

HS 4051G (001) 2016-2017
Mental Health: Well-Being and Recovery
Thu 9:30-11:30 HSB-11

Course Outline

Instructor: Dr. Louis C. Charland
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Phone: 661-2111 ext. 86445 (Please use email for all communication)
Office Hours Thu 1130:1330 or by appointment
Office Health Science Building (HSB) 214
Class Times: Thu 9:30-11:30
Class site: HSB-11

COURSE DESCRIPTION

An in-depth investigation into the historical and scientific nature of mental health and well-being, with a focus on the role of emotion and spirituality in recovery from cancer,

unfortunately cannot witness first hand. Consider this th

Centre writing clinic. Make sure you include a bibliographical entry for each of the weekly articles you are discussing and citing at the end of your commentary.

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, just like this:

HS 4051G Commentary

February 12, 2013

Last name, First name, Student Number #11111111

Commentary Title

Bibliographical entries for the references cited at the end of your commentary.

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. Don't leave it until the very end! This is part of your research learning and an assignment in itself.

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. Do not use "I" when writing your comment/itin 2

05 Barely Acceptable - Weak interpretation and discussion
04 Poor - Significant errors or shortcomings
03 Very Poor - Major errors and shortcomings

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

In your essay, you are expected to interpret and evaluate – for example, agree or disagree, and explain why – the scholarly merits of your chosen essay topic and article(s). Roughly 70% of your total essay mark will be devoted to the more descriptive interpretive aspects of your essay, while the remaining 30% will be devoted to your own personal evaluation of the essay article. Do not go beyond course readings and topics in writing your essay. Make sure to include detailed examples taken from course lectures and readings to illustrate your arguments.

You will be marked on how well you display ‘critical thinking’ skills and mastery of your chosen essay article(s). While originality is welcome, essays are mostly expected to reflect knowledge acquired through course readings, as well as class knowledge acquired through course lectures and discussions. An important aim of the course is to foster critical thinking interpretive and evaluative skills.

ACCESSING DSM 5 ONLINE

The Diagnostic Statistical Manual of Mental Disorders, Fifth Edition (usually referred to as ‘DSM 5’) which is published by the American Psychiatric Association (APA), is an indispensable reference source for this course. You can reference citations from this text as: (APA 2013, 10). Then include the full reference in your bibliography as follows:

American Psychiatric Association. (2013). *Diagnostic Statistical Manual of Mental Disorder, Fifth Edition*. Washington: American Psychiatric Association.

You can access DSM 5 online through the UWO library site and interface by typing ‘DSM 5’ in the online catalogue and selecting the first entry, namely, ‘DSM 5’. Then all you have to do is select “Explore the new edition”.

You may also find DSM 5 online at

<http://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596>

CLASS EMAIL POLICY

Emails that do not mention (i) the course subject designation number and (ii), the

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

under the Medical Documentation heading of the following website:

<https://studentservices.uwo.ca/secure/index.cfm>.

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

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**Faculty of Health Sciences
School of Health Studies
Health Sciences 4051G (001) 2016-2017
Mental Health, Well-Being and Recovery
Thu 9:30-11:30 HSB-11
Schedule of Topics and Readings**

Week 01 | Thu Jan 05 |

Topic: Diagnostic Criteria for Addiction; Addiction vs. Dependence

Readings:

DSM 5 (UWO Library Catalogue, Online), See Substance Related and Addictive Disorders under Section II: the Diagnostic Criteria and Codes, especially the Diagnostic Criteria and Features for Alcohol Use Disorder, and Opioid Use Disorder.

O'Brien et al. 2006

Film: 'The Hijacked Brain', From the 'Close to Home' PBS series by Bill Moyers

Week 02 | Thu Jan 12 |

Topic: Brain Disease, Loss of Control, and Compulsion in Addiction

National Institute for Drug Abuse (NIDA) Power Point Teaching Clip

Koob & Volkow 2010

Pickard 2012

Charland 2012

Film: 'A Portrait of Addiction'. From the 'Close to Home' PBS series by Bill Moyers

Week 03 | Thu Jan 19 | [Commentary 1]

Topic: Prescription Opiate Epidemic and Methadone Maintenance Therapy

Readings:

FDA Statement on Opioid Epidemic 2013

Volkow et al. 2014

Koldony et al. 2015

Olson et al. 2014

Film: Time Bomb, CBS The Fifth Estate

Week 04 | Thu Jan 26 |

Topic: Internet Gaming Addiction

Readings:

DSM 5. See Section III. Emerging Measures and Models. Conditions for Further Study. Internet Gaming Disorder. Read Diagnostic Criteria and Features.

Tao 2010
O'Brien 2010
Film: Web Junkie, by Kino Lorber, Alive Mind Cinema (DVD). May be on YouTube.

Week 05 | Thu Feb 02 |

Topic: Cultural Perspectives on Recovery

Readings:

DSM 5. Section II. Diagnostic Codes and Criteria. Diagnostic Criteria and Features for Inhalant Use Disorder.

Brandt 1990

Drurie 1990

Wu 2012 (see also Lu et al. 2008 if you wish)

Films: Drugfree Video (available at <http://www.drugfreeworld.org/real-life-stories/inhalants.html>); Return to Innocence: A Journey Through Inhalant Abuse (DVD KYUK Productions)

Week 06 | Thu Feb 09 |

Topic: Recovery from Addiction.

Readings:

The Historical Possibility of Recovery (Power Point Presentation)

Adeponle et al. 2012

Margaret Swarbick

Film: Happiness. From 'The Emotional Brain' from 'Passion and Fury' CBC Nature of Things

Week 11 | Thu Mar 16 |

Topic: Affectivity and Emotion

Readings:

Pert 1998

Charland 2010

See also Dagleish if you wish (not mandatory)

Film: The Mind-Body Connection, From Bill Moyers, Healing in the Mind PBS Series

Week 12 | Thu Mar 23| [Commentary 3]

Topic: Mindfulness Meditation

Readings:

Full Catastrophe Living, by John Kabat-Zinn, xxiii-168

Film: Wounded Healers, From Healing and the Mind, by Bill Moyers

Week 13 | Thu Mar 30 |

Topic: Mindfulness and Mindfulness-Based Cognitive Behavioral Therapy

Full Catastrophe Living, by John Kabat-Zinn, 169-269, 353-452

Sipe et al. 2012

Film: Experiential Session

Week 14 | Thu Apr 06 | [Essay Due]

Topic: Closing discussion: Time and World Stress

Readings:

Full Catastrophe Living, 452-538

(We will read from the text and have a short, relaxed discussion to conclude the course)
