

**University of California, San Diego.**  
**GLBH 150: CULTURE AND MENTAL HEALTH**  
**Spring 2018**

Friday 11 – 13:50 hrs.

Location. SSB 105

Lecturer. Olga Lidia Olivas Hernandez PhD.

[oolivashernandez@ucsd.edu](mailto:oolivashernandez@ucsd.edu)

Office hours: Wednesday and Friday 10 – 11 am and by appointment.

Gildred Building. Center for Iberian and Latin American Studies. CILAS. Office 13.

**Course Description:**

In an era in which biological psychiatry predominates globally, the cultural dimensions of mental health and illness have seemed more elusive. To develop a more comprehensive perspective on mental health requires an interdisciplinary approach that takes into consideration a vast body of research that empirically demonstrates the substantial role of cultural and social factors in shaping mental illness. In this course, we focus on cultural dimensions of mental illness not only for the sake of a better-informed understanding of mental illness, but also as critical to the formulation of anthropological theories of culture, subjectivity, and structural arrangements.

For over a century now, the anthropological study of cultural orientations has been pursued through attention to conceptual mélange of magic, science, and religion. We examine this classic triad of analytic categories in tandem with works in anthropology that have recognized the study of mental illness as a productive route for the illumination of cultural features that could be particular among peoples worldwide.

As part of our anthropological analysis, we will also take into ethnographic consideration the ways in which narratives of mental illness abound in popular media (e.g., newspapers, magazines, films, advertisements, internet). How much of public culture surrounding mental illness has come to be dominated by images produced by pharmaceutical industry? How much influence has social-political movements, such as the international “voice hearers” – rooted in lived experience -- had on the conceptualization and treatment of mental illness? Other questions for debate will emerge during the course of the quarter in relation to student interests and current events globally and locally. Check the course website regularly for updates.

**Course assignments and requirements:**

1. Attendance and class participation. Attendance is expected and a necessary component of success for this course. Further, greater in-class engagement and dialogue among all of us creates a richer classroom experience. Students will be expected to complete assigned readings and actively participate in discussions. Each

class the students must turn in a one-page report including the reading objectives, student's reflective thoughts and critical reaction to the reading.

2. Each week one student will have 20 minutes to present a Current Event related with Mental Health that have happened in 2016-2018. The sources of information can be the media, newspapers and/or journals, among others. The student must present the current event (context, facts, and the meanings it might have for the actors involved) and bring up some reflections and questions to generate a discussion with all the group.
3. There will be midterm in class (**May 9, 2018**), it will cover materials of the first half of the quarter. The format for exam is a combination of multiple choice and essay questions.
4. During the course each student will choose a topic to develop a **Research Essay** that relates to the class. This essay is to be on a relevant topic that is approved by Professor no later than May 18th. The student will write an 8-10 pages essay (double spaced, Times New Roman 12), it will be due **June 15<sup>th</sup>**, by 8 pm in Professor's email ([oolivashernandez@ucsd.edu](mailto:oolivashernandez@ucsd.edu)). Grades will be based on content, critical thought, organization, and demonstration of ability to synthesize readings/lectures to get at the "big picture". All words and ideas that are not your own—whether quotation, paraphrase or summary—must be cited properly. The students should cite at least three bibliographic references from the course and include other academic sources out of the syllabus.
5. During the course, you will be informed about some opportunities for extra credits, (conference attendance, film analysis, among others).

The grades will be calculated as follows:

Attendance and participation in class (including the weekly report). 20%

Midterm: 30%

Current Event Presentation: 15%

Final Research Essay: 35%

### **Classroom policies:**

University policy regarding academic integrity will be followed. Attendance for each class is mandatory. Be sure to contact the Professor regarding any absences. Excused absences are only given: (a) with presentation of a valid medical excuse in writing (written by a medical doctor although no specific identifying information regarding the condition should be included); (b) with a documented emergency in the family; or (c) by pre-arrangement with your Professor. Each unexcused absence will result in a 10% loss of your participation grade. Use of smart phones or computers for internet surfing, texting, or any other internet activities are not permitted. This is a matter of academic integrity for the

classroom to engage fully in the course without distraction or “multi-tasking.” Computer use should be strictly limited to consultation of course materials and composition of class notes.

**Readings:** All readings will be available as pdfs on the class TED site.

### **Class/Readings Schedule (Subject to Change):**

APRIL

#### **Introduction and Overview of the Course**

6

White R., Orr D., Read U. and Jain S. 2017. Situating Global Mental Health: Sociocultural Perspectives. pp. 1-16. In White R., Jain S., Orr D. and Read U. (eds.). *The Palgrave Handbook of Sociocultural Perspectives on Global Mental Health*. Palgrave Macmillan.

#### **Historical Perspectives on Mental Health: Asia, Africa and the West**

13

Harding Christopher. 2017. Historical Reflections on Mental Health and Illness: India, Japan and the West. pp. 71-92. In White R., Jain S., Orr D. and Read U. (eds.). *The Palgrave Handbook of Sociocultural Perspectives on Global Mental Health*. Palgrave Macmillan.

Akyeampong Emmanuel. 2015. A Historical Overview of Psychiatry in Africa. pp. 24-49. In Akyeampong, Hill and Kleinman (eds.). *The Culture of Mental Illness and Psychiatric Practice in Africa*. Indiana University Press.

#### **Anthropological Perspectives on Mental Health**

20 *Psychiatry from an Anthropological Perspective*

Arthur Kleinman. 1988. *Rethinking Psychiatry: From Cultural Category to Personal Experience*. The Free Press. (Chapters 1 and 2: What is a Psychiatric Diagnosis? Do Psychiatric Disorders differ in different Cultures? pp. 5-33).

27 *Critical Reflections on Mental Health*

Whitley Rob. Beyond Critique: Rethinking Roles for the Anthropology of Mental Health. *Culture, Medicine and Psychiatry* (2014) 38: 499-511. DOI 10.1007/s11013-014-9382-y

Gavin Miller. 2017. Reflecting on Medicalization of Distress. pp. 93-108. In White R., Jain S., Orr D. and Read U. (eds.). *The Palgrave Handbook of Sociocultural Perspectives on Global Mental Health*. Palgrave Macmillan.

MAY

#### 4 *Mental Health and Experience*

Jenkins, Janis H. 2015. *Extraordinary Conditions: Culture and Experience in Mental Illness*. University of California Press. Introduction. pp. 1-20 and Chapter 2. This is How God Wants It? pp. 71-95.

#### Guest Speaker

#### 11 Mid-term

### **Social and Cultural dimensions of Mental Health/Illness**

#### 18 *Ethnic Differences*

Carpenter-Song E., Chu E., Drake R., Ritsema M., Smith B. and Alverson H. Ethnocultural Variations in the Experience and Meaning of Mental Illness and Treatment: Implications for Access and Utilization. *Transcultural Psychiatry*. Vol. 47(2) 224-251. April, 2010.

O'Neil Teresa D. Culture and Pathology. Flathead Loneliness Revisited. The 2001 Roger Allan Moore Lecture. *Culture, Medicine and Psychiatry*. 28: 221-230, 2004.

#### 25 *Religion and Spirituality*

Khoury N., Kaiser B., Keys H. and Brewster A. Explanatory Models and Mental Health Treatment: Is Vodou an Obstacle to Psychiatric Treatment in Rural Haiti? *Culture, Medicine and Psychiatry* (2012) 36: 514-534. DOI 10.1007/s11013-012-9270-2

Jenkins, Janis H. 2015. *Extraordinary Conditions: Culture and Experience in Mental Illness*. University of California Press. Chapter 5. Blood and Magic: *No hay que Creer ni Dejar de Creer*. pp. 180-215.

JUNE

1 Migration

Este D., Simich L., Hamilton H. and Sato C. 2017. Perceptions and understandings of mental health from three Sudanese communities in Canada. *International Journal of Culture and Mental Health*. 10:3, 238-249, DOI: [10.1080/17542863.2017.1296876](https://doi.org/10.1080/17542863.2017.1296876)

Paat Y. and Green R. 2017. Mental Health of Immigrants and Refugees seeking legal services on the US-Mexico Border. *Transcultural Psychiatry*. Vol. 54 (5-6) 783-805. DOI: [10.1177/1363461517746316](https://doi.org/10.1177/1363461517746316)

8 Final Papers Presentations