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: Mon 11:30-13:30, or by appointment
Office: Health Science Building (HSB) 214
Class Times: Mon 9:30-11:30
Class site: TBA

PREREQUISITE CHECKING
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
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 course relies heavily on encouraging independent study and critical thinking.

- This course fosters independent professional development. Be prepared to research and answer some of your own questions and make your own decisions (e.g. interpretation of essay format issues).

- Class participation is required in this seminar course and regular attendance is mandatory. (See relevant provisions in the Academic Calendar.)

  - 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**


- Assorted articles in Resources section on Western OWL course website, also available through UWO Library Catalogue if you look up specific journal article.


- Assorted excerpts from DSM 5 at [https://ares.lib.uwo.ca/ares/](https://ares.lib.uwo.ca/ares/)

**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 Mon Jan 13 9:30am
  - Commentary 2 due to Turnitin and in class Mon Mar 10 9:30am
  - Commentary 3 due to Turnitin and in class Mon Mar 23 9:30am

- **Mid-Term Exam (Essay Style)** | Worth 35 marks | Weighted at 35% of final mark
  Written in-class Mon Feb 10 at 9:30 (1 hour 50 minutes)

- **Final Essay** | Worth 100 marks | Weighted at 35% of final mark
  Due Mon Apr 03 9:30am both in-class and online
GRADING
It is expected that the grades for this course will fall between: 74-80. 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.

CLASS LECTURES
Students are expected to attend class lectures and participate in class discussions. However, class lectures are just an introduction to the topics and arguments in the readings that concern us. It is expected that students will read, analyze, and summarize all class readings on their own, using class lectures as their guide. Doing well in this course requires independent work that goes beyond merely summarizing class lecture material. You must have studied the readings in more depth on your own to do well. Think of your tests along the lines of ‘take-home’ assignments that are based on a set of readings that you must largely prepare for on your own. Be aware are that there are no official class lecture notes (power point slides etc.,) to share with students in case a class is missed, although students with medical accommodation can expect some help in this regard by meeting with the course instructor. Attendance is required and expected.

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 at the bottom right of 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 #111111111
Commentary Title
(Followed by start of Commentary immediately below on this page.)

- Bibliographical entries for your citations (‘References’) are to be placed on a third, separate, page 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. 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 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.

**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 #111111111

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 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 Western University Academic Calendar:

<table>
<thead>
<tr>
<th>University-wide grade</th>
<th>University-wide grade descriptors:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>90-100</td>
</tr>
<tr>
<td>A</td>
<td>80-89</td>
</tr>
<tr>
<td>B</td>
<td>70-79</td>
</tr>
<tr>
<td>C</td>
<td>60-69</td>
</tr>
<tr>
<td>D</td>
<td>50-59</td>
</tr>
<tr>
<td>F</td>
<td>below 50</td>
</tr>
</tbody>
</table>

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.

**PLAGIARISM DETECTING 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)

**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:


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.

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.

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. 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.

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 electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.
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.

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 Web site:
http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

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/

ACADEMIC CONSIDERATION:
The University recognizes that a student’s ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.
Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:
(i) Submitting a Self-Reported Absence form, provided that the conditions for submission are met;
(ii) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or
(iii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration, in order to be eligible for academic consideration.
Students seeking academic consideration:
• Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;
• Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;
• Must communicate with their instructors no later than 24 hours after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
• Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for self-reporting of medical or extenuating circumstances:

a. Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;
b. The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30am the following morning if the form is submitted after 4:30pm;
c. The duration of the excused absence will terminate prior to the end of the 48 hour period, should the student undertake significant academic responsibilities (e.g., write a test, submit a paper) during that time;
d. The duration of an excused absence will terminate at 8:30am on the day following the last day of classes each semester, regardless of how many days of absence have elapsed;
e. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations (i.e., “bellringers”);
f. Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;

Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfil the academic expectations they may have missed

THIS OUTLINE AND SCHEDULE MAY BE REVISED WITH PRIOR NOTICE DUE TO CLASS ENROLMENT AND OTHER FACTORS
6/11/2019 11:54 AM