

Health Sciences 4051G (001)
Mental Health and Well-Being
Mon 14:30-17:30, HSB 9
Winter Term 2012-2013

Revised Outline (January 6, 2013)
Change in Commentary Length and Format Requirement)

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Office Hours Mon 13:30-14:30; 17:30-18:30, or by appointment
Class Times: Mon 14:30-17:30
Class site: HSB 9

COURSE DESCRIPTION

An in-depth investigation into the philosophical and scientific 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 philosophical approaches to the question of suicide; different varieties of emotional and spiritual experience and mental disorder; 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 (Australasian Maori, Native American).

COURSE OBJECTIVES

- Introduce students to topics in the area of mental health and well-being;
- 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 taken.

COURSE TEXTS

- James, William. (1902/2003). *The Varieties of Religious Experience*. London: (London & New York: Penguin Books).
- Camus, Albert. (1942/1991). *The Myth of Sisyphus*. (London & New York: Penguin Books).
- Horwitz, Allan V. & Wakefield, Jerome C. (2007). *The Loss of Sadness: How Psychiatry Transformed Normal Sorrow into Depressive Disorder*. (Oxford University Press).
- Watters, Ethan. *Crazy Like Us: The Globalization of the American Psyche*. (New York: Free Press).

COURSE REQUIREMENTS

- 5 Weekly Commentaries | Worth 10 marks each | Weighted 60% of final mark
- Final Exam (Essay Style) | Worth 35 marks | Weighted 40% of final mark

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 directly address weekly readings for the week they are assigned for and 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).

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
00 Not Acceptable	- Commentary not submitted

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 FORMATTING REQUIREMENTS

Commentaries must:

- Be typed in 12-point font and written in single-spaced paragraph form;
- Be 3-5 pages;
- Have a bibliographical section after the main text called “References.”
- Have a page number at the bottom corner of each page;
- Have a title, course number and commentary submission date, your full name and student number, on page 1, formatted exactly this way, in single-spaced format:
William James on Emotion
HS 4051G February 12, 2013
Last name, First Name, Student Number #11111111

- Begin commentary text 1 line below your name and student number;
William James on Emotion
HS 4051G February 12, 2013
Barak Obama #11111111
(Single Line Space)
In my commentary this week, I wish to argue that ...
- Contain 3-5 in-text citations to weekly readings
- Format citations with double-quotes at start and finish of citation like this: “James 1902, 23-4). This is called “Author-Date style.”
- Use a spell checker to check your commentary before submission.
- Use 15th or 16th edition Chicago Manual of Style Author-Date style for in text citations and bibliography. (Just Google or search UWO library site for this.)

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

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 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.

COMMENTARY TOPICS AND DUE DATES

Commentary 1 due to Turn it in and in class Jan 14
 Commentary 2 due to Turn it in and in class Feb 11
 Commentary 3 due to Turn it in and in class Feb 25
 Commentary 4 due to Turn it in and in class Mar 11
 Commentary 5 due to Turn it in and in class Mar 25

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'.

FINAL EXAM

The final exam 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 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.

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 be raised in class or during office hours.
- It may take up to 3 days to answer your email.

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.

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