

CULTURE AND MENTAL HEALTH
SUMMER TERM, 2006
MTWR 10-11:50
214 Mckenzie

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

Instructor: Sopagna Eap

Office Hours: Thursday 12:30-2:30
and by appointment
Office: 320 Straub Hall
e-mail: seap@uoregon.edu
Phone: 346-4990

Instrutor: Jessica Murakami

Office Hours: Monday 1-3
and by appointment
Office: 335 Straub Hall
e-mail: jmurakam@uoregon.edu
Phone: 346-2921

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 214 Mckenzie 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 one required text book, available at the bookstore, along with daily articles to supplement your readings.

Required Text:

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 450:

Points	Course Work
100	Midterm Exam
100	Discussion Essay
50	Presentation/Discussion leaders
50	Participation
150	Final Exam

450	Total
(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
405-450	A
360-404	B
315-359	C
270-314	D
Below 270	F

Based on the actual distribution of final grades, *this criterion might be relaxed, but not stiffened*. Plus and minuses will be assigned accordingly.

Discussion Essays 100 points

The Discussion essay must be turned in on Thursday, August 10th 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. You will be required to find an approved article related to culture and mental health, summarize the article, and then discuss the article in depth (more details to follow). The essay will be worth up to 100 points. 5 points will be subtracted for each day late.

Discussion Leader/Presentation 50 points

The last 15-20 minutes of class time will be reserved for a discussion to be led by two discussion leaders. The 15-20 minutes will include a 5-10 minute presentation on the previous night's reading. Everyone in the class is responsible for bringing in two discussion questions to class pertaining to the reading (see participation). The Facilitators will be responsible for generating and directing class discussion in the remaining 10-15 minutes.

Participation 50 points

You are expected to be an active participant in this class. This includes attending every class, bringing in 2 discussion questions from the previous night's reading, contributing to class discussions, being respectful of your fellow classmates, and being engaged in class presentations and activities. We would like for this class to be an enjoyable experience for you. In order for you to get the most out of this class as possible, it is necessary for you to be actively engaged and to keep up with the assignments!

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 Thursday, August 3rd. The midterm will be a combination of multiple choice, short answers, and essay questions.

Final Exam 150 points

The Final will be given on August 17th. Like the midterm, the final exam 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 24th class. *RC is the Castillo text.*

Week 1		
day	Readings	Topics and activities
July 24	<i>RC</i> : Chapter 1, 2	Introduction: What is Culture? What is Mental health? How do they interact?
July 25	<i>RC</i> : Chapter 4 <i>On-line Reading</i> : 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 26	<i>RC</i> : Chapter 7 <i>On-line Reading</i> : Helliwell (2001). <i>Engendering Sameness. Intersections</i> .	Sexuality and "Gender" Identity Disorder. Guest Speaker: Lisa DeMarni-Cromer, Ph.D.
July 27	<i>RC</i> : Chapter 5 <i>On-line reading</i> : A cross cultural comparison of four healing methods-- http://www.alternative-therapies.com/at/pdfarticles/9503-krippner(pages).pdf Epstein (1998). <i>Emptiness</i> . Wild Indians: Native Perspectives on the Hiawatha Asylum for Insane Indians by Pemina Yellow Bird.	How do different cultures approach healing? Video: Between Two Worlds: The Hmong Shaman in America
Week 2		
day	Readings	Topics and activities
July 31	<i>On-line Reading</i> : Guarnaccia, P.J., & Rogler, L.H. (1999). Research on culture-bound syndromes: New directions.	Healing cont. Various Culture-Related Specific Syndromes

	<i>American Journal of Psychiatry</i> , 156(9), 1322-1327.	
Aug 1	RC: Ch. 9 On-line Reading: 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: Too High
Aug 2	RC: Chapter 8 On-line Reading: 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. Paper articles must be approved!
Aug 3	MIDTERM EXAM	
Week 3		
Day	Readings	Topics and activities
Aug 7	On-line readings: Howell (2002). "Good girls," sexy "bad girls," and warriors: <i>The role of trauma and dissociation in the creation and reproduction of gender</i> Eagle (2005). <i>Therapy at the cultural interface: Implications of African cosmology for traumatic stress intervention</i>	Gender & Trauma Guest speaker: Melissa Foynes, M.S. Read article for papers and be prepared to discuss your articles in class!!
Aug 8	RC: Chapter 13, 14 On-line reading: <i>Poverty, ethnicity and gender</i>	Dissociative Disorders, Psychosis, and Schizophrenia Guest speaker: Pam Birrell, Ph.D.
Aug 9	RC: Chapter 12 On-line Readings: Marsella. <i>Cultural aspects of depression</i> O'Neill (2001). <i>Culture and pathology: Flathead loneliness revisited</i>	Mood Disorders Video: Reflections on Anger
Aug 10	RC: Chapter 10, 11 On-line Reading: Kirmayer (1995). <i>The cultural context of anxiety disorders</i>	Anxiety & Somatoform Disorders Papers Due!!

Week 4		
Day	Readings	Topics and activities
Aug 14	<p>On-line Readings: Sato and Toru (2001). <i>Autonomy and relatedness in psychopathology</i></p> <p>Tepper, Rogers, Coleman & Maloney (2001). <i>The prevalence of religious coping among persons with persistent mental illness</i></p>	<p>Individualist vs. collectivist cultures and mental health; spirituality and mental health</p> <p>Guest speaker: Shin Shin Tang, M.S.</p>
Aug 15	<p>RC: Chapter 6 On-line Reading: Paris (1991). <i>Personality disorders, parasuicide and culture</i></p>	<p>Personality Disorders: What is a “personality disorder”? Is a personality disorder a mental illness? Do personality disorders exist across cultures?</p> <p>Video: Aileen Wuornos: Life and death of a serial killer</p>
Aug 16	<p>On-line Readings: Lopez & Guarnaccia (2000). <i>Cultural psychopathology: Uncovering the social world of mental illness</i></p> <p>The WHO World Mental Health Survey Consortium (2004). <i>Prevalence, severity, and unmet need for treatment of mental disorders in the World Health Organization World Mental Health Surveys</i></p>	<p>Current research directions in cultural psychopathology; empirically supported treatments for ethnic minorities.</p> <p>Guest speaker: Gordon Nagayama Hall, Ph.D.</p> <p>Review for Final!</p>
Aug 17	FINAL EXAM	

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](http://libweb.uoregon.edu/kitc/faq/blackboard.html#help) (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]