

# Master of Mental Health Program

**1. Course Title:** International Master of Mental Health Program

**2. Master Degree:** Master of Science in Mental Health

**3. Academic Institution:** Graduate School, Chiang Mai University

**4. Duration:** 2 years

**5. Background and Rationale:**

The Master of Science Program in Mental Health is an interdisciplinary and international program, based on and built around a body of knowledge and skills in mental health developed through research and teaching with courses that include both face-to-face teaching and e-learning, as well as field practices aiming to enhance the capabilities of a number of professions related to mental health. Our graduates will organize mental health events, promote mental health illness prevention, coordinate treatment and support at individual, family, community, and public health levels, all the while addressing mental health issues associated with the social, culture, economic, legal, and governance systems specific to Thailand and Asian context. This program emphasizes interdisciplinary teamwork among health professions, social professions, and personnel in related fields, stressing academic and professional ethics, so our students can collaboratively manage complex mental health situations, resulting in reduced risk of mental illness and improved quality of life for individuals, families, and societies. We are confident this will have a positive impact on the health and productivity of Thailand.

**6. Objectives:**

1. To create leaders with the ability to manage mental health promotion, prevention, and treatment based on standard treatment guidelines, psychosocial therapy, and assessment of mental health outcomes.
2. To develop students' abilities in planning and managing projects and services using epidemiologic and public health principles for mental health promotion and illness prevention.

3. To create team workers capable of collaborating with interdisciplinary teams to provide integrated care for people with -- or at risks for -- mental health problems.
4. To prepare students with the research and analytical skills necessary to manage mental health promotion, illness prevention, treatment, and rehabilitation, using public health approach and awareness of population dynamics.
5. To train professionals who will become good role models for managing mental health of the people and the society, modeling the highest standards of morality and professional ethics.
6. To provide the knowledge and skills necessary to provide services for people with mental health problems or illnesses according to Thailand's mental health policies and the unique needs of the societies served.

## **7. Course Synopsis and Methodology:**

### **7.1 Study plan**

| <b>First Year</b>            |      |     |                                       |           |
|------------------------------|------|-----|---------------------------------------|-----------|
| <b><u>First Semester</u></b> |      |     |                                       |           |
| 923701                       | GSMH | 701 | Health and Social Sciences            | 3         |
| 923702                       | GSMH | 702 | Biological Psychiatry                 | 2         |
| 923704                       | GSMH | 704 | Need–Oriented Care                    | 2         |
| 923705                       | GSMH | 705 | Diagnosis and Establishing Care Plans | 2         |
| Elective courses             |      |     |                                       | 6         |
| 923703                       | GSMH | 703 | Mental Health Ethics                  | 2         |
| 923706                       | GSMH | 706 | Psychology and Psychotherapy          | 2         |
| 923713                       | GSMH | 713 | Research Methods in Mental Health     | 2         |
| <b>Total</b>                 |      |     |                                       | <b>15</b> |

### **Second Semester**

|                             |      |     |                                                  |           |
|-----------------------------|------|-----|--------------------------------------------------|-----------|
| 923707                      | GSMH | 707 | Rehabilitation and Social Law                    | 2         |
| 923708                      | GSMH | 708 | Social Economy, Case and Care Management         | 2         |
| 923711                      | GSMH | 711 | Selected Mental Health Problems in the Community | 2         |
| 923712                      | GSMH | 712 | Crisis Intervention and Psychosocial therapy     | 1         |
| 923713                      | GSMH | 713 | Research Methods in Mental Health                | 2         |
| 923714                      | GSMH | 714 | Seminar in Mental Health                         | 1         |
| Elective courses            |      |     |                                                  | 5         |
| 923709                      | GSMH | 709 | Financing and Quality Management                 | 3         |
| 923710                      | GSMH | 710 | Significant Areas of Mental Health               | 2         |
| 923715                      | GSMH | 715 | Experiential Learning in Mental Health 1         | 2         |
| 923716                      | GSMH | 716 | Experiential Learning in Mental Health 2         | 2         |
| Thesis proposal examination |      |     |                                                  | -         |
| <b>Total</b>                |      |     |                                                  | <b>15</b> |

### **Second Year**

#### **Yearly**

|                          |      |     |                 |           |
|--------------------------|------|-----|-----------------|-----------|
| 923799                   | GSMH | 799 | Master's Thesis | 12        |
| Thesis defense           |      |     |                 | -         |
| Seminar in Mental Health |      |     |                 | -         |
| <b>Total</b>             |      |     |                 | <b>12</b> |

## Thesis Plan

- Preparation of thesis proposal: 1st and 2nd semesters of the first year
- Thesis proposal exam: by the 2nd semester or during the summer semester of the 1st year
- Thesis defense and international publication: by the end of the 2nd semester of the 2nd year

## 7.2 Course Content

### Type 2 (Type A Plan A2)

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| <b>Degree Requirement : a minimum of</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>42</b>        |
| <b>A. Coursework : a minimum of</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>30</b>        |
| <b>1. Graduate Courses : a minimum of</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>30</b>        |
| <b>1.1 Field of specialization : a minimum of</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>30</b>        |
| <b>1.1.1 Required courses</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>19</b>        |
| <b>923701 GSMH 701 Health and Social Science</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>3 (3-0-6)</b> |
| <ul style="list-style-type: none"><li>- Theories and practices of health promotion and disease prevention Health and illness and influencing factors, socio-legal formulation of independence and preventive and rehabilitative services, social inequality and its impact on mental health, socio-epidemiological knowledge of the social determinants of mental health, etiology, epidemiology, intervention, and problem-based learning</li></ul>                                                                     |                  |
| <b>923702 GSMH 702 Biological Psychiatry</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>2 (2-0-4)</b> |
| <ul style="list-style-type: none"><li>- Introduction to biological psychiatry, schizophrenia spectrum disorders, depressive disorders and bipolar disorders, anxiety disorders and obsessive-compulsive disorders, psychological factors affecting other medical conditions, personality disorders, sleep-wake disorders, neurodevelopmental disorders and mental illness in childhood and adolescents, substance-related and addictive disorders, geriatric psychopharmacology, and update and special issues</li></ul> |                  |

**923704    GSMH    704    Need-Oriented Care    2 (2-0-4)**

- Culture, stigmatization and the mentally disorders, understanding the mentally disordered in their own social and cultural contexts, social construction of stigma, dialogue and need-oriented care, interfaces of self, outside assistance and social area resources, integrated care and experienced involvement, developmental perspectives and social classification, and update and special issues

**923705    GSMH    705    Diagnosis and Establishing    2 (2-0-4)**  
**Care Plans**

- DSM and ICD diagnosis of mental disorders, biopsychosocial treatment of mental disorders, course and prognosis of mental disorders, International Classification of Functioning, Disability and Health, other functional assessments, interdisciplinary care plan, and update and special issues

**923707    GSMH    707    Rehabilitation and Social Law    2 (2-0-4)**

- Legal foundations and selected legislation relating to working with individuals with mental conditions and disorder, factors associated with the risks of mental illness, structure of rehabilitative care, integrative and collaborative care services, case management and the rights of affected individuals to receive rehabilitation services

**923708    GSMH    708    Social Economy, Case and    2 (2-0-4)**  
**Care Management**

- Conceptual foundations of case and care management as integral components of the mental healthcare system, application and implementation of selected approaches to case and care management, and challenges in budgeting and financing healthcare services

|               |             |            |                                                             |                  |
|---------------|-------------|------------|-------------------------------------------------------------|------------------|
| <b>923711</b> | <b>GSMH</b> | <b>711</b> | <b>Selected Mental Health<br/>Problems in the Community</b> | <b>2 (1-3-3)</b> |
|---------------|-------------|------------|-------------------------------------------------------------|------------------|

- Normal and pathological development processes, theories of development and age-related processes, basic knowledge of epidemiology, mental health problems in the elderly, psychiatric assessment procedures in the elderly, method of intervention for the psychosocial problems associated with old age, home care service and community visit

|               |             |            |                                                         |                  |
|---------------|-------------|------------|---------------------------------------------------------|------------------|
| <b>923712</b> | <b>GSMH</b> | <b>712</b> | <b>Crisis Intervention and<br/>Psychosocial Therapy</b> | <b>1 (1-0-2)</b> |
|---------------|-------------|------------|---------------------------------------------------------|------------------|

- Emergence and development of crises, symptoms of psychological crises, crisis interventions and risk management, concepts of social therapy, milieu therapy and psychosocial therapy

|               |             |            |                                              |                  |
|---------------|-------------|------------|----------------------------------------------|------------------|
| <b>923713</b> | <b>GSMH</b> | <b>713</b> | <b>Research Methods in Mental<br/>Health</b> | <b>2 (1-3-3)</b> |
|---------------|-------------|------------|----------------------------------------------|------------------|

- Evidence based medicine, research methodology, statistical analysis, questionnaire/ scale construction, research ethics, write and present a research manuscript

|               |             |            |                                 |                  |
|---------------|-------------|------------|---------------------------------|------------------|
| <b>923714</b> | <b>GSMH</b> | <b>714</b> | <b>Seminar in Mental Health</b> | <b>1 (0-2-1)</b> |
|---------------|-------------|------------|---------------------------------|------------------|

- Presentation of research questions, proposal, report research progress, and final research results

### 1.1.2 Elective courses : a minimum of

11

#### Focus area 1: Community mental health

|               |             |            |                                           |                  |
|---------------|-------------|------------|-------------------------------------------|------------------|
| <b>923710</b> | <b>GSMH</b> | <b>710</b> | <b>Significant Areas of Mental Health</b> | <b>2 (1-3-3)</b> |
|---------------|-------------|------------|-------------------------------------------|------------------|

- Multicultural aspects in mental health, forensic psychiatry, trauma and stressor-related disorder, mental health and disaster, update and special issues, and problem-based learning

|               |             |            |                                                 |                  |
|---------------|-------------|------------|-------------------------------------------------|------------------|
| <b>923715</b> | <b>GSMH</b> | <b>715</b> | <b>Experiential Learning in Mental Health 1</b> | <b>2 (0-6-0)</b> |
|---------------|-------------|------------|-------------------------------------------------|------------------|

- Fundamental understanding of community mental health practice, assessment of community and mental health needs, screening for mental health problems, mental health services for people in the community, mental health problem solving for people in the community, inter-professional skills with multidisciplinary teams, mental health communication, civic engagement, humanistic care, social awareness of mental health problems, and community engagement

|               |             |            |                                                 |                  |
|---------------|-------------|------------|-------------------------------------------------|------------------|
| <b>923716</b> | <b>GSMH</b> | <b>716</b> | <b>Experiential Learning in Mental Health 2</b> | <b>2 (0-6-0)</b> |
|---------------|-------------|------------|-------------------------------------------------|------------------|

- Historical, ideological overview of health, mental health and community mental health, administrative and clinical principles required to effectively organize and deliver mental health care in the community, mental disorders in the community and mental health problems across the lifespan, societal, cultural and environmental influences that affect the community's psychological well-being, local and ethnocentric approaches to psychological care in the community, mental health promotion and prevention (primary, secondary and tertiary), and how to deliver these services to the community, inter-professional collaborations to develop effective programs that address the mental health needs in the community, social responsibility in community mental health

### **Focus area 2: Mental health management**

**923703    GSMH    703    Mental Health Ethics    2 (1-3-3)**

- Introduction to ethics in mental health, selected ethical standards relating to mental health professions, social issues in mental health, historical development of mental health, clinical problem learning, and update and special issues

**923709    GSMH    709    Financing and Quality Management    3 (3-0-6)**

- Organization and management of health care facilities, management strategies for health care facilities, quality management, performance measurement, marketing strategies, leadership in health care facilities

**923710    GSMH    710    Significant Areas of Mental Health    2 (1-3-3)**

- Multicultural aspects in mental health, forensic psychiatry, trauma and stressor-related disorder, mental health and disaster, update and special issues, and problem-based learning

### **Focus area 3: Mental health therapy**

**923703    GSMH    703    Mental Health Ethics    2 (1-3-3)**

- Introduction to ethics in mental health, selected ethical standards relating to mental health professions, social issues in mental health, historical development of mental health, clinical problem learning, and update and special issues

**923706    GSMH    706    Psychology and Psychotherapy    2 (2-0-4)**

- Introduction to clinical psychology, selected theories of personality and psychopathology, assessments of selected mental conditions, selected methods of interventions, psychotherapies, psychosocial support services for diverse populations, including geriatric populations

|               |             |            |                                           |                  |
|---------------|-------------|------------|-------------------------------------------|------------------|
| <b>923710</b> | <b>GSMH</b> | <b>710</b> | <b>Significant Areas of Mental Health</b> | <b>2 (1-3-3)</b> |
|---------------|-------------|------------|-------------------------------------------|------------------|

- Multicultural aspects in mental health, forensic psychiatry, trauma and stressor-related disorder, mental health and disaster, update and special issues, and problem-based learning

**B. Thesis 12**

|               |             |            |                        |           |
|---------------|-------------|------------|------------------------|-----------|
| <b>923799</b> | <b>GSMH</b> | <b>799</b> | <b>Master's Thesis</b> | <b>12</b> |
|---------------|-------------|------------|------------------------|-----------|

**8. Graduation Conditions:**

1. Student must complete the program curriculum and meet all program requirements.
2. An accumulated grade point average (GPA) of at least 3.00 is required for all courses taken, and a GPA of not less than 3.00 for the chosen field of specialization.
3. Student must successfully pass the thesis examination and allow other individuals to participate in the presentation of the results of the thesis and/ or question the thesis.
4. At least 1 master's thesis work or a part of master's thesis work must be published or at least accepted to publish in a national journal listed in TCI Tier 1 database, with the student's name as first author. The program requirement to this issue is at least complied with rules and regulations of the Graduate School.
5. Student must meet the qualifications outlined in the Chiang Mai University Regulations on Student Honors, 2007, TCI Tier 1 database or international databases.
6. Students will be encouraged to attend and/or present their research work in international scientific conferences related to the field.

**9. Applicant Qualifications**

The applicants must at least hold a degree of

- Bachelor of Sciences
- Bachelor of Social Sciences
- Doctor of Medicine (MD)
- Doctor of Dentistry (DD)

- Doctor of Pharmacy (PharmD)
- Bachelor of Pharmacy
- Bachelor of Science in Pharmacy
- Bachelor of Education
- Bachelor of Art
- Bachelor of Nursing
- Bachelor of Social Psychology
- Bachelor of Public Health
- Other related fields approved by the Program Administrative Committee.

GPA of bachelor's degree at least 2.50 (from 4), or equivalent, or a GPA of master's degree at least 3.00.

#### **10. Document Required**

1. Application form for TIPP

<https://tica-thaigov.mfa.go.th/en/page/75500-tipp-application-form?menu=605b13dbb6f1b76ed31778b3>

2. Application for pre-entry assessment IMMh

[https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.immh-cmu.org%2Fattachments%2Fview%2F%3Fattach\\_id%3D305985&wdOrigin=BR](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.immh-cmu.org%2Fattachments%2Fview%2F%3Fattach_id%3D305985&wdOrigin=BROWSELINK)  
[OWSELINK](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.immh-cmu.org%2Fattachments%2Fview%2F%3Fattach_id%3D305985&wdOrigin=BR)

3. English test score for non-native English speaker

English competencies (according to the CMU Graduate School announcement 24/2559)

- TOEFL iBT score of at least 61 or CBT of 173 or PBT of 500, or IELTS score of at least 5.5, or
- Chiang Mai University Electronic Test of English for Graduate Studies/
  - CMU eTEGs of at least 65, or
  - CU-TEP of at least 75 or
  - TU-GET of at least 550 or
  - KU-EPT of at least 60 or
- Other Certificates of English Test comparable to the above listed English test requirement

4. Transcript

5. Letters of recommendation

6. A statement of purpose
7. Documentation of relevant professional experience

**11. Contact:**

11.1 IMM Program Coordinator: [cmu.immh@gmail.com](mailto:cmu.immh@gmail.com)

11.2 Office of Interdisciplinary and Quality Assurance, Graduate School, Chiang Mai University +66-53-942424 (Office hour 8.30-16.30 Bangkok Time).

ติดต่อรายละเอียดเพิ่มเติม

กองความร่วมมือด้านทุน

กรมความร่วมมือระหว่างประเทศ

ศูนย์ราชการเฉลิมพระเกียรติ ๘๐ พรรษา อาคาร B (ทิศใต้) ชั้น ๘

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