policy and practice have changed over time; illuminating the intricate connection between spirituality and mental health from various perspectives. It will also develop understanding of how spiritual/religious and medical interpretations influence the experience, diagnosis, and the variety of treatments people access for mental health.

Module Format:

- **Morning:** Lectures & Interactive Activities (Hybrid – online and in-person)
- **Afternoon:** Practical Work & Group Discussion (Hybrid – online and in-person)

Learning Outcomes

By the end of the session, participants will be able to:

1. Define and differentiate between mental health, mental illness, and wellbeing.
2. Understand how spirituality and religion shape mental health experience and practice.
3. Compare scientific and spiritual models of mental illness.
4. Critically assess the interaction between psychiatric and spiritual interventions.
5. Explore how belief systems influence access to, or rejection of, mental health support.