



Culture and the Clinic (15 credits; PSYCG025)

The module runs in Term 3, eleven Thursdays 2.00pm – 5.00 pm, 26 April – 5 July 2018

Module contents

In this ten week long module students will be introduced to specific literature detailing the cultural basis of western psychology and psychiatry. This will include consideration of historical, contemporary, theoretical and applied issues. The class will understand principles underpinning the 'new cross-cultural psychiatry', and consideration of concepts such as relativism and universality of mental disorders across cultures, cultural validity, category errors, culture bound syndromes, and the consequences of applying a minority Euro-American psychiatry to the majority world.



Based on literature from anthropology, sociology, linguistics, and health policy, students will gain knowledge on how mental health and illness are constructed and enacted in different societies, with a particular focus on South Asia. Students will learn how to unpack presumed universal mental categories such as emotion and cognition. Phenomena such as psychologisation, somatisation, possession, stigma, and insight will be examined in-depth. Through illustrative case studies and clinical vignettes, the course will critically examine and attempt to reformulate received theories in the field of adult psychiatry, child and adolescent development, psychotherapy, policy and service delivery, and locate these in a cultural context. The course will also critique national, cross-national, and cross-cultural research, and address the challenge of developing innovative culturally valid methodologies that aim to capture local suffering and address outcomes of relevance to both clinicians and the communities concerned.

Learning outcomes

- Knowledge of conceptualization, expression and management of mental distress across cultures
- Knowledge of key research methods in anthropological psychiatry
- Skills in critically evaluating published literature in cultural psychiatry
- Skills in conducting anthropologically applied research projects in the clinical and public health domain.



- Understanding the application of the research principles of medical anthropology to mental health across cultures

Pre-requisites

In this module, students will grapple with both theoretical and clinical assumptions of western psychiatric concepts and their application across the majority world. It is therefore necessary that students have a firm grasp and understanding of 1) *Basics of Undergraduate Psychology* (read *Introduction to Psychology* by Atkinson & Hildegard), 2) *Nosology of Psychiatry* (read *ICD-10 and DSM-IVR manuals*) and 3) *Signs-Symptoms in Psychiatry* (read initial chapters from *Shorter Oxford Textbook of Psychiatry* by Gelder et al). If you have doubts about fulfilling these pre-requisites, please contact Dr Sushrut Jadhav, s.jadhav@ucl.ac.uk, Course Module Lead, so that suggested readings can be provided in advance.

Essential texts for the module

- Helman, C (2007): *Culture Health and Illness*, Fifth Edition, Hodder Arnold Publication
- Berry J, Poortinga Y, Breugelmans S, Chasiotis A & Sam D (2011): *Cross-cultural Psychology. Research and applications*. Third Edition. Cambridge University Press.

Advanced Readings

- Shweder 'Cultural Psychology - what is it?' (Chapter 1) from Stigler J; Shweder R; and Herdt G (1990) (ed): *Cultural Psychology: essays on comparative development*. Cambridge University Press
- Fadiman, A (2012): *The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures*. Macmillan USA

Handouts will be provided in the first seminar. These handouts, together with core book chapters, will form the basis of class seminars and discussion. Only essential handouts will be photocopied and distributed. Recommended readings are available in the library and will be the student's responsibility to obtain.

Format

The module will be taught in a seminar format. Student teams (3 in teach team) will be allocated papers in advance. They will present a critical review of allocated papers in seminars. This will be followed by a discussion on the topic, facilitated by the course tutor. **It is therefore expected that**



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all students will prepare for the class in advance. If, for some reason you have nominated yourself but are unable to attend the seminar, it is the student's responsibility to swap with a colleague. Please ensure you do swap as failure will disrupt class learning and take away opportunity for others to learn. ALL students (not just those presenting the paper will be expected to have read the paper before the seminar, and will be expected to contribute to seminar discussion.

Note on discussing papers at seminars: Please ensure your team delivers a succinct summary of your allocated reading followed by a critical evaluation of the paper (no more than 30 minutes for each team; 2 teams per seminar), and questions you would like to raise for discussion.

Assessment: Written assignment due 26th July 2018

Timetable for Culture and the Clinic

Week 1: Why should culture matter: Course overview

Week 2: Basic concepts in medical anthropology

Week 3: Culture and Affect in the Clinic

Week 4: Mental Health and Marginality

Week 5: Culture and Child Psychiatry

Week 6: Trance and Possession

Week 7: Culture and Schizophrenia

Week 8: Public Mental Health Campaigns

Week 9: Cultural context of PTSD

Week 10: Ecologies of suffering: local and global

Week 11: Revision

Module Leader



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Dr Sushrut Jadhav, *Senior Lecturer in Cross-cultural Psychiatry, University College London, UK* (s.jadhav@ucl.ac.uk)

Sushrut Jadhav, M.B.B.S., M.D., MRCPsych., Ph.D., is Senior Lecturer in Cross-cultural Psychiatry at University College London (UCL); Consultant Psychiatrist, Camden Homeless Outreach, Camden and Islington NHS Foundation Trust, London, UK; Co-director, UCL Cultural Consultation Service; Founding Editor of the international journal, *Anthropology and Medicine* (Taylor & Francis); & Fellow & Member, Medical Anthropology Committee, Royal Anthropological Institute, UK. Dr Jadhav graduated from Grant Medical College, Mumbai, & completed his MD postgraduate training in psychiatry at the National Institute of Mental Health & Neurosciences, Bangalore. He obtained his PhD at UCL researching white British natives of London. His current interests include mental health dimensions of marginal groups across cultures; examining cultural encounters in the clinic and higher education, using the

Bloomsbury Cultural Formulation Interview developed by himself. Dr Jadhav has chaired, examined, and taught on PhD/MPhil/Masters courses on medical anthropology & cultural psychiatry at several national and international Universities universities. He was also an advisor to DSM 5 Task Force for Cultural Formulation. Dr Jadhav currently supervises UCL doctoral candidates conducting research on the cultural appropriateness of mental health theory and clinical practice in low income nations with a specific focus on India. Web links:

Academic: <http://www.ucl.ac.uk/psychiatry/people/profiles/jadhav>

UCL Cultural Consultation Service: www.ucl.ac.uk/ccs

Journal: <http://www.tandf.co.uk/journals/canm>

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Dr. Tarek Younis, *Postdoctoral Research Associate, University College London, UK* (t.younis@ucl.ac.uk)

Dr. Tarek Younis has a PhD/PsyD in Clinical Psychology from the Université du Québec à Montréal, Canada. Though his dissertation focused on the political dimensions of Western Muslim identity, over the years his research interests and writings revolved around the cultural contextualization of mental illness as well as healthcare access for marginalized communities. He was clinical cultural consultant concerning the mental health of Muslim migrants for healthcare institutions across Montreal.

Dr. Younis has been awarded the prestigious Newton International Fellowship, and is currently stationed as a postdoctoral research associate at UCL, London, in the Division of Psychiatry. His research explores the impact of counter-terrorism policies in healthcare.