

CULTURE AND MENTAL HEALTH

Spring Term 2006

MW 12-1:20

240C McKenzie

Note: This syllabus is provisional. You are responsible for checking
<http://blackboard.uoregon.edu/> for updates

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Course Assistants (for contact information and office hours, see Blackboard):

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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?
- Are there different kinds of mental illness in different cultures of the world?
- Does Schizophrenia occur all over the world?
- How do different cultures approach the healing of mental illness?

Contact Hours and Class Attendance

Class meets Monday and Wednesday and your attendance is expected. This is not a course to take if you think you will miss more than one class. Discussions, exams, and exercises are crucial to your success in the course. Also, you will work in small groups during class and will be asked to complete group activities. Your participation is part of the course requirements. You must check the course Blackboard site at least 2 X per week to check for important course information. Likewise, you are required to check your university email 2 X per week. Make sure your email address in Blackboard is the one you use. Sometimes important announcements will be sent to you through this email account.

Required Readings

Readings are to be completed BEFORE the class meeting for which they are assigned. There are two required text books along with online readings posted on the Blackboard site. Online readings will be posted the week before they are to be done. This course has a serious amount of reading and you will not be able to do well on the exams or essays if you do not do the reading.

Required Texts:

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

Brooks/Cole.

Kleinman, A. (1991). Rethinking Psychiatry: From Cultural Category to Personal Experience. The Free Press: New York.

Online readings are required and will be posted on blackboard.

Grading:

Points	Course Work
50	Midterm
80	Final Exam
60	Discussion Essays/Assignments (6 essays/assignments; each worth 10 points)
80	Final Project
10	Participation (in-class small group)
20	Choose EITHER final exam or final project mean for these 20 points. Decision must be made by Monday, May 15th . If you do not make an official decision, the default will be for the final exam.
300	Total

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

points	letter grade
270-300	A
240-269	B
210-239	C
180-209	D
Below 180	F

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

Exams:

The exams will be structured to assess your knowledge of the readings, in-class films and lectures, and class discussions. They will be a combination of multiple choice, matching, and short answers/short essays.

Midterm is worth 50 points.

Final is worth 80 or 100 points (your choice).

Discussion Essays/Assignments 60 points

Written essays must be typed (computer printed). They are due on designated Mondays at the beginning of class. Please do not email essays! Each essay should show you have put thought into the reading material, and be 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, to reflect on the meaning of the material to you and your life and how it might affect society in general. I will provide some specific topics to write about for each week. Each essay will be worth up to 10 points. Two points will be subtracted for each day/portion of a day late. These are due IN CLASS. Late essays must be submitted to the Psych dept from office and be date and time stamped. There are 7 essays you CAN do. During the term, you can choose the one that you do NOT want to do.

Final Project: 80 or 100 points (your choice). Remember to decide by May 15th!

You are working in a community mental health clinic in an area that has a lot of people from a different culture (you get to pick what culture, e.g., Hispanic, Asian, Hmong, Puerto Rican, etc.). The predominantly Caucasian/non-Hispanic psychiatric staff are not aware of the effect of culture on the patients' mental state. Your project is to design some sort of educational intervention for the staff. It might be a brochure or newsletter; an outline for a workshop; an internet learning experience; etc. Use your imagination!

Participation 10 points

Participation is crucial in this course. In-class participation will largely be in the form of small groups. You will work with different groups throughout the quarter and assigned activities will be turned in.

Guidelines for Teaching and Learning at the University of Oregon, Department of Psychology: A Statement of Best Practices and Expectations

As members of the University of Oregon Department of Psychology we all share responsibility for creating an atmosphere conducive to learning. A collaborative learning environment both in and outside of the classroom involves the active participation of instructors (including faculty members, adjuncts, and GTFs), teaching assistants, and students. This environment requires:

- the best effort on the part of both instructors and students to enhance the learning experience for the benefit of all persons involved;
- the recognition that all present play important roles; all participants in the learning experience deserve respect for what they bring to it, and all should be sensitive to the importance of others in this process;
- an atmosphere in the classroom of mutual respect for all persons.
- See <http://psychweb.uoregon.edu/guidelines/> for more information.

A note on psychiatric medications

You will find in this course many different ways of thinking about and treating what we call mental "disorders". Many approaches to mental illness do not emphasize medications the way that our culture does. I recognize that many of you may be taking such drugs, and if you feel that you need to question or change your regimen, you must do so ONLY with consent and cooperation of the person prescribing the medication.

Weekly Schedule: Topics, Readings, Assignments, Deadlines

- Week 1 readings are to be completed before the April 5th class. Week 2-10 readings are to be completed *before* the Monday class that week.
- RC is the Castillo text AK is the Kleinman text
- Online readings will be posted in blackboard under the tab “readings”

Week 1: Intro to culture, mental illness and mental *health*

April 3	Introduction: Why Culture? What is Mental health and Mental Illness? How do they interact?	RC: Ch. 1
April 5	What is a psychiatric diagnosis?	RC: Ch. 2 <i>Online readings</i>

Week 2: Assessment in our culture and of different people within our culture

April 10	The psychiatric interview: Expert opinion or individual lived experience? DSM IV and assessment	Assignment #1 due AK: Ch. 1 RC: Ch 3, 4 <i>Online readings</i>
April 12	Assessment: Important cultural considerations <ul style="list-style-type: none">• Cultural meanings: a look at Western culture• Cultural considerations for diagnosis• Diagnosis with African Americans	

Week 3: Mental illness in other cultures

April 17	Culture Specific Syndromes	Assignment #2 due <i>Online readings</i> AK: Ch 2 & 3
April 19	How do different cultures approach healing? Culturally sensitive treatment.	RC: Ch 5 AK: Ch. 5 & 6

Week 4: Treatment of the mentally ill.

Watch “One Flew Over the Cuckoo’s Nest” c. 1975, Warner Home Videos, 1997

Please watch it before class this week!

April 24	Treatment and healing of the mentally ill.	Assignment #3 due <i>Online readings</i> RC: Ch. 15 AK: Ch. 4 & 7
April 26	Mental illness in American culture. One survivor’s experience.	

Week 5: This half of the term we look at specific disorders in our own culture and the cultural context in diagnosis and treatment. We'll also look at these disorders in other countries/cultures.

May 1	* * * * MIDTERM EXAM * * * *	No assignment. due. Study for the test!!
May 3	Alcohol and substance abuse in different groups.	<i>Online readings</i> RC: Ch. 9

Week 6:

May 8	Depression and suicide	Assignment #4 due RC: Ch. 12 <i>On-line readings</i>
May 10	Mood disorders	

Week 7: ****Final 20 point contract due Monday a.m.********

May 15	PTSD and Dissociative Disorders	Assignment #5 due <i>Online readings</i> RC: Ch. 13
May 17	Psychotic disorders and Schizophrenia	RC. Ch. 14

Week 8:

May 22	Individual and Collectivist cultures and mental health: Similarities and differences	Assignment #6 due <i>Online readings</i>
May 24	Gender Disorders	RC: Ch. 7

Week 9:

May 29	HOLIDAY UO is CLOSED	<i>Work on your final projects!</i>
May 31	Anxiety disorders & Somatoform disorders	<i>Online readings</i> RC. Ch. 10 & 11. Assignment #7 due (only due if you missed one of the first 6 essays)

Week 10:

June 5	Personality disorders	RC: Ch. 6 <i>Online readings</i> Final Project due June 5th at noon.
June 7	Eating Disorders	RC. Ch. 8

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 \(ITC\)](http://libweb.uoregon.edu/kitc/faq/blackboard.html#help) and/or see <http://libweb.uoregon.edu/kitc/faq/blackboard.html#help>.

Policy on Email

Make sure that the email address listed for you on duckweb/blackboard is correct. You will need to check this account frequently because I may communicate with you outside of class. If the address you have listed on duckweb/blackboard is not the account that you regularly use, you can change your primary email address by going to <duckweb.uoregon.edu>, selecting <personal information>, selecting <change email address> and then following the instructions. **YOU WILL BE RESPONSIBLE FOR ALL INFORMATION THAT IS SENT TO YOU VIA EMAIL.**

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 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]