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 spirituality and emotion in recovery from cancer and addiction. Special attention will be paid to elucidating the neurophysiological and psychological basis of emotion. The course requires extensive reading and class participation and has an important 'teach-yourself' independent-study orientation.

Course topics may include, but will not necessarily be limited to: historical and contemporary examinations of well-being; historical and contemporary examinations of mental health; historical and contemporary examinations of suffering; extreme states of emotion; interrelatedness of emotional/mental/cognitive coherence, meaning and psychosis; shamanism in psychiatry and mental health; psychological suffering as spiritual/personal awakening; use of ayahuasca and cannabis in healing and treatment; cultivating resilience; living well with compromised mental health.

Antirequisite(s): Health Sciences 4092G sec. 002 if taken in 2011.

Prerequisite(s): Registration in the third or fourth year of the School of Health Studies. Unless you have either the prerequisites 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.

Extra Information: 2 lecture hours.
LEARNING OUTCOMES

By the end of this course, students should be able to:

- Critically appraise, discuss and debate theories and concepts covered in assigned readings, in small and large groups discussions.
- Write a comprehensive and coherently articulated critically reflective analysis of a feature length film.
- Review, analyze and evaluate academic literature.
- Compare, critique and organize research to enable the composition of a research essay.

COURSE INFORMATION

Instructor: Dr. Marnie Wedlake, PhD, RP
Email: mwedlak@uwo.ca (Please contact me using this email address only.)
Office: HSB 220

Day & Time of Lectures: Mondays, 11:30am to 1:30pm (Class attendance is required. 90% attendance is required to pass the course.)

Location of Lectures: NS-7

Office Hours: TBA

Teaching Assistant(s): TBA

Course Website: https://owl.uwo.ca

LEARNING ENVIRONMENT

This course experience will function according to the assumption that successful learning happens in environments where learning is co-created by the instructor and the students.

As the instructor, I will endeavour to provide students with classes that are optimally engaging, motivating, and interesting. In return, I will expect students to attend all classes, and to contribute to the collaborative nature of the learning experience through their active participation in discussions, by completing the assigned readings, and by offering constructive feedback as will be deemed useful to the overall learning experience. Ideally, we will co-create a learning environment that welcomes and encourages group dialogues that are dynamic, passionate, and open-minded. That is, a learning experience that is vital and engaging for all.
Reading during a lecture, using cell phones/texting, not turning off cell phone ringers, the disturbing consumption of food or drink, littering the classroom, the use of iPods, Facebook, Twitter, and other activities which may impede the ability of you or other students to learn are unacceptable behaviours.

As a collective, we will create a learning environment that is supported by civility and mutual respect. In doing so, we will set the stage for a healthy and stimulating intellectual forum. Finally, if you are having problems with any aspect of the course, please contact me. I am committed to your learning experience, I am approachable, and I welcome your comments, your constructive criticisms and, of course, your questions.

NOTE TAKING:

Good note taking skills are important, if not essential, in both the academic environment and in other professions. For these reasons, the responsibility for note taking in class is that of the students. It will be your responsibility to create the full complement of notes from each class. Any additional content such as from films, additional readings, etc, will be examinable. Should you miss any classes, you are responsible for retrieving the relevant notes from classmates. Please do not ask me for lecture notes and/or PowerPoint slides - they will not be given to you. If you find that the lectures are moving too quickly or too slowly, please let me know. If others feel the same way, then I will do my best to accommodate the majority. If, for any reason, you are having difficulties taking notes, let me know, and I will try to help you find a student who may be willing to share notes with you.

ASSIGNED READINGS AND OTHER COURSE MATERIALS: TBA**

**A COMPLETE LIST OF COURSE TOPICS, ASSIGNED READINGS, AND GUEST SPEAKERS WILL BE POSTED TO THE CLASS OWL SITE BY THE BEGINNING OF THE TERM**

There is no textbook for this course. All assigned readings will be available, without cost, through Western’s Library System, online and/or through our OWL site.

Readings and course materials (materials) will be assigned for each topic of the course. Sources might include peer reviewed journal articles, grey literature, popular press articles, films, video clips, website content, etc. Materials assigned will correspond to the lecture topic. Additional materials may be assigned at any time, and will be posted on the course website. Students are responsible for the content covered in all assigned course materials.
EVALUATION:

Evaluation for this course consists of 4 components: participation & attendance (10%); a written critical analysis of a feature length film (20%); a mid-term examination (30%); a research essay (40%).

1. Participation and attendance - 10%
Attendance is expected for every class (excepting absences that qualify for academic accommodation). Participation includes contribution to small and large group discussions, a demonstrated effort to do assigned readings, and following the guidelines for use of electronic devices during class time.

2. Critical Analysis based on ONE of a choice of SIX films. Worth 20% of the final grade. Due date: Must be submitted through OWL by 11:55pm on Monday February 4th 2019.

   • The 6 films you may choose from are: 1 - Girl Interrupted; 2 - Reign Over Me; 3 - Inside Out (Pixar animated); 4 - Prozac Nation; 5 - Side Effects; 6 - Shutter Island.
   • LENGTH: 4 to 6 pages, 1” margins, double-spaced, 12-point font. Bibliography not included in page count. Use APA style for in-text citations and references.
   • Briefly introduce the film you have chosen. Critically assess and discuss the film, incorporating at least two of the following themes (which you will clearly identify in your paper) in your discussion: portrayals of illness vs wellbeing; culture and mental illness and/or mental health; balances of power and/or gender representation; perception of treatments (e.g. medication, therapy, etc.); the role of authority in mental health & wellbeing as it is relevant to your chosen film.
   • In forming your arguments and justifying your statements, you will incorporate material from a minimum of six reference sources (from the course reading list and/or other academic sources).

3. Mid-term exam. Worth 30% of the final grade. Will take place (during class time) on Monday February 25th 2019.

The mid-term exam will consist of 2 essay questions worth 10 marks each, and 5 short answer questions worth 2 marks each, for a total of 30 marks. The exam will take place during class time on Monday, February 25th.

PLEASE NOTE THE FOLLOWING:

   • The makeup exam will be different from the originally scheduled exam, and may include a different distribution of essay and short answer questions.
   • Examinable materials may include any content covered/presented in classes, including: lecture content, content presented by guest speakers, any/all assigned readings, videos, etc.
4. Research essay. Worth 40% of the final grade. Due date: Must be submitted through OWL by 11:55pm on Sunday April 7th 2019.

You may write your final essay on any major topic discussed in class lectures or readings. Or, you may choose an alternative topic, that is related to the broader course of study for this class, and that you have had approved by the course instructor. Essays that do not address a suitable topic area may be returned and late penalties will apply. Using 12-point font, double-spacing and 1” margins, your essay will be a minimum of 8, maximum of 10, pages in length. The approximate word count will be 2000 to 2500 words. Additional details will be provided in a comprehensive marking guide.

GENERAL COURSE NOTES

Regarding the Use of Plagiarism Checking Software:
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)

On the Use of 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.

Statement on Academic 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 Web site: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf
Accommodation for illness:
https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.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:
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 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.

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.register.uwo.ca/
4. Ombuds Office -- http://www.uwo.ca/ombuds/

Your Mental Health and Wellbeing:
This course deals with serious issues in the area of mental health, some of which may be distressing for some students. Please speak with me, or your academic counselor, if you have any concerns about your own mental health and wellbeing in relation to course content. Western University has excellent Mental Health and Wellbeing 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.uwo.ca/health/ for more information on this topic.
**On 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 Centre 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 should refer to Mental Health@Western http://www.uwo.ca/uwocom/mentalhealth/ for a complete list of options about how to obtain help.

**School of Health Studies Grade Policy:**
It is expected that the grades for this course will fall between 74% and 80%. 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.

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

- **A+** 90-100 - One could scarcely expect better from a student at this level.
- **A** 80-89 - Superior work that 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.