Western University
School of Health Studies
HS3262G: MENTAL ILLNESS AND HEALING ACROSS CULTURES
January 7-April 9 2019

Mondays 2:30-4:30pm & Tuesdays 1:30-2:30pm
Location: TBC
Professor: Elysée Nouvet
Email: enouvet@uwo.ca
Office: 215, Health Sciences Bldg
Office Hours: Mondays 4:30-5:30

Antirequisite(s): None.

Prerequisite Checking
This course is for students in their 3rd or final year of undergraduate studies. Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Course Description: This course provides students with an introduction to the critical study of global mental health and illness. Through weekly case studies, we will explore how experiences, ideas, and treatment of mental health and illness in particular historical and social contexts connect to the values, norms, and power relations at play in understandings and responses to mental distress within those contexts. We will examine how factors such as workloads, access to resources, environment, and social identity can impact social actors’ mental health and provide opportunities or limit resources available for healing. Readings for this course are taken from a broad range of disciplines (psychiatry, sociology, anthropology, history of science, feminist studies, cultural studies).

The course is divided into two main sections. In the first half of the course, our goal is to immerse ourselves culturally diverse experiences and understandings of mental illness, and the way this shapes options imagined (for healing and social inclusion) for the mentally “abnormal”. In the second half of the course, we travel across the globe to examine government policies and NGO initiatives introduced with the aim of improving the quality of life of individuals and families living with mental illness.
Learning objectives
Through this course, students will have the opportunity to:

- Deepen their understanding of socio-cultural and historical dimensions of mental illness and healing
- Practice critical health studies analysis skills through writing and in-class activities
- Recognize the connections between economic and social stressors and mental well-being
- Be able to explain the value and limitations of universalist approaches in Global Mental Health
- Better imagine a range of ways in which the lives of those living with serious mental illness might be improved

Required readings (course material student must obtain):
1. There are weekly readings in this course as well as an assigned podcast. A majority of course materials are available free of charge to Western students and these will be posted on OWL. Please check this site often for updated required class readings, and to keep informed of important course information or announcements.


If you require this information in an alternate/accessible format, please contact the School of Health Studies Administrator Emericks Rivas erivas@uwo.ca

COURSE SUMMARY
Note: the order of topics may change – a finalized version of the course plan will be available January 1st 2019.

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>In-class dates</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction: Key policies, terms, and orientation to written work in this course</td>
<td>Jan. 7</td>
</tr>
<tr>
<td>2</td>
<td>Mad and bad: politics and practices of early psychopathology</td>
<td>Jan. 14, 15</td>
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<tr>
<td>3</td>
<td>Social suffering: fractured communities, complex healing</td>
<td>Jan. 21, 22</td>
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<tr>
<td>4</td>
<td>Sacred Sickness</td>
<td>Jan. 28, 19</td>
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<tr>
<td>5</td>
<td>Gendered disorder and disorder as resistance</td>
<td>Feb. 4, 5</td>
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<tr>
<td>6</td>
<td>Mid-term in class exam</td>
<td>Feb. 11</td>
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<tr>
<td>7</td>
<td>Reading week</td>
<td>Feb. 18, 19</td>
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<tr>
<td>8</td>
<td>North America’s mental health epidemic Pt I</td>
<td>Feb. 25, 26</td>
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<tr>
<td></td>
<td>North America’s mental health epidemic Pt II</td>
<td>March 4, 5</td>
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<td>---------------------------------------------</td>
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<tr>
<td>10</td>
<td>No class – professor at conference</td>
<td>March 11, 12</td>
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<tr>
<td>11</td>
<td>Pharma’s role and limits in low-resource settings</td>
<td>March 18, 19</td>
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<tr>
<td>12</td>
<td>Community-based mental health</td>
<td>March 25, 26</td>
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<tr>
<td>13</td>
<td>Stresses of migration</td>
<td>April 1, 2</td>
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<tr>
<td>14</td>
<td>Global mental health and final considerations</td>
<td>April 8, 9</td>
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**Evaluations:**

In-Class activities and participation: 10%

Mid-term February 11, 2019 (in class): 25%

Final exam (in examination period): 35%

2 Synthesis *** Papers
(2-3 pages each, double spaced): 30% (2 X 15%)

Exams in this course will be essay based, with some short answer on the mid-term.

*** Synthesis Papers are based on the assigned readings for one topic/week, and must be handed in before the start of the week’s first lecture. No late syntheses will be accepted. See handout for further details and marking scheme.

**PART I: CULTURALLY DIVERSE MENTAL ILLNESS AND HEALING**

Jan. 7

Introduction to the course (no readings)

Jan. 14, 15

Mad and bad: politics and practices of early psychopathology


Jan. 21, 22

Sacred sickness


Film: TBA

**Jan. 28, 29**
**Social suffering: Fracture communities, complex healing**


**Feb. 4, 5**
**Gendered Disorder and Disorder as resistance**


**Feb. 11 - Mid-term in class examination**

**Feb. 18, 19 - NO CLASS - READING WEEK**

**Feb. 25, 26**
**North America’s mental health epidemic Part I**
ANATOMY OF AN EPIDEMIC: Chapters 3, 4, 5

*Optional additional reading*

**March 4, 5**
**North America’s mental health epidemic Part II**
ANATOMY OF AN EPIDEMIC: Chapters 9, 10, 11

**March 11, 12 – No class, professor at conference**

**March 18, 19**
**Community based mental health**

Film: TBA

**March 25, 26**

**Pharma’s role and limits in low resource settings**


Read, Ursula. “I want the one that will heal me completely so it won’t come back again”: The limits of antipsychotic medication in rural Ghana. *Transcultural Psychiatry* 49(3-4): 438-460.

**April 1, 2**

**Stresses of migration**

Readings: TBA

**April 8, 9**

**Global Mental Health and final considerations**


BBC podcast (link will be provided)

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**ADDITIONAL STATEMENTS**

**Grading policy**

The university-wide descriptor of the meaning of letter grades, as approved by Senate:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</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 that 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>

It is expected that the grades for this course will fall between 74% and 78%. In the event that the course average falls outside this range, a constant may be added or subtracted from each student’s grade, by the instructor, to bring the class average in line with school policy.
**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/pdf/board/code.pdf.

**Health and wellness**
As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western’s Campus Recreation Center as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (http://www.music.uwo.ca) or the McIntosh Gallery (http://www.mcintoshgallery.ca). Further information regarding health and wellness-related services available to students may be found at http://www.health.uwo.ca.

If you are in emotional or mental distress, please refer to Mental Health@Western (http://www.uwo.ca/uwocom/mentalhealth/) for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: https://uwo.ca/health/mental_wellbeing/education/module.html.

**Accommodation for Medical Illness or Non-Medical Absences**
http://www.westerncalendar.uwo.ca/2017/pg117.html
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: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf
Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students should contact their Faculty Academic Counselling Office (not the professor or the TA) for what documentation is needed in their program.

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.

**Electronic devices**

**During Exams:** Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

**During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

**English Proficiency for the Assignment of Grades**
Visit the website http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf

**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: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf
Additionally,

1. Plagiarism and self-plagiarism are considered academic misconduct, will be reported, and may result in a failing grade.

2. 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).

3. 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/](http://www.sdc.uwo.ca/)
2. Student Health – [http://www.uwo.ca/health/services/students/index.html](http://www.uwo.ca/health/services/students/index.html)