

Mentally Healthy Work – Practitioner Course

Massey University’s Healthy Work Group are excited to be launching the micro-credentialled Mentally Healthy Work Practitioner Course in April 2025. This course equips health and safety practitioners, human resources professionals, and other related disciplines working or interested in the field with an understanding of psychosocial risk management and mentally healthy work. The course will be taught by Dr’s Zoë Port, Darryl Forsyth and David Tappin from Massey University’s Healthy Work Group. The course will cover applied research theories and current concepts relating to mentally healthy work, enabling participants to understand how these translate into organisational contexts.

The course consists of 8 topics or sessions, blocked into 3 modules:

Module 1: Introduction to Mentally Healthy Work	
Topic 1	Introduction to mentally healthy work: Psychosocial factors, psychosocial risk, outcomes; Work content and context
Topic 2	Mentally healthy work in Aotearoa: a Te Ao Māori perspective on mentally healthy work
Topic 3	Frameworks and foundational theories for understanding psychosocial risk
Module 2: Legal obligations and measurement considerations	
Topic 4	HSWA: Requirements, roles, responsibilities
Topic 5	Measuring to manage psychosocial risk: Gathering data and insights
Module 3: Assessing, designing and implementing change	
Topic 6	A systems approach to managing risk: Psychosocial interventions and controls
Topic 7	Designing interventions for psychosocial risk
Topic 8	Using good practice to inform an organisational strategy for mentally healthy work

Delivered online through Massey University, for each topic participants will watch short video clips and complete some reading related to each topic, before attending a live weekly session for interactive discussion and questions. Understanding will be assessed through a short assessment task at the end of each module. At 5 credits approximate time required by course participants is 50 hours (reading, watching, discussing, preparing assignments).

The course is planned to run from April to June 2025 costing \$1200 (exc GST).