Health Sciences 4051G (001)
Philosophical and Historical Aspects of Mental Health
Mon 14:30-17:30, HSB 9
Winter Term 2013-2014

Course Outline

Instructor: Dr. Louis C. Charland
Affiliation: Departments of Philosophy and Psychiatry & School of Health Studies
Email: charland@uwo.ca
Phone: 661-2111 ext. 86445 (Please use email for all communication)
Office Hours: Wednesday 9:00-11:00
Office: Health Science Building (HSB) 214 or by appointment
Class Times: Mon 14:30-17:30
Class site: HSB 9

COURSE DESCRIPTION
An in-depth investigation into the scientific and philosophical nature of mental health and well-being, with a focus on the role of emotion and spirituality in recovery from cancer, trauma, and addiction. Special attention will be paid to elucidating the neurophysiological and psychological underpinnings of emotion and its relation to affectivity more generally. Specific topics will usually include: the role of emotion in questions of the meaning of life and the question of suicide; different varieties of emotional and spiritual experience in mental disorder and recovery; the difference between sadness and depression; the distinction between positive and negative emotions; some indigenous approaches to the concepts of healing and emotional well-being (mainly Australasian Maori, Native American).

COURSE OBJECTIVES
- Introduce students to historical and philosophical aspects of mental health
- Encourage students to formulate and defend their own views on those topics;
- Practice and improve critical thinking, reading, writing, and speaking skills;
- Foster professional skills and attitude in all aspects of the course.

TO CONSIDER
- Some students may find the topics in this course emotionally distressing and challenging. If you have any personal concerns of this nature, please see your academic counselor.

- This is an ‘essay’ designated course with considerable reading and writing requirements.

- Class participation is required in this seminar course and regular attendance is mandatory. (See relevant provisions in the Academic Calendar.) Attendance will be noted.
COURSE TEXTS


- Assorted Articles on Western Owl Course Web Site, also available through UWO Library Catalogue.


COURSE REQUIREMENTS

- 5 Weekly Commentaries | Worth 10 marks each | Weighted at 30% final mark
  Dates: See ‘Commentary Topics and Due Dates below.

- In-Class Mid-Term Exam (Essay Style) | Worth 35 marks | Weighted at 35%
  Date: Mon Feb 24, in-class, 2 hours.

- Final Essay | Worth 35 marks | Weighted at 35% of final mark
  Due: Mon April 7, by 14:30 in-class and online through turn-it-in on class OWL website

WEEKLY COMMENTARIES

Commentaries are small essay assignments and discussion stimulants written by students that may be read to the class by the instructor. They are meant to provide an in-depth analysis of some aspect(s) of weekly readings as well as writing practice for students.

Each student will submit 5 weekly commentaries, each due on a specific week. Commentaries must address weekly readings and can only be handed in on the week those readings are scheduled for discussion. No outside references are permitted.

Commentaries must raise one, two, or three points of interest for reflection and discussion: for example, things that surprised you, and why; things you agree or disagree with, and why; things you find confusing and why (plus suggested solutions). Some partial, very edited, summary of the main points under consideration from the readings will be required for this.
Commentaries must make at least three direct citations to weekly readings using the Chicago Manual of Style 16th Edition Author-Date in-text citation and bibliographical format. (You can search Google or UWO library sites for this.) No footnotes or endnotes.

Commentaries must also:
- Be typed in 12-point font and written in single-spaced paragraph form;
- Be at least 2 pages long (but rarely more than that).
- Have page numbering on both pages;
- Have a title, course number and commentary submission date, your name (Last name first, first name second) and student number, on page 1, formatted exactly this way, on the left side of the page, in single-spaced format:
  Jasper’s on Delusion
  HS 4051G
  February 12, 2013
  Last name, First name
  Student Number #111111111

- Commentaries that do not satisfy these formatting requirements will be penalized 1 full mark per error or omission to a maximum of 3 marks or may simply be returned.

- Spelling errors, major grammatical errors, and multiple typos, will be penalized 1 mark each to a maximum of 3 marks. Lesser penalties may be applied as warning.

- Please proof-read your commentary carefully. (Treat it like a job or scholarship application letter.)

COMMENTARY TOPICS AND DUE DATES
Commentary 1 due to Turn it in and in class on Mon Jan 13
Commentary 2 due to Turn it in and in class on Mon Jan 27
Commentary 3 due to Turn it in and in class on Mon Feb 10
Commentary 4 due to Turn it in and in class on Mon Mar 10
Commentary 5 due to Turn it in and in class on Mon Mar 24

COMMENTARY GRADES
Commentaries will be graded out of 10 marks according to the following scale:
10 Outstanding  - Could not expect more at this level
  09 Excellent    - Extremely well-developed interpretation and critical thinking
  08 Very Good    - Commendable interpretation with some good discussion
  07 Good         - Interesting interpretation with some discussion
  06 Average      - Average interpretation and discussion
  05 Barely Acceptable  - Weak interpretation and discussion
  04 Not Acceptable - Significant errors or shortcomings
  03 Not Acceptable - Major errors and shortcomings
  02 Not Acceptable - Unacceptable academic work at this level
  01 Not Acceptable - Unacceptable command of writing and grammar at this level
As you are writing your commentaries, always ask yourself what a reader who had not read the texts you are writing about would be able to recover about those texts, as well as what they would learn about your opinions and reasons for those opinions.

You are expected to do your best to read all weekly materials and, when appropriate, incorporate and reflect an awareness of all those materials in your commentary. In some cases, it will simply not do to read simply one article or chapter from assigned readings.

Always endeavor to anticipate answers and objections to your own personal contributions in your commentaries.

Marks on commentaries may vary, since course readings vary widely in style and content, which in turn may pose very different challenges for interpretation and analysis.

COMMENTARY SUBMISSION
All commentaries must be handed in:
(1) In hard copy in class, before class begins, on their respective due date
And
(2) Electronically to Turn-it-in, before class begins, on their respective due date.

LATE COMMENTARIES
Late commentaries must be written on the weekly topics for which accommodation is provided, when accommodation is granted, and proof of accommodation for that exact day must be provided by your academic counselor. Otherwise, late commentaries will not be accepted and will receive a mark of ‘0’.

MID-TERM
The mid-term will be two hours long and consist of 3 essay-style questions worth 10 marks each and several short-answer questions worth a total of 5 marks. There will usually be a choice of 3 out of 4 or 5 possible essay questions. Short answer questions may include explanations or definitions of key concepts.

To prepare for the final exam you must attend all classes and review all assigned readings and class discussion notes up to the final exam date, using the main lecture raised in class as your guide. No other instructions will be provided.

FINAL ESSAY
You may write your final essay on any major topic discussed in class lectures or readings. Use Class Schedule headings and topics as a guide. Please seek permission for any topic you are unsure of. Essays that do not address a suitable topic area may be returned and late penalties will apply. Essays should be 8-10 pages double-spaced and include at least 10 direct citations to course readings. Please use Chicago Manual of Style Author-date format for in-text citations and Bibliographical References. The first page of your essay is
a title page (numbered 0, with hidden page number) that should include the following information:

- Essay Title
- Course Number
- Due date
- Last name, First name
- Student Number #11111111

2 marks will be deducted for all spelling errors and cases of bad grammar. (Essays are marked out of ‘100’.)

Essays will be marked according to the following scheme:

University-wide grade descriptors:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>90-100</td>
<td>One could scarcely expect better from a student at this level</td>
</tr>
<tr>
<td>A</td>
<td>80-89</td>
<td>Superior work which is clearly above average</td>
</tr>
<tr>
<td>B</td>
<td>70-79</td>
<td>Good work, meeting all requirements, and eminently satisfactory</td>
</tr>
<tr>
<td>C</td>
<td>60-69</td>
<td>Competent work, meeting requirements</td>
</tr>
<tr>
<td>D</td>
<td>50-59</td>
<td>Fair work, minimally acceptable</td>
</tr>
<tr>
<td>F</td>
<td>below 50</td>
<td>Fail</td>
</tr>
</tbody>
</table>

UWO Academic Calendar 2013

ACCESSING DSM 5
The Diagnostic Statistical Manual of Mental Disorder, Fifth edition, which is published by the American Psychiatric Association (APA) is an indispensable reference source for this course. You can reference citations from this text as: (APA 2013, 10). Then include the full reference in your bibliography.


CLASS EMAIL POLICY
- Emails that do not mention (i) the course subject designation number and (ii), the student’s full name and student number, will be deleted.
- Only emails with a ‘uwo.ca’ address will be answered.
- Only emails that deal with administrative matters will be read.
- Questions regarding course content must raised in class or during office hours.
- It may take up to 3 days to answer your email. Do not presume your email will be answered before 3 days.
MENTAL HEALTH AND WELL-BEING
This course deals with very serious and controversial issues in the area of mental health which may be disturbing for some students. Please speak to myself, or your academic counsellor, if you have any concerns about your own mental health and well-being in relation to course content. Western University has excellent Mental Health and Well-Being services available for students in need of additional guidance and support in this area. See Western’s Health and Wellness information webpage at http://www.health.uwo.ca/mental_health/index.html if you desire more information on this topic. Immediate help in the event of a crisis can be had by phoning 519.661.3030 (during class hours) or 519.433.2023 after class hours and on weekends.

FILMS
Films will be shown during regular lecture hours and all students are expected to attend. Due to logistical and practical realities surrounding the availability of films, these can only be shown once. The films are designed to enrich your experience of the materials covered in the course. But like guest lectures or other special events, they are a one-time thing. If you miss a film, do your best to discuss the film with friends. Please note that films are not available for lending under any conditions. Some films may be available through the UWO library. Please check your course outline for film titles.

ADDITIONAL STATEMENTS
Student Code of Conduct
The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit http://www.uwo.ca/univsec/board/code.pdf.

English Proficiency for the Assignment of Grades

Accommodation for Medical Illness or Non-Medical Absences
http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf
The University recognizes that a student’s ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student’s overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: https://studentservices.uwo.ca/secure/index.cfm.
Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student’s Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

**Scholastic Offences**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website:


Additionally,

1. All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (http://www.turnitin.com).

2. Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

**Support Services**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- [http://www.sdc.uwo.ca/ssd/](http://www.sdc.uwo.ca/ssd/)

**THIS OUTLINE AND SCHEDULE MAY BE REVISED WITH PRIOR NOTICE DUE TO CLASS ENROLMENT AND OTHER FACTORS**