

**CULTURE AND MENTAL HEALTH**  
**SUMMER TERM, 2005**  
**MTWR 10-11:50**  
**16 Pacific**

(Check <http://blackboard.uoregon.edu/> for updates)

**Instructor: Sopagna Eap**

Office Hours: Thursday 12:30-2:30,  
and by appointment

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**Overview**

*Culture and Mental Health* is a class that explores the role of culture in the definition and maintenance of mental health and “mental illness”. We will be exploring what our culture and various cultures of the world have to say about mental health, mental illness, and treatment of mental illness. We will be addressing questions like the following:

- What is a mental illness? Do different cultures define it differently? What is meant by culture, anyway?
- Does Schizophrenia occur all over the world?
- How do different cultures approach the healing of mental illness?

**Contact Hours and Class Attendance**

We will meet each Monday through Thursday in 146 Straub and your attendance is expected. This is not a course to take if you think you will miss more than one class meeting, as class discussion, exams, and exercises are crucial to your success in the course. Your participation is part of the course requirements.

**Required Readings**

Readings are assigned on a daily basis. Readings are to be completed BEFORE the class meeting for which they are assigned. There is two required text books, available at the bookstore, along with daily articles to supplement your readings.

**Required Texts:**

Castillo, Richard J. (1997) *Culture and Mental Illness: A Client-Centered Approach*.  
Brooks/Cole.

**Grading:**

Your grade will be computed by combining your scores in the following overall categories for a total of 500:

Points	Course Work
100	Midterm
100	Discussion Essay
100	Quizzes (4 quizzes, 25 pts each)
50	Participation

150	Final
500	<b>Total</b>
(EC)	Also up to 20 points extra credit potential (see below)

Final letter grades will be approximately determined from point totals as follows:

points	letter grade
450-500	A
449-400	B
399-350	C
349-300	D
Below 300	F

Based on the actual distribution of final grades, *this criterion might be relaxed, but not stiffened.*

#### **Discussion Essays 100 points**

The Discussion essay must be turned in on August 4<sup>th</sup> at the beginning of class. The discussion essay should be between 4-6 pages. Essays must be typed (or computer printed) in black ink, double-spaced with 12 point font, and 1 inch margins. The essay should demonstrate that you have put thought into the reading material, and is designed to stimulate thoughtful class discussion about the reading and/or related issues. Think of the discussion essay as an opportunity to think about the readings, and to reflect on the class material. I will provide some specific topics to write about. The essay will be worth up to 100 points. 5 points will be subtracted for each day late.

#### **Participation 20 points**

Participation is crucial in this course. Participation includes in class discussion and/or emailed comments/questions on material covered in class or in the readings. Additionally, in class assignments may be given periodically during class that will be collected for participation points.

#### **Extra Credit Up to 20 points**

10 Extra Credit points can be earned for one hour of participation in a research study through the Psychology Department. You can earn a maximum of 20 points toward your grade.

#### **Midterm 100 points**

A midterm will be given on July 28<sup>th</sup>. The midterm will be a combination of multiple choice, short answers, and essay questions.

#### **Quizzes 100 points**

Each week a short quiz will be given based on readings and lectures. The quizzes will consist of 10 multiple choice questions worth 2.5 points each for a total of 25 points per quiz. The quizzes will be given on Thursday at the end of each week **ACCEPT** during the second week, where it will be given on Wednesday.

#### **Final Exam 150 points**

The Final will be given on August 12<sup>th</sup>. The Final will be a combination of multiple choice, short answers, and essay questions. The Final exam is cumulative with a strong emphasis on the second half of the course.

### Weekly Schedule: Topics, Readings, Assignments, Deadlines

- Monday's readings are to be completed before the July 18 class. *RC is the Castillo text.*  
*KC is the Kleinman text.*

Week 1		
day	Readings	Topics and activities
July 18	<i>RC</i> : Chapter 1, 2 <i>AK</i> : Chapter 1,2	Introduction: What is Culture? What is Mental health? How do they interact? Video: Mistreating the Mentally Ill
July 19	<i>RC</i> : Chapter 4 <i>AK</i> : Chapter 3, 4 <b>On-line Reading:</b> Lu, F.G., Lim, R.F., and Mezzich, J.E. (1997). Issues in the Assessment and Diagnosis of Culturally Diverse Individuals. <i>Review of Psychiatry</i> , 14, 476- 508.	Important cultural considerations for assessment and diagnosis. Examining culture in the DSM-IV. Video: The Culture of Emotions
July 20	<i>RC</i> : Chapter 7 <b>On-line Reading:</b> Helliwell (2001) <i>Engendering Sameness. Intersections</i> .	Sexuality and "Gender" Identity Disorder. Guest Speaker: Pam Birrell, Ph.D.
July 21	<i>RC</i> : Chapter 5 <b>On-line readings:</b> A cross cultural comparison of four healing methods-- <a href="http://www.alternative-therapies.com/at/pdfarticles/9503-krippner(pages).pdf">http://www.alternative-therapies.com/at/pdfarticles/9503-krippner(pages).pdf</a> Epstein (1998) <i>Emptiness</i> .	How do different cultures approach healing?  <b>QUIZ #1</b>
Week 2		
day	Readings	Topics and activities
July 25	<b>On-line Readings:</b> Guarnaccia, P.J., & Rogler, L.H. (1999). Research on culture-bound syndromes: New directions. <i>American Journal of Psychiatry</i> , 156(9), 1322-1327.	Healing cont. Various Culture-Related Specific Syndromes

July 26	<b>RC:</b> Ch. 9 <b>On-line Readings:</b> Jilek (1994). <i>Traditional Healing in the Prevention and Treatment of Alcohol and Drug Abuse</i> . Transcultural Psychiatric Review	Alcohol and Substance Abuse in different cultural groups. How does culture contribute to alcohol and substance use and behavior? Video: Poundmaker's Lodge
July 27	<b>RC:</b> Chapters 8 <b>On-line Readings:</b> Miller and Pumariega (2001). <i>Culture and Eating Disorders: A Historical and Cross-Cultural Review</i> . <i>Psychiatry</i> .	Anorexia and Bulimia as culture-bound disorders.  <b>Paper articles must be approved!</b> <b>Quiz #2</b>
July 28	<b>MIDTERM EXAM</b>	
<b>Week 3</b>		
<b>Day</b>	<b>Readings</b>	<b>Topics and activities</b>
Aug 1	<b>RC:</b> Chapter 6 <b>On-line Readings:</b> Paris (1994). <i>Rites of Passage and the Borderline Syndrome</i> . Peters (1991). <i>Personality Disorders, Parasuicide and Culture</i> .	Personality & Personality Disorders. What is a "personality disorder"? Does it exist across cultures? Is it treatable?  <b>Read article for papers and be prepared to discuss your articles in class.</b>
Aug 2	<b>RC:</b> Chapter 12 <b>On-line Readings:</b> Marsella: <i>Cultural Aspects of Depression</i> O'Neill (2001) <i>Culture and Pathology: Flathead Loneliness Revisited</i>	Mood Disorders
Aug 3	<b>On-line Reading:</b> Kirmayer (2001). <i>Cultural Variations in the Clinical Presentation of Depression and Anxiety: Implications for Diagnosis and Treatment</i>	Mood Disorders (Cont.)
Aug 4	<b>RC:</b> Chapter 10 and 11 <b>On-line Reading:</b> Kirmayer (1995). The Cultural Context of Anxiety Disorders	Anxiety & Somatoform Disorders  <b>Quiz #3</b> <b>Papers Due</b>

<b>Week 4</b>		
<b>Day</b>	<b>Readings</b>	<b>Topics and activities</b>
Aug 8	<b>RC:</b> Chapter 13 <b>On-line Reading:</b> Castillo (2003). <i>Trance, Functional Psychosis, and Culture</i> Kirmayer (1994). <i>Pacing the Void: Social and Cultural Dimensions of Dissociation.</i>	PTSD and Dissociative Disorders
Aug 9	<b>RC:</b> Chapter 14 <b>On-line Readings:</b> Bentall (2003). <i>Them and Us</i> Barrett (2003). <i>Kurt Schneider in Borneo</i>	Psychotic Disorders & Schizophrenia
Aug 10	<b>On-line Reading:</b> Miranda et al. (2005). <i>State of the science on psychosocial interventions for ethnic minorities.</i>	Empirically validated treatments for ethnic minorities. Guest speaker: Gordon Hall, Ph.D.
Aug 11	AK: Chapter 5 and 6	Further treatment issues  <b>Quiz #4</b>
Aug 12	<b>FINAL EXAM</b>	

### ***Additional Notes***

#### **Using Blackboard**

The web site for this course was constructed using "Blackboard" software. This allows the web site to be extensive and interactive. On the web site, you will find general announcements for the class, all documents for the course (including this syllabus), lecture notes, on-line discussions, links to relevant web sites, and more. We hope that this web site will be a useful tool for you in learning the material for this class, and in further exploring topics you find interesting. You can get to the course web site by going to <http://blackboard.uoregon.edu>. If you need help logging in or using Blackboard, see <http://blackboard.uoregon.edu/local/usingbb/>. Also you can get help starting by going to the library [Information Technology Center](#) (ITC) and/or see <http://libweb.uoregon.edu/kitc/faq/blackboard.html#help>.

#### **Academic Honesty**

All work submitted in this course must be your own and produced exclusively for this course. The use of sources (ideas, quotations, paraphrases) must be properly acknowledged and documented. For the consequences of academic dishonesty, refer to the Schedule of Classes published quarterly. Violations will be taken seriously and are noted on student disciplinary records. If you are in doubt regarding any aspect of these issues as they pertain to this course, please consult with the instructor before you complete any relevant requirements of the course. (Text adopted here as recommended from the UO web site regarding academic honesty at: <http://darkwing.uoregon.edu/~conduct/>).

**Students with Directory Restricted Access**

This course includes required on-line participation (electronic mail and World Wide Web). If you have restricted access to your directory information and wish to have special arrangements made for this course, please notify the instructor immediately.

**Students with Disabilities**

If you have a documented disability and anticipate needing accommodations in this course, please make arrangements to meet with the instructor soon. Also please request that the Counselor for Students with Disabilities send a letter verifying your disability. [Counselor for Students with Disabilities: Hillary Gerdes, 346-3211, TTY 346-1083, [hgerdes@oregon.uoregon.edu](mailto:hgerdes@oregon.uoregon.edu)]