

4.0 credits

40.0 h

Teacher(s) :	
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	<p>Part 1 : Anne-Marie Etienne Based on notions of clinical psychology relating to models of health, this part of the course is designed to show how models of health can be used in prevention programmes, whether they are centred on somatic risk factors or on psychosocial risk factors. The different notions are the factors relating to protection and vulnerability which influence health, stress (including post-traumatic stress) and the quality of life in the workplace. For this special topic of quality of life at work, participants are given a screening and intervention tool.</p> <p>Part 2 : France Kittel Health and well-being in the workplace : epidemiological approach and interventions. Conceptions of health and well-being in the workplace have undergone significant developments during the last few decades. They now form part of models which include stress, coping and social support. These different aspects are presented in relation to epidemiological data from various sources as well as the indicators used to measure them. In addition to this issue, the question of intervention and the promotion of health and well-being in the workplace is also covered : this includes target populations, overall and specific objectives and assessment of the programmes. The areas covered relate to knowledge, attitudes, behaviours, diseases/accidents, absenteeism etc.</p> <p>Part 3 : Ginette Herman The effects of discrimination in the world of work. Certain groups such as women, immigrants and the disabled are stigmatized and even discriminated against in the world of work. This part of the course deals with the effects of discrimination on the employees affected by it. It also examines the strategies that these groups spontaneously make use of in an attempt to preserve their self-esteem and mental health. The link with certain current policies aimed at combatting discrimination is also considered.</p> <p>Part 4 : Isabelle Hansez Employment of elderly workers. This part of the course deals with the reasons why elderly workers leave employment. The personal choices (intrinsic causes) and the forced choices (extrinsic causes) are analysed.</p>
Aims :	<p>Through the presentation of the theoretical and empirical aspects of the link between work and well-being, this course is designed to enable students to develop skills in understanding concepts, how to apply them and to discuss them. Students are given the opportunity of analysing the conditions of work which have an influence on the mental health of individuals, particularly by identifying the psychological and psychosocial processes which are factors in this, and various tools for intervention will be demonstrated. Both an epidemiological approach as well as a clinical and social one will be used in a variety of situations.</p> <p><i>The contribution of this Teaching Unit to the development and command of the skills and learning outcomes of the programme(s) can be accessed at the end of this sheet, in the section entitled "Programmes/courses offering this Teaching Unit".</i></p>
Content :	<p>Through the presentation of the theoretical and empirical aspects of the link between work and well-being, this course is designed to enable students to develop skills in understanding concepts, how to apply them and to discuss them. Students are given the opportunity of analysing the conditions of work which have an influence on the mental health of individuals, particularly by identifying the psychological and psychosocial processes which are factors in this, and various tools for intervention will be demonstrated. Both an epidemiological approach as well as a clinical and social one will be used in a variety of situations.</p>
Other infos :	<p>Teaching method(s) : The course takes a variety of forms : lectures, illustrations, exercises and discussions.</p> <p>Assessment : At the end of the course, students are required to produce a document giving an overview of the course in its different aspects. It should be accessible to a third party who has not attended the course but who should nevertheless be able to understand its main components. It should be no longer than 9 pages (Times 12 front, 1.5 spacing) and may be either individual or collective (maximum of 2 students).</p>
Cycle and year of study :	> Advanced Master in Risk Management and Well-Being in the Workplace
Faculty or entity in charge:	PSP