

HS 4051G (001) 2016-2017
Mental Health: Well-Being and Recovery
Thu 9:30-11:30 HSB-11

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 Thu 1130:1330 or by appointment
Office Health Science Building (HSB) 214
Class Times: Thu 9:30-11:30
Class site: HSB-11

COURSE DESCRIPTION

An in-depth investigation into the historical 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 may include: definitions and theories of recovery; role of emotions and spiritual experience in recovery; the scientific underpinnings of mindfulness meditation; the distinction between positive and negative emotions; some indigenous approaches to healing and recovery (mainly Australasian Maori, Native American); a brief examination of cross-cultural issues relating to internet addiction and its treatment in China.

COURSE OBJECTIVES

- Introduce students to historical and philosophical aspects of recovery
- Encourage students to formulate and defend their own views on that topic
- Practice and improve critical thinking, reading, writing, and speaking skills
- Foster professional skills and attitudes 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 learning 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.
- Films play an essential role in the course, as they provide us with a real-life clinical perspective on the problems and issues we are discussing that we

unfortunately cannot witness first hand. Consider this the ‘empirical evidence’ or ‘data’ for the phenomena we are discussing.

COURSE TEXTS

- James, William. (1902/2003). *The Varieties of Religious Experience*. London: (London & New York: Penguin Books).
- Jon Kabat Zinn. (2013). *Full Catastrophe Living*, Revised and Updated Edition. New York Bantam Books.
- Assorted articles on Western OWL course website, 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 (S\see instructions below).

COURSE REQUIREMENTS

- 3 Weekly Commentaries | Worth 10 marks each | Weighted at 30% of final mark
Due at 2:30 pm at the start of class and to Turnitin by the same date and time.
Commentary due dates:
Commentary 1 due to Turnitin and in class Thu Jan 19 9:30am.
Commentary 2 due to Turnitin and in class Thu Mar 09 9:30am.
Commentary 3 due to Turnitin and in class Thu Mar 23 9:30am.
- Mid-Term Exam (Essay Style) | Worth 35 marks | Weighted at 35% of final mark
Written in-class Thu Feb 16 at 9:30am (1 hour 50 minutes)
- Final Essay | Worth 100 marks | Weighted at 35% of final mark
Due Thu Apr 06 at 9:30am. and to Turnitin by Thu Apr 06 at 9:30am.

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 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 (you can search Google or UWO library sites for this). See your reference librarian for help with this if you need it or the Student Development

Centre writing clinic. Make sure you include a bibliographical entry for each of the weekly articles you are discussing and citing at the end of your commentary.

Commentaries must also:

- Be typed in 12-point font and written in single-spaced paragraph form;
- Be no more than two pages but reasonably close to two pages
- Have page numbering on each page, starting with the first page: '1'.
- Have the following information, in exactly this form, at the top of the left hand side of the first page, just like this:
HS 4051G Commentary
February 12, 2013
Last name, First name, Student Number #11111111
Commentary Title
- Bibliographical entries for the references cited at the end of your commentary.

You will notice that no exact bibliographical references are provided for our readings in the Course Schedule where readings are listed. This is a mini-assignment of its own. You will need the article and chapter or book titles you are working with, google the authors or journals involved, and determine the exact references to include in your commentary and essay bibliographies. Don't leave it until the very end! This is part of your research learning and an assignment in itself.

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 2 marks per day late. Do not include a third bibliographical page with your commentary. Note that your commentary must be stapled: no paper clips or tape. 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. Do not use "I" when writing your commentaries or essays.

COMMENTARY TOPICS AND DUE DATES

Commentary 1 due to Turnitin and in class	Thu Jan 19 at 9:30am.
Commentary 2 due to Turnitin and in class	Thu Mar 09 at 9:30am.
Commentary 3 due to Turnitin and in class	Thu Mar 23 at 9:30am.

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 Poor	- Significant errors or shortcomings
03 Very Poor	- Major errors and shortcomings
02 Extremely Poor	- Barely acceptable work at this level
01 Not Acceptable	- Unacceptable work at this level
00 No Mark	- No commentary 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 read all weekly materials and, when appropriate, incorporate and reflect an awareness of all those materials in your commentary. In most cases, it will 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. This, 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) In electronic form to Turnitin, 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'. Late commentaries will be penalized 2 marks per day unless there is a legitimate excuse. See your academic counselor regarding accommodation for late commentaries when you believe you have a legitimate excuse.

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 possible essay questions. Short answer questions may include explanations or definitions of key concepts. There may also be a mandatory essay question that will be announced, in which case you will only have a choice of 2 out of 3 essay questions.

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. Finding a topic on which 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 you for the mid-term, and constitute a separate method of assessment (brief opinion piece). You may choose to write your essay on a topic for which you have written a commentary, but you cannot duplicate what you wrote. Turnitin will detect this.

ESSAY INSTRUCTIONS AND FORMAT

Essays should be 6-8 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 at the end of your essay. Include the bibliography on a separate page. 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 (page ‘0’ which should have no number on it) should include the following information:

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

All subsequent pages should be numbered except for the title page which has no page number and counts as page ‘0’. Your essay should have a bibliography on the final page.

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 Thu April 06 at 9:30 and

Submitted electronically to turnitin 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

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”.

You may also find DSM 5 online at

<http://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596>

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.

YOUR 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.

ADDITIONAL STATEMENTS

Student Code of Conduct

The purpose of the Student Code of 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

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

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**

**Faculty of Health Sciences
School of Health Studies
Health Sciences 4051G (001) 2016-2017
Mental Health, Well-Being and Recovery
Thu 9:30-11:30 HSB-11
Schedule of Topics and Readings**

Week 01 | Thu Jan 05 |

Topic: Diagnostic Criteria for Addiction; Addiction vs. Dependence

Readings:

- DSM 5 (UWO Library Catalogue, Online), See Substance Related and Addictive Disorders under Section II: the Diagnostic Criteria and Codes, especially the Diagnostic Criteria and Features for Alcohol Use Disorder, and Opioid Use Disorder.
- O'Brien et al. 2006

Film: 'The Hijacked Brain', From the 'Close to Home' PBS series by Bill Moyers

Week 02 | Thu Jan 12 |

Topic: Brain Disease, Loss of Control, and Compulsion in Addiction

- National Institute for Drug Abuse (NIDA) Power Point Teaching Clip
- Koob & Volkow 2010
- Pickard 2012
- Charland 2012

Film: 'A Portrait of Addiction'. From the 'Close to Home' PBS series by Bill Moyers

Week 03 | Thu Jan 19 | [Commentary 1]

Topic: Prescription Opiate Epidemic and Methadone Maintenance Therapy

Readings:

- FDA Statement on Opioid Epidemic 2013
- Volkow et al. 2014
- Koldony et al. 2015
- Olson et al. 2014

Film: Time Bomb, CBS The Fifth Estate

Week 04 | Thu Jan 26 |

Topic: Internet Gaming Addiction

Readings:

- DSM 5. See Section III. Emerging Measures and Models. Conditions for Further Study. Internet Gaming Disorder. Read Diagnostic Criteria and Features.
- Cash et al. 2012

- Tao 2010
- O'Brien 2010

Film: Web Junkie, by Kino Lorber, Alive Mind Cinema (DVD). May be on YouTube.

Week 05 | Thu Feb 02 |

Topic: Cultural Perspectives on Recovery

Readings:

- DSM 5. Section II. Diagnostic Codes and Criteria. Diagnostic Criteria and Features for Inhalant Use Disorder.
- Brandt 1990
- Drurie 1990
- Wu 2012 (see also Lu et al. 2008 if you wish)

Films: Drugfree Video (available at <http://www.drugfreeworld.org/real-life-stories/inhalants.html>); Return to Innocence: A Journey Through Inhalant Abuse (DVD KYUK Productions)

Week 06 | Thu Feb 09 |

Topic: Recovery from Addiction.

Readings:

- The Historical Possibility of Recovery (Power Point Presentation)
- Adeponle et al. 2012
- Margaret Swarbick

Film: 'Changing Lives'. From the 'Close to Home' PBS series on Addiction by Bill Moyers.

Week 07 | Thu Feb 16 |

MID-TERM TEST

Week 08 | Thu Feb 23 |

READING WEEK [No Class]

Week 09 | Thu Mar 02 |

Topic: History and Psychology of Recovery

Readings:

- The Varieties of Religious Experience, by William James, 1-77; 78-165.

Film: 'William James: The Psychology of Possibility' (Davidson Films).

Week 10 | Thu Mar 09 | [Commentary 2]

Topic: Emotion, Conversion, Psychology of Self-Surrender

Readings:

- The Varieties of Religious Experience, by William James, 189-258; 520-527.

Film: Happiness. From 'The Emotional Brain' from 'Passion and Fury' CBC Nature of Things

Week 11 | Thu Mar 16 |

Topic: Affectivity and Emotion

Readings:

- Pert 1998
- Charland 2010
- See also Dagleish if you wish (not mandatory)

Film: The Mind-Body Connection, From Bill Moyers, Healing in the Mind PBS Series

Week 12 | Thu Mar 23| [Commentary 3]

Topic: Mindfulness Meditation

Readings:

- Full Catastrophe Living, by John Kabat-Zinn, xxiii-168

Film: Wounded Healers, From Healing and the Mind, by Bill Moyers

Week 13 | Thu Mar 30 |

Topic: Mindfulness and Mindfulness-Based Cognitive Behavioral Therapy

- Full Catastrophe Living, by John Kabat-Zinn, 169-269, 353-452
- Sipe et al. 2012

Film: Experiential Session

Week 14 | Thu Apr 06 | [Essay Due]

Topic: Closing discussion: Time and World Stress

Readings:

- Full Catastrophe Living, 452-538

(We will read from the text and have a short, relaxed discussion to conclude the course)
