

**Health Sciences 4051G (001)**  
**Mental Health: Well-Being and Recovery**  
**Mon 14:30-17:30, UCC 54B**  
**Winter Term 2015-2016**

**Course Outline**  
**Thursday, December 17, 2015 Ver.**

**Instructor:** Dr. Louis C. Charland  
**Affiliation:** Departments of Philosophy and Psychiatry & School of Health Studies  
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**Phone:** 661-2111 ext. 86445 (Please use email for all communication)  
**Office Hours:** Tue 1130:1330 or .55f.01 543a(or)3( a)4(11)p 162.02 557.3fh

Class participation is required in this seminar course and regular attendance is mandatory. (See relevant provisions in the *Academic Calendar*.) Attendance will be noted.

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, which unfortunately we cannot witness first hand. Consider this the 'empirical evidence' or 'data' for the phenomena we are discussing.

### **COURSE TEXTS**

James, William. (1902/2003). *The Varieties of Religious Experience*. London: (London & New York: Penguin Books).

Jon Kabat Zinn (2013) *Full Catastrophe Living*, Revised and Updated Edition. New York Bantam Books.

Assorted Articles on Western Owl Course Web Site, also available through UWO Library Catalogue

Diagnostic and Statistical Manual of the American Psychiatric Association (DSM 5). Washington D.C.: American Psychiatric Association. Available online through the UWO Library Catalogue System. (See instructions below.)

### **COURSE REQUIREMENTS**

- 3 Weekly Commentaries | Worth 10 marks each | Weighted at 30% final mark  
Due at 2:30 pm at the start of class and to Turn-it-in by the same date and time.  
See Class Schedule for due dates and weekly readings.
- In-Class Mid-Term Exam (Essay Style)| Weighted at 35 marks | Weighted at 35%  
Written in-class Mon Feb 8 (2 hours)
- Final Essay | Worth 100 marks | Weighted at 35% of final mark  
Due Mon April 6 in class at 2:30pm. and to Turn it in by Mon April 4 by 2:30 pm.

### **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 for 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.

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 on 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.

HS 4051G Commentary

February 12, 2013

Last name, First name, Student Number #11111111

Commentary Title

Include a separate numbered 3<sup>rd</sup> page with bibliographical entries for the references cited in the commentary. Use Chicago Manual style for the bibliographical page: any style there will do, just be consistent.

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. Several of our 3<sup>rd</sup> hour class discussions will be assigned as library time for you to do this on your own. Don't leave it till the very end!

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. Do not include a third bibliographical page with your commentary. 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. You may use the personal "I" when you first start writing your commentaries, but the goal is ultimately to refrain from using it, and in your essay the use of "I" is forbidden.

### **COMMENTARY TOPICS AND DUE DATES**

Commentary 1 due to Turn it in and in class	Mon Jan 11
Commentary 2 due to Turn it in and in class	Mon Feb 22
Commentary 3 due to Turn it in and in class	Mon March 21

### **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                         |

course in

A+ 90-100

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](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.

## **ADDITIONAL STATEMENTS**

### **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/board/code.pdf>.

### **English Proficiency for the Assignment of Grades**

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>.

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

[http://www.uwo.ca/univsec/handbook/appeals/accommodation\\_medical.pdf](http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf)

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases

where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should b



**THIS OUTLINE AND SCHEDULE MAY BE REVISED WITH PRIOR NOTICE  
DUE TO CLASS ENROLMENT AND OTHER FACTORS**