

**Health Sciences 4051G (001)**  
**Mental Health: Well-Being and Recovery**  
**Mon 14:30-17:30, UCC 54B**  
**Winter Term 2014-2015**

**Course Outline**  
**Final Oct 07 2014 Version**

**Instructor:** Dr. Louis C. Charland  
**Affiliation:** Departments of Philosophy and Psychiatry & School of Health Studies  
**Email:** [charland@uwo.ca](mailto:charland@uwo.ca)  
**Phone:** 661-2111 ext. 86445 (Please use email for all communication)  
**Office Hours** Tue 10:00-12:00  
**Office** Health Science Building (HSB) 214 or by appointment  
**Class Times:** Mon 14:30-17:30  
**Class site:** UCC 54B

**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 may 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), and a brief examination of cross-cultural issues relating to mental health in China.

**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**

- This is an 'essay' designated course with considerable reading and writing requirements.
  
- This is not a typical lecture course but rather a seminar course where you must largely teach yourself by practicing reading, writing, and communication skills and learn from participation.

- 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**

- James, William. (1902/2003). *The Varieties of Religious Experience*. London: (London & New York: Penguin Books).
- Candace Pert. (1997). *Molecules of Emotion: The Science Behind Mind-Body Medicine*. (New York: Harper and Shuster, Touchstone Books).
- Camus, Albert. *The Myth of Sisyphus*. (Penguin Books).
- Assorted Articles on Western Owl Course Web Site, also available through UWO Library Catalogue
- Diagnostic and Statistical Manual of the American Psychiatric Association (DSM 5). Washington D.C.: American Psychiatric Association. Available online through the UWO Library Catalogue System. (See instructions below.)

### **COURSE REQUIREMENTS**

- 3 Weekly Commentaries | Worth 10 marks each | Weighted at 30% final mark  
Due at 2:30 pm at the start of class and to Turn-it-in by the same date and time.  
See Class Schedule for due dates and readings.
- In-Class Mid-Term Exam (Essay Style)| Worth 35 marks | Weighted at 35%  
Written in-class Mon March 2 (1 hour 50 minutes)
- Final Essay | Worth 100 marks | Weighted at 35% of final mark  
Due Mon April 6 in class at 2:30pm. and to Turn it in by Mon April 6 by 2:30pm.

### **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 3 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).

Commentaries must make at least five 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, preferably 3 pages maximum.
- Have page numbering on each page;
- Have a title on the first page, with course number and commentary submission date, your name (Last name first, first name second) and student number, all on page 1, formatted exactly this way, in single-spaced format:

Jasper's on Delusion  
HS 4051G  
February 12, 2013  
Last name, First name  
Student Number #11111111

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 as unacceptable and assigned a late penalty of 3 marks per day late.

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. This is a professional development exercise, not discipline for the sake of discipline.)

You may use the personal "I" when you first start writing your commentaries, but the goal is ultimately to refrain from using it, and in your essay the use of "I" is forbidden.

### **COMMENTARY TOPICS AND DUE DATES**

Commentary 1 due to Turn it in and in class	Mon Jan 12
Commentary 2 due to Turn it in and in class	Mon Feb 02
Commentary 3 due to Turn it in and in class	Mon Feb 23

### **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 from those texts by reading your commentary, as well as what they would learn about your opinions on the text 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 HARD-COPY AND ONLINE 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 1 hour 50 minutes 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.

### **ESSAY TOPICS**

You may choose any of the sets of weekly readings assigned after the mid-term to serve as the core texts of your essay. Developing a topic to focus your essay is not always easy, so start early. You may refer back to topics and readings in the first part of the course in the essay. But the bulk of the final essay should refer to readings assigned after the mid-term. Thus, the mid-term is meant to test and assess your familiarity and knowledge with one group of readings using one assessment method (essay-style exam), while the essay is meant to familiarize you with a second group of readings using another assessment method (formal scholarly essay). Commentaries are meant to serve as practice for the

essay and help prepare for the mid-term, and constitute a separate method of assessment (brief opinion piece).

### **ESSAY INSTRUCTIONS AND FORMAT**

Essays should be 8-10 pages double-spaced and include at least 10 direct citations to course readings. Please use the Chicago Manual of Style Author-date format for in-text citations and Bibliographical References. Ask a librarian if you need information on learning about this citation format. (Do not leave this to the last minute.) This is part of the skills you need to acquire in this course – through your own effort.

The first page of your essay should include the following information:

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

All pages should be numbered except for the title page which has no page number and counts as page ‘0’.

Single marks will be deducted for all spelling errors, bad grammar, and formatting errors, up to a maximum of 10 marks. (Essays are marked out of ‘100’.)

### **ESSAY SUBMISSION**

Essays must be;  
Submitted in hard copy in class on April 6 at 2:30  
and  
Submitted electronically to turn-it-in by that same day and time.

Late essays will be penalized ½ letter grade per day late. That is, B+ to a B for one day late, B to B- for a second day late, etc. You can leave late essays under my door at HSB 214.

### **ESSAY MARKING SCHEME**

Your essays will be marked according to the following standardized table, taken from the 2014-2015 Western University Academic Calendar:

University-wide grade descriptors:

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which is clearly above average
B	70-79	Good work, meeting all requirements, and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable

F	below 50	Fail
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In your essay, you are expected to interpret and evaluate – for example, agree or disagree, and explain why – the scholarly merits of your chosen essay topic and article(s). Roughly 70% of your total essay mark will be devoted to the more descriptive interpretive aspects of your essay, while the remaining 30% will be devoted to your own personal evaluation of the essay article. Do not go beyond course readings and topics in writing your essay. Make sure to include detailed examples taken from course lectures and readings to illustrate your arguments.

You will be marked on how well you display ‘critical thinking’ skills and mastery of your chosen essay article(s). While originality is welcome, essays are mostly expected to reflect knowledge acquired through course readings, as well as class knowledge acquired through course lectures and discussions. An important aim of the course is to foster critical thinking interpretive and evaluative skills.

### **ACCESSING DSM 5 ONLINE**

The Diagnostic Statistical Manual of Mental Disorders, Fifth Edition (usually referred to as ‘DSM 5’) 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 as follows:

American Psychiatric Association. (2013). Diagnostic Statistical Manual of Mental Disorder, Fifth Edition. Washington: American Psychiatric Association.

You can access DSM 5 online through the UWO library site and interface by typing ‘DSM 5’ in the online catalogue and selecting the first entry, namely, ‘DSM 5’. Then all you have to do is select “Explore the new edition”.

### **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.

## **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](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.

## **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**

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>.

### **Accommodation for Medical Illness or Non-Medical Absences**

[http://www.uwo.ca/univsec/handbook/appeals/accommodation\\_medical.pdf](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:

[http://www.uwo.ca/univsec/handbook/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf) .

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/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

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