

MENTAL HEALTH & CULTURE (Psyc 399)

Brief Course Overview

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Course Description:

Welcome to Mental Health & Culture! This course is an advanced seminar in cross-cultural clinical/counseling psychology, where we will explore the impact of culture on the prevalence, diagnosis, and treatment of mental health and illness. In this course, “culture” is broadly defined and includes (but is not limited to) gender, ethnicity, race, socioeconomic status, and sexual orientation. Topics include mental illnesses that disproportionately affect members of one or more gender, ethnic group, or social class; ethnic and other cultural differences in mental health help-seeking behavior; non-Western indigenous ways of healing; psychotherapy research with underserved populations; and multicultural competence in psychosocial service delivery.

This is a primarily discussion-based course that requires every member of the class to be actively engaged during every class session. As such, I look forward to seeing each of you shape the course experience in a unique and meaningful way.

Note: This course satisfies one advanced seminar requirement for the Psychology major. It also contributes to the Women’s & Gender Studies (WGST) program.

Course Goals:

This course requires you to do a lot of critical thinking, reading, and writing. During our time together, I hope that you will:

- Develop increased knowledge of the impact of culture on mental health.
- Remain open and flexible to multiple definitions of culture.
- Learn to compare and contrast different psychological theories and practices.
- Improve your ability to evaluate scientific research in the field of cross-cultural clinical/counseling psychology.
- Understand and appreciate the historical, social, and cultural context of psychotherapy.
- Engage in thoughtful, sophisticated reflection on the ethical issues in this field.
- Refine your skills in written and oral communication about mental health and culture.
- Approach controversial, emotional, or personal issues in a respectful and scholarly manner.
- Contribute to an active learning environment for yourself and your fellow scholars.

Course Requirements:

- 20% Class participation
- 10% Discussion points/questions (8 sets during the semester) & discussion facilitation
- 10% Short papers:
 1. Culture and mental health paper (8%)
 2. Indigenous healing practices paper (12%)
- 20% Take-home exam
- 30% Research project:
 - Poster presentation (8%)
 - Final paper (22%)

Readings:

Readings for this course will consist of primary source literature from the field of cross-cultural clinical/counseling psychology.

- Alvidrez, J., & Areán, P. A. (2002). Psychosocial treatment research with ethnic minority populations: Ethical considerations in conducting clinical trials. *Ethics & Behavior, 12*, 103-116.
- American Psychiatric Association (1980). *Diagnostic and statistical manual of mental disorders, 3rd edition* (pp. 313-317, "Histrionic personality disorder," and pp. 324-326, "Dependent personality disorder"). Washington, DC: Author.
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- Andrés-Hyman, R. C., Ortiz, J., Anez, L. M., Paris, M., & Davidson, L. (2006). Culture and clinical practice: Recommendations for working with Puerto Ricans and other Latinas(os) in the United States. *Professional Psychology: Research & Practice, 37*, 694-701.
- Artazcoz, L., Benach, J., Borrell, C., & Cortès, I. (2004). Unemployment and mental health: Understanding the interactions among gender, family roles, and social class. *American Journal of Public Health, 94*, 82-88.
- Blehar, M. C., & Norquist, G. (2002). Mental health policy and women. In S. G. Kornstein & A. H. Clayton (Eds.), *Women's mental health: A comprehensive textbook* (pp. 613-627). New York: Guilford.
- Broverman, I. K., Broverman, D. M., Clarkson, F. E., Rosenkrantz, P. S., & Vogel, S. R. (1970). Sex-role stereotypes and clinical judgments of mental health. *Journal of Consulting & Clinical Psychology, 34*, 1-7.
- Cardemil, E. V., & Battle, C. L. (2003). Guess who's coming to therapy? Getting comfortable with conversations about race and ethnicity in psychotherapy. *Professional Psychology: Research and Practice, 34*, 278-286.
- Cervantes, J. M., & Parham, T. A. (2005). Toward a meaningful spirituality for people of color: Lessons for the counseling practitioner. *Cultural Diversity & Ethnic Minority Psychology, 11*, 69-81.
- Chambless, D. L., & Hollon, S. D. (1998). Defining empirically supported therapies. *Journal of Consulting and Clinical Psychology, 66*, 7-18.
- Chiu, M. Y. (2004). Why Chinese women do not seek help: A cultural perspective on the psychology of women. *Counseling Psychology Quarterly, 17*, 155-166.
- Chrisler, J. C., & Johnston-Robledo, I. (2002). Raging hormones? Feminist perspectives on premenstrual syndrome and postpartum depression. In M. Ballou & L. S. Brown (Eds.), *Rethinking mental health and disorder: Feminist perspectives* (pp. 174-197). New York: Guilford.
- Constantine, M. G. (2002). Predictors of satisfaction with counseling: Racial and ethnic minority clients' attitudes toward counseling and ratings of their counselors; general and multicultural counseling competence. *Journal of Counseling Psychology, 49*, 255-263.
- Cross, T. L. (2003). Culture as a resource for mental health. *Cultural Diversity & Ethnic Minority Psychology, 9*, 354-359.
- D'Andrea, M., & Daniels, J. (1991). Exploring the different levels of multicultural counseling training in counselor education. *Journal of Counseling & Development, 70*, 78-85.
- Duran, B., et al. (2005). Obstacles for rural American Indians seeking alcohol, drug, or mental health treatment. *Journal of Consulting & Clinical Psychology, 73*, 819-829.
- Eubanks-Carter, C., Burckell, L. A., & Goldfried, M. R. (2005). Enhancing therapeutic effectiveness with lesbian, gay, and bisexual clients. *Clinical Psychology: Science and Practice, 12*, 1-18.
- Fatimilhehin, I. A., & Coleman, P. G. (1999). 'You've got to have a Chinese chef to cook Chinese food!!' Issues of power and control in the provision of mental health services. *Journal of Community & Applied Social Psychology, 9*, 101-117.
- Frank, J. D., & Frank, J. B. (1991). *Persuasion & healing: A comparative study of psychotherapy* (pp. 1-10, "Psychotherapy in America Today"). Baltimore: The Johns Hopkins University Press.
- Garfield, S. L. (1998). Some comments on empirically supported treatments. *Journal of Consulting and Clinical Psychology, 66*, 121-125.
- Halliday-Boykins, C. A., Schoenwalk, S. K., & Letourneau, E. J. (2005). Caregiver-therapist ethnic similarity predicts youth outcomes from an empirically based treatment. *Journal of Consulting & Clinical Psychology, 73*, 808-818.
- Kaplan, M. (1983). A woman's view of DSM-III. *American Psychologist, 38*, 786-792.
- Kaplan, M. (1983). The issue of sex bias in the DSM-III: Comments on the articles by Spitzer, Williams, and Kass. *American Psychologist, 38*, 802-803.
- Karlsson, R. (2005). Ethnic matching between therapist and patient in psychotherapy: An overview of findings, together with methodological and conceptual issues. *Cultural Diversity and Ethnic Minority Psychology, 11*, 113-129.
- Kass, F., Spitzer, R. L., & Williams, J. B. W. (1983). An empirical study of the issue of sex bias in the diagnostic criteria of DSM-III Axis II personality disorders. *American Psychologist, 38*, 799-801.
- Kim, B. S. K., Atkinson, D. R., & Umemoto, D. (2001). Asian cultural values and the counseling process: Current knowledge and directions for future research. *The Counseling Psychologist, 29*, 570-603.

- Kim, B. S. K., Ng, G. F., & Ahn, A. J. (2005). Effects of client expectation for counseling success, client-counselor worldview match, and client adherence to Asian and European American cultural values on counseling process within Asian Americans. *Journal of Counseling Psychology, 52*, 67-76.
- Kouyoumdjian, H., Zamboanga, B. L., & Hansen, D. J. (2003). Barriers to community mental health services for Latinos: Treatment considerations. *Clinical Psychology: Science & Practice, 10*, 394-422.
- Liu, W. M., Sheu, H., & Williams, K. (2004). Multicultural competency in research: Examining the relationships among multicultural competencies, research training and self-efficacy, and the multicultural environment. *Cultural Diversity & Ethnic Minority Psychology, 10*, 324-339.
- Malley, M., & Tasker, F. (1999). Lesbians, gay men and family therapy: A contradiction in terms? *Journal of Family Therapy, 21*, 3-29.
- Miranda, J., Nakamura, R., & Bernal, G. (2003). Including ethnic minorities in mental health intervention research: A practical approach to a long-standing problem. *Culture, Medicine and Psychiatry, 27*, 467-486.
- Morris, E. F. (2001). Clinical practices with African Americans: Juxtaposition of standard clinical practices and Africentricism. *Professional Psychology: Research & Practice, 32*, 563-572.
- Murphy, J. A., Rawlings, E. I., & Howe, S. R. (2002). A survey of clinical psychologists on treating lesbian, gay, and bisexual clients. *Professional Psychology: Research & Practice, 33*, 183-189.
- Myers, L. J., et al. (2005). Building multicultural competence around indigenous healing practices. In M.G. Constantine & D.W. Sue (Eds.), *Strategies for building multicultural competence*. Hoboken, NJ: Wiley.
- Nath, R., & Craig, J. (1999). Practising family therapy in India: How many people are there in a marital subsystem? *Journal of Family Therapy, 21*, 390-406.
- Nezu, A. M. (2005). Beyond cultural competence: Human diversity and the appositeness of asseverative goals. *Clinical Psychology: Science & Practice, 12*, 19-24.
- Nguyen, L., Huang, L. N., Arganza, G. F., & Liao, Q. (2007). The influence of race and ethnicity on psychiatric diagnoses and clinical characteristics of children and adolescents in children's services. *Cultural Diversity & Ethnic Minority Psychology, 13*, 18-25.
- Nicolas, G., DeSilva, A. M., Grey, K. S., & Gonzalez-Eastep, D. (2006). Using a multicultural lens to understand illnesses among Haitians living in America. *Professional Psychology: Research & Practice, 37*, 702-707.
- Parks, C. A., Hughes, T. L., & Matthes, A. K. (2004). Race/ethnicity and sexual orientation: Intersecting identities. *Cultural Diversity & Ethnic Minority Psychology, 10*, 241-254.
- Parks, F. M. (2003). The role of African American folk beliefs in the modern therapeutic process. *Clinical Psychology: Science & Practice, 10*, 456-467.
- Piran, N., Jasper, K., & Pinhas, L. (2004). Feminist therapy and eating disorders. In J. K. Thompson (Ed.), *Handbook of eating disorders and obesity* (pp. 263-278). Hoboken, NJ: Wiley.
- Pole, N., Best, S. R., Metzler, T., Marmar, C. R. (2005). Why are Hispanics at greater risk for PTSD? *Cultural Diversity & Ethnic Minority Psychology, 11*, 144-161.
- Prentice, D. A., & Miller, D. T. (2006). Essentializing differences between men and women. *Psychological Science, 17*, 129-135.
- Reid, P. T. (2002). Multicultural psychology: Bringing together gender and ethnicity. *Cultural Diversity and Ethnic Minority Psychology, 8*, 103-114.
- Robertson, J., & Fitzgerald, L. F. (1990). The (mis)treatment of men: Effects of client gender role and life-style on diagnosis and attribution of pathology. *Journal of Counseling Psychology, 37*, 3-9.
- Schneider, M. S., Brown, L. S., & Glassgold, J. M. (2002). Implementing the resolution on appropriate therapeutic responses to sexual orientation: A guide for the perplexed. *Professional Psychology: Research and Practice, 33*, 265-276.
- Smedley, A., & Smedley, B. D. (2005). Race as biology is fiction, racism as a social problem is real: Anthropological and historical perspectives on the social construction of race. *American Psychologist, 60*, 16-26.
- Squire, C. (1994). Empowering women? *The Oprah Winfrey Show. Feminism & Psychology, 4*, 63-79.
- Sue, S. (1998). In search of cultural competence in psychotherapy and counseling. *American Psychologist, 53*, 440-448.
- Sue, S., & Chu, J. Y. (2003). The mental health of ethnic minority groups: Challenges posed by the supplement to the Surgeon General's report on mental health. *Culture, Medicine, & Psychiatry, 27*, 447-465.
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- Wong, E., et al. (2006). Barriers to mental health care utilization for U.S. Cambodian refugees. *Journal of Consulting & Clinical Psychology, 74*, 1116-1120.
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