

**DESCRIPTION:**

The primary aim of this course is to provide the student with an overview of both established and contemporary knowledge in the area of culture and psychology and to facilitate the student in gaining insight to the ethnocentric nature of western psychology. This course offers a combination of key areas in psychology (culture and mental health, social psychology and human development) each viewed through a cultural lens. Given that the students are here as sojourners (living temporarily outside their own country), the psychological literature in this area is also explored. A further component focuses on an applied area, psychosocial health of immigrants in Spain, and specifically Barcelona, thus providing the opportunity for students to apply the knowledge they have acquired and allow them to gain insight into a current cultural issue in Barcelona. It is hoped that the approach taken in this course will both complement and enrich the student's experience as sojourners, living and studying in a new culture, on both an academic and personal level. (3 credits)

**PREREQUISITES:**

None

**LANGUAGE OF PRESENTATION:**

ENGLISH

**PROFESSOR:**

K. SMYTH, PHD

**STUDENT OUTCOMES:**

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

- outline and discuss psychological concepts and theories of cultural adaptation;
- apply psychological concepts and theories of cultural adaptation to their experience of cultural adaptation and awareness;
- appraise the relevance and applicability of psychological theories (relating to mental health and human development) developed in European and American culture to different cultural contexts;
- debate the relevance and applicability of western approaches to diagnosis and treatment of mental health problems in other cultural contexts;
- Apply their knowledge from the course to a current socio-cultural issue in Barcelona (psychosocial health of immigrant population).

**LEARNING MEANS:**

**Field studies:** These are classes on site in which the student have the opportunity to see and hear how psychological concepts and theories are played out in real life.

**Guest Speakers:** Students have the opportunity to hear firsthand from practitioners in the field.

**Lectures:** Lectures provide the students with an opportunity to gain an overview of the course content and to clarify issues.

**Class discussion:** The aim of class discussions is to provide the student with a more holistic view. They offer the student the opportunity to argue their views and hear the perspective of other students on selected topics.

**Class debate:** The debate provides a lively forum for exchange of views on a prepared topic.

**Reader:** The reader is compiled of a selection of key academic readings, chosen with the aim of providing a general understanding of the subject matter.

**Reading guides:** These are provided, where appropriate, to aid the student in focussing on the most relevant information.

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**Student presentations:** Students are asked to present their research question for their academic paper. Presentations provide the student presenting with the opportunity to develop oral presentation skills and to receive constructive feedback from their peers and professor on their approach.

**METHODS OF ASSESSMENT:**

The final grade will be determined as follows:

- Class participation (15%)
  - Midterm exam (20%)
  - Final Exam (20%)
  - Reflection paper (20%)
  - Academic paper (20%)
  - Oral presentation (5%)
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- **Participation:** Active participation throughout the course is expected of each student. Students are expected to come to class prepared to discuss the assigned reading, contribute to class discussion, be well prepared to answer questions.
  - **Exams:** There will be two exams, a mid term exam and a final exam.
  - **Papers:** Students are required to turn in two papers, one academic paper and one reflection paper.
  - **Academic paper:** Students prepare a research question based on a topic of their choice covered in the course and present it to the class. This forms the basis of their academic paper.
  - **Reflection paper:** Students reflect on their experience of cultural adaptation to Barcelona, using psychological concepts and theories covered in the course. Both papers should be 2000 words in length (7-8 pages), typed, doubled-spaced, font 12 and should be submitted both electronically (via e –mail) and in paper format to the professor in class.

**COURSE CONTENT**

SESSION 1	Jan. 21, 2007	<p><b>Class content:</b> Introduction to the course</p> <p><b>Required readings:</b> None</p>
SESSION 2	Jan. 23, 2007	<p><b>Class content:</b> Introduction to psychology and culture. Locating cultural psychology in the broad scope of psychology</p> <p><b>Required readings:</b> Matsumoto, D. &amp; Juang, L. Pp. 1-21</p>
SESSION 3	Jan. 28, 2007	<p><b>Class content:</b> Adapting to a new culture: Sojourners I</p> <p><b>Required readings:</b> Boesch, E. pp. 47-51; Brislin, R. 239-244</p>
SESSION 4	Jan. 30, 2007	<p><b>Class content:</b> Social Psychology: Examining ethnocentrism, stereotypes and prejudice</p> <p><b>Required readings:</b> Matsumoto, D. &amp; Juang, L. Pp. 67-85</p>
SESSION 5	Feb. 4, 2007	<p><b>Class content:</b> Class on-site: SOS Racisme</p> <p><b>Required readings:</b> Handout especially prepared for the fieldtrip</p>
SESSION 6	Feb. 6, 2007	<p><b>Class content:</b> Culture and mental health: Ways of viewing mental health</p> <p><b>Required readings:</b> Swartz, L. 8-24</p>
SESSION 7	Feb. 11, 2007	<p><b>Class content:</b> Culture and mental health: Diagnosis in different cultures</p> <p><b>Readings:</b> Swartz, L. pp. 52-70; Mezzich, J.E., Kirmayer, L.J., Kleinman, A., Fabrega, H, Jr., Parron, D.L., Good, B.J., Lin, K.M., Manson, S.M. pp. 457-464.</p>
SESSION 8	Feb. 13, 2007	<p><b>Class content:</b> Culture and mental health: Culture and mental disorder 1</p> <p><b>Required readings:</b> Swartz, L. 189-214</p>
SESSION 9	Feb. 18, 2007	<p><b>Class content:</b> Culture and mental health: Culture and mental disorder 2</p> <p><b>Required readings:</b> Swartz, L. 140-146, 154-166</p>
SESSION 10	Feb. 20, 2007	<p><b>Class content:</b> Class Presentations 1</p>

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		<b>Required readings:</b> None
SESSION 11	Feb. 25, 2007	<b>Class content:</b> Class presentations 2  <b>Required readings:</b> None
SESSION 12	Feb. 27, 2007	<b>Class content:</b> Midterm review  <b>Required readings:</b> None
SESSION 13	Mar. 3, 2007	<b>Class content:</b> Midterm exam  <b>Required readings:</b> None
SESSION 14	Mar. 5, 2007	<b>Class content:</b> Sojourners II  <b>Required readings:</b> Bochner, S. pp. 245-251; Berry, J. 211-215
SESSION 15	Mar. 10, 2007	<b>Class content:</b> Focus on Catalunya: Immigrants in Barcelona Class on site: Walking tour of El Raval  <b>Required readings:</b> Specially prepared handout for fieldtrip
SESSION 16	Mar. 12, 2007	<b>Class content:</b> Applying culture and mental health: Psychosocial health of immigrants  <b>Required readings:</b> Bhugra, D. pp. 243 –258 & Achotegui, J. 1-3
	SPRING BREAK	
	SPRING BREAK	
SESSION 17	Mar. 24, 2007	BANK HOLIDAY: NO CLASS
SESSION 18	Mar. 26, 2007	<b>Class content:</b> Focus on Catalonia: Immigrants in Catalonia  <b>Required readings:</b> Lopez, L. & Crespo, R. pp. 187-20
SESSION 19	Mar. 31, 2007	<b>Class content:</b> Focus on Catalonia: Immigrants and Language in Catalonia Class onsite: Visit to Omnium Cultural  <b>Required readings:</b> Specially prepared handout for fieldtrip

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SESSION 20	Apr. 2, 2007	<b>Class content:</b> Human Development: Understanding the cultural nature of human development  <b>Required readings:</b> Rogoff, B. pp. 10-29
SESSION 21	Apr. 7, 2007	<b>Class content:</b> Human Development: Developmental transitions in different cultures  <b>Required readings:</b> Rogoff, B. p.160-179
SESSION 22	Apr. 9, 2007	<b>Class content:</b> Human Development: Childrearing practices across cultures  <b>Required readings:</b> DeLoaches, J. & Gottlieb, A. pp. 1-27
SESSION 23	Apr. 14, 2007	<b>Class content:</b> Sojourners III: Going home. Re-entry shock  <b>Required readings:</b> Hickson, J. pp. 253-257
SESSION 24	Apr. 16, 2007	<b>Class content:</b> Review of course  <b>Required readings:</b> none
FINAL EXAM*	Apr. 23, 2008	<b>Final Exam</b>

**LIST OF SELF-GUIDED VISITS, FIELD STUDIES, CLASSES ON SITE, GUEST SPEAKERS OR FILM VIEWINGS**

SESSION	DATE	ACTIVITY	DESCRIPTION
5	Feb. 4, 2008	Class on site	SOS RACISME
15	Mar. 10, 2008	Class on site	Walking tour :Raval
19	Mar. 31, 2008	Class on site	Omnium cultural centre

**REQUIRED READINGS**

Achotegui, J. (2004). Immigrants living in extreme situation. Immigrant syndrome with chronic and multiple stress. The Ulysses Syndrome. Unpublished manuscript, Barcelona. Pp.1-3.

Berry, J.W. (1994). Acculturative Stress. In J.W. Lonner and R.S. Malpass (Eds.), *Psychology and Culture*: 211-218. Boston, MA: Allyn and Bacon.

Bhugra, D. (2004) Migration and Mental Health Acta Psychiatrica Scandinavica 109 243 –258

Boesch, E. (1994). First Experiences in Thailand. In Ed. J.W. Lonner and R.S. Malpass *Psychology and Culture*: 47-51. Boston, MA: Allyn and Bacon

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- Bochner, S. (1994). Culture Shock. In J.W. Lonner and R.S. Malpass (Eds.), *Psychology and Culture*: 245-253. Boston, MA: Allyn and Bacon.
- Brislin, R. (1994). Preparing to live and work elsewhere. In J.W. Lonner and R.S. Malpass (Eds.), *Psychology and Culture*: 239-242. Boston, MA: Allyn and Bacon.
- DeLoache, J. & Gottlieb, A. (2000). If Dr. Spock were born in Bali. Raising a world of babies. In J.S. DeLoache & A. Gottlieb, (Eds.). *A World of Babies: Imagined Childcare Guides for Seven societies*: 1-27. Cambridge, UK: Cambridge University Press.
- Hickson, J. (1994). Coming home again. In J.W. Lonner and R.S. Malpass (Eds.), *Psychology and Culture*: 253-259. Boston, MA: Allyn and Bacon.
- Lopez, L. & Crespo, R. (2003). The social exclusion of immigrants. The causes and dynamics of social exclusion among immigrants in Europe. Analysis of three cases: Denmark, Italy and Spain. *Varese: Stampa Natura e Solidarieta*, 187-200.
- Matsumoto, D. & Juang, L. (2004). An introduction to study of culture and psychology. *Culture and Psychology* 3rd Edition: 1-24. Belmont, CA: Wadsworth.
- Matsumoto, D. & Juang, L. (2004). Ethnocentrism, prejudice and stereotypes. *Culture And Psychology* 3rd Edition: 61-81. Belmont, CA: Wadsworth.
- Mezzich, J.E., Kirmayer, L.J., Kleinman, A., Fabrega, H, Jr., Parron, D.L., Good, B.J., Lin, K. M., & Manson, S.M. (1999). The place of culture in DSM-IV, *Journal of Nervous and Mental Disease*, 187 (8), 457-464
- Rogoff, B. (2003). Orienting concepts and ways of understanding the cultural nature of human development. *The Cultural Nature Of Human Development*: 3-32. Oxford, UK: Oxford University Press.
- Rogoff, B. (2003). Development transitions in individuals´ roles in community. *The Cultural Nature Of Human Development*: 151-179. Oxford, UK: Oxford University Press.
- Swartz, L. (1998). Looking at culture and mental health. *Culture and Mental Health. A Southern African View*: 8-24; 52-76. 140-146, 154-166Capetown, South Africa: Oxford University Press.
- Woodhead, M.(1999). Reconstructing developmental psychology: Some first steps. *Children & Society*, 13, 3-19.

#### RECOMMENDED READINGS

- Barley, N. (1983). *The Innocent Anthropologist: Notes From A Mud Hut*. London, UK: Penguin.
- Frank, J.D. & Frank, J.B. (1991). *Persuasion and Healing: A Comparative Study of Psychotherapy*. London, UK: The John Hopkins Press.
- Maalouf, A. *Violence and the need to belong: In the name of Identity* . Arcade Publishing
- Matsumoto, D. (ed.). (2001). *Handbook of Culture and Psychology*. Oxford, UK: Oxford University Press
- Myers, D.G. (2002). *Social Psychology*, 7<sup>th</sup> Ed. New York, NY: McGraw-Hill.
- Rogoff, B. (2003). *The Cultural Nature Of Human Development*: Oxford, UK: Oxford University Press.
- Segall, M.H., Dasen, P.R., Berry, J.W., Poortinga, Y.H. (1999). *Human Behavior in Global Perspective: An Introduction to Cross Cultural Psychology*. Boston, MA: Allyn & Bacon.
- Storti, C. *The Art of crossing cultures*. Intercultural Press
- Storti, C. *The art of coming home*. Intercultural Press
- Storti, C. *Figuring foreigners out. A practical guide* Intercultural Press
- Swartz, L. (1998). *Culture and Mental Health: A Southern African View*. Capetown, South Africa: Oxford University Press.
- <http://www.ac.wvu.edu/~culture/readings.htm>

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