

**Faculty of Health Science  
School of Health Studies  
HS 4051G (001) 2017-2018  
Mental Health: Well-Being and Recovery  
Mon 1130-1330  
Winter Term 2018**

**Course Outline**

**Instructor:** Dr. Louis C. Charland  
**Affiliation:** Departments of Philosophy and Psychiatry & School of Health Studies  
**Email:** charland@uwo.ca  
**Phone:** 661-2111 ext. 86445 (Please use email for all communication)  
**Office Hours** Mon 1030-1130. 1330-1430 or by appointment  
**Office** Health Science Building (HSB) 214  
**Class Times:** Mon 1130-1330  
**Class site:** FNBB 2220

**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, trauma, and addiction. Special attention will be paid to elucidating the neurophysiological and psychological underpinnings of emotion and its relation to affectivity more generally. Specific topics may include: definitions and theories of recovery; role of emotions and spiritual experience in recovery; the scientific underpinnings of mindfulness meditation; the distinction between positive and negative emotions; some indigenous approaches to healing and recovery (mainly Australasian Maori, Native American); a brief examination of cross-cultural issues relating to internet addiction and its treatment in China.

**COURSE OBJECTIVES**

- Introduce students to historical and philosophical aspects of recovery
- Encourage students to formulate and defend their own views on that topic
- Practice and improve critical thinking, reading, writing, and speaking skills
- Foster professional skills and attitudes in all aspects of the course

**TO CONSIDER**

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

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 that we unfortunately cannot witness first hand. Consider this

## **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 in Resources section on Western OWL course website, also available through UWO Library Catalogue if you look up specific journal article.

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).

Assorted excerpts from DSM 5 at <https://ares.lib.uwo.ca/ares/>

## **COURSE REQUIREMENTS**

3 Weekly Commentaries | Worth 10 marks each | Weighted at 30% of final mark  
Due at 2:30 pm at the start of class and to Turnitin by the same date and time.

Commentary due dates:

Commentary 1 due to Turnitin and in class Mon Jan 15 11:30 am.

Commentary 2 due to Turnitin and in class Mon Mar 12 11:30 am.

Commentary 3 due to Turnitin and in class Mon Mar 26 11:30 am.

Mid-Term Exam (Essay Style) | Worth 35 marks | Weighted at 35% of final mark  
Written in-class Mon Feb 12 at 11:30 (1 hour 50 minutes)

Final Essay | Worth 100 marks | Weighted at 35% of final mark  
Due Mon Apr 09, 11:30 both in-class and online

## **CLASS LECTURES**

Students are expected to attend class lectures and participate in class discussions. However, class lectures are just an introduction to the topics and arguments in the readings that concern us. It is expected that students will read, analyze, and summarize all class readings on their own, using class lectures as their guide. Doing well in this course

requires independent work that goes beyond merely summarizing class lecture material. You must have studied the readings in more depth on your own to do well. Think of your

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you must largely prepare for on your own. Be aware that there are no official class lecture notes (power point slides etc.) to share with students in case a class is missed, although students with medical accommodation can expect some help in this regard by meeting with the course instructor. Attendance is required and expected.

### **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 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

and essay  
learning and an assignment in itself.

until the very end! This is part of your research

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. 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 or essays.

### **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
05 Barely Acceptable	- Weak interpretation and discussion
04 Poor	- Significant errors or shortcomings
03 Very Poor	- Major errors and shortcomings
02 Extremely Poor	- Barely acceptable work at this level
01 Not Acceptable	- Unacceptable work at this level
00 No Mark	- No commentary submitted

As you are writing your commentaries, always ask yourself what a reader who had not read the texts you are writing about would be able to recover from those texts by reading your commentary, as well as what they would learn about your opinions on the text and reasons for those opinions. You are expected to read all weekly materials and, when appropriate, incorporate and reflect an awareness of all those materials in your commentary. In most cases, it will not do to read simply one article or chapter from assigned readings. Always endeavor to anticipate answers and objections to your own personal contributions in your commentaries. Marks on commentaries may vary, since course readings vary widely in style and content. This, in turn, may pose very different challenges for interpretation and analysis.

### **COMMENTARY HARD-COPY AND ONLINE SUBMISSION**

All commentaries must be handed in:

- (1) In hard-copy in class, before class begins, on their respective due date; and,
- (2) In electronic form to Turnitin, before class begins, on their respective due date.

### **LATE COMMENTARIES**

Late commentaries must be written on the weekly topics for which accommodation is provided, when accommodation is granted, and proof of accommodation for that exact

day

Single marks will be deducted for all spelling errors, bad grammar, and formatting errors, up to a maximum of 10 marks. (Essays are marked out o

### **ESSAY SUBMISSION**

Essays must be submitted in hard-copy in class and submitted electronically to turnitin by that same day and time.

Late essays will be penalized ½ letter grade per day late. That is, B+ to a B for one day late, B to B- for a second day late, etc. You can leave late essays under my door at HSB 214.

### **ESSAY MARKING SCHEME**

Your essays will be marked according to the following standardized table, taken from the 2014-2015 Western University Academic Calendar:

University-wide grade descriptors:

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which is clearly above average
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

You can access DSM 5 online through the UWO library site and interface by typing  
you have to do is se

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  
, will be deleted.

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

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)

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

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 be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded 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.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted, as soon

registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

**Scholastic Offences**

Scholastic offences are taken seriously and students are directed to read the appropriate

policy, spf\*EMC c 281. 82f\*Ed the uw4(ppC /P 4(f)4(fic)(s a)3 MCIDents, )-c/sec00530052005(y)20/sec005



2. Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

### **Support Services**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

**THIS OUTLINE**