Western University
School of Health Studies

HS3262G: Mental Illness and Healing Across Cultures
(may be available with instructor permission to students in the Masters of Global Health Systems as course GHS 9023A)

January-April 2021

Timing: Tuesdays, 6:30pm to 8:30pm
Location: Online
Professor: Elysée Nouvet, PhD
Email: enouvet@uwo.ca
Office: 339, Health Sciences Bldg
Office Hours: Tuesdays 9-11 am, by appointment

Prerequisite(s): Registration in the third or fourth year of the School of Health Studies or the Honors Specialization or Specialization in Global Health Studies at Huron University College.

Antirequisite(s): Health Sciences 3093F/G, if taken in Fall of 2017

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
This course provides students with an introduction to the critical study of global mental health and illness. Through weekly case studies, we will explore how experiences, ideas, and treatment of mental health and illness in particular historical and social contexts connect to the values, norms, and power relations at play in understandings and responses to mental distress within those contexts. We will examine how factors such as workloads, access to resources, environment, and social identity can impact social actors’ mental health and provide opportunities or limit resources available for healing.
Readings for this course are taken from a broad range of disciplines (psychiatry, sociology, anthropology, history of science, feminist studies, cultural studies). Our goal is to immerse ourselves into culturally diverse experiences and understandings of mental illness, and the way this shapes options imagined for healing and social inclusion.

**Learning objectives**

Through this course, students will have the opportunity to:

- articulate the key notions and complexities of culture and how they intersect with health
- examine various concepts and tools used to examine the relationship between culture and health
- apply theoretical concepts to critically analyze different approaches used in current public health practices related to mental health
- foster cultural awareness for future health researchers and practitioners through reflecting on their own cultural lens
- deepen their understanding of socio-cultural and historical dimensions of mental illness and healing
- practice critical health studies analysis skills through writing and course-related activities
- recognize the connections between economic stressors and mental well-being
- be able to explain the value and limitations of universalist approaches in Global Mental Health
- imagine how to better support those living with serious mental illness and their families

**Required readings (course material student must obtain):**

1. There are weekly readings in this course as well as an assigned podcast created specifically for this course. Course materials are available free of charge to Western students and these will be posted on OWL. Please check this site often for updated required class readings, and to keep informed of important course information or announcements.

If you require this information in an alternate/accessible format, please contact me at your earliest opportunity.
### COURSE SUMMARY

Note: topics are subject to change

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>In-class dates</th>
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<tbody>
<tr>
<td>1</td>
<td>Introduction to the course: Thinking with culture and global mental health</td>
<td>January 5&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>2</td>
<td>‘Mad’ and ‘bad’: politics and practices of early psychopathology</td>
<td>January 12&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>3</td>
<td>Critical perspectives on psychiatry’s scientific revolution and mental health ‘epidemics’ in high-income countries</td>
<td>January 19&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>4</td>
<td>Social suffering: Fractured communities, complex healing</td>
<td>January 26&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>5</td>
<td>Gendered expression and recognition of distress</td>
<td>February 2&lt;sup&gt;nd&lt;/sup&gt;</td>
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<td>6</td>
<td>Take home mid-term</td>
<td>February 9&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>7</td>
<td>Reading week</td>
<td>February 13&lt;sup&gt;th&lt;/sup&gt; - 21&lt;sup&gt;st&lt;/sup&gt;</td>
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<td>8</td>
<td>The limits of pharma in low-income settings</td>
<td>February 23&lt;sup&gt;rd&lt;/sup&gt;</td>
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<td>9</td>
<td>Struggling with SMI in the community: perspectives on ‘de-institutionalization’ in Canada</td>
<td>March 2&lt;sup&gt;nd&lt;/sup&gt;</td>
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<td>9</td>
<td>Sacred sickness – part I</td>
<td>March 9&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>10</td>
<td>Sacred sickness – part II</td>
<td>March 16&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>11</td>
<td>Healing through ritual and art</td>
<td>March 23&lt;sup&gt;rd&lt;/sup&gt;</td>
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<tr>
<td>12</td>
<td>Economies of care in zones of abandonment</td>
<td>March 30&lt;sup&gt;th&lt;/sup&gt;</td>
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Evaluations (for undergrads):
Online chat participation/preparation:  10%
Mid-term (take-home)
Available Feb. 9, due Feb. 23  25%
Final exam  35%
2 Synthesis *** Papers
(2-3 pages each, double spaced):  30% (2 X 15%)

Evaluations (for grad students):
Online chat participation:  10%
Final paper:  50%
1 group presentation  20%
Topic reflection
(not on presentation topic)
(2-3 pages each, double spaced x 2)  20%

Exams in this course will be essay based, with some short answer on the mid-term.
*** Synthesis Papers are based on the assigned readings for one topic/week, and must be handed in before the start of the week’s first lecture. No late syntheses will be accepted.

ADDITIONAL STATEMENTS

Grading 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
It is expected that the grades for this course will fall between 74% and 78%. 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.

**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/pdf/board/code.pdf](http://www.uwo.ca/univsec/pdf/board/code.pdf).

**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 online and 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 Center 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](http://www.music.uwo.ca)) or the McIntosh Gallery ([http://www.mcintoshgallery.ca](http://www.mcintoshgallery.ca)). Further information regarding health and wellness-related services available to students may be found at [http://www.health.uwo.ca](http://www.health.uwo.ca).

If you are in emotional or mental distress, please refer to Mental Health@Western ([http://www.uwo.ca/uwocom/mentalhealth/](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](https://uwo.ca/health/mental_wellbeing/education/module.html).

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

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;

g. 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

**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.

**Use of Recording Devices and Course Content**

Course instructors own and retain the intellectual property rights of their teaching materials. These rights extend to materials used in online settings and digital learning management systems like Owl, Zoom and TopHat. Students do not have our permission to make audio or video recordings of lectures, take pictures of lecture material, or distribute any course content for nefarious purposes (E.g. for sale or to cheat on exams). It is the decision of the instructor as to how and when teaching materials can be shared or used. **Unless explicitly noted otherwise, you may not make audio or video recordings of pre-recorded lectures or other course materials. Nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

**English Proficiency for the Assignment of Grades**

Visit the website [http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf)
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/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

Additionally,

1. Plagiarism and self-plagiarism are considered academic misconduct, will be reported, and may result in a failing grade.

2. 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).

3. 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
3. Registrar’s Office -- http://www.registrar.uwo.ca/
4. Ombuds Office -- http://www.uwo.ca/ombuds/