



PS/IC 260 CROSS-CULTURAL PSYCHOLOGY

IES Abroad Shanghai

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. It is hoped that the approach taken in this course will both complement and enrich the students' experience as sojourners, living and studying in a new culture, on both an academic and personal level.

CREDITS: 3 credits

CONTACT HOURS: 45 hours

LANGUAGE OF INSTRUCTION: English

PREREQUISITES: None

METHOD OF PRESENTATION:

- **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.
- **Guest Speakers:** Students have the opportunity to hear firsthand from practitioners in the field.
- **Class debate:** The debate provides a lively forum for exchange of views on a prepared topic.
- **Reader:** The reader is composed 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.
- **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.

REQUIRED WORK AND FORM OF ASSESSMENT:

Class participation (15% : 7.5% pre mid term and 7.5% post midterm); academic paper (20%); oral presentation (5%); reflection paper (20%); mid-term exam (20%); final exam (20%).

- **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.



LEARNING OUTCOMES:

By the end of the course students will 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;

ATTENDANCE POLICY:

Attendance is mandatory for all IES Abroad classes, including course-related trips. Any exams, tests, presentations, or other work missed due to student absences can only be rescheduled in cases of documented medical or family emergencies. If a student misses more than three classes in any course 3 percentage points will be deducted from the final grade for every additional absence. Seven absences in any course will result in a failing grade.

CONTENT:

Session	Content	Required Reading
Session 1	Introduction to the course	
Session 2	Introduction to psychology and culture. Locating cultural psychology in the broad scope of psychology	Vaughn, L.M. (2011) Introductory Concepts. <i>Psychology and Culture. Thinking Feeling and Behaving in a Global Context: 2-19</i> Psychology Press. Taylor and Francis Group. Hove and New York.
Session 3	Adapting to a new culture: Sojourners I	<ul style="list-style-type: none"> • Boesch, E. (1994). First Experiences in Thailand. In Ed. J.W. Lonner and R.S. Malpass <i>Psychology and Culture: 47-51</i>. Boston, MA: Allyn and Bacon • Brislin, R. (1994). Preparing to live and work elsewhere. In J.W. Lonner and R.S. Malpass (Eds.), <i>Psychology and Culture: 239-244</i>. Boston, MA: Allyn and Bacon.
Session 4	Culture and Identity	Vaughn, L.M. (2011) Culture and Identity. <i>Psychology and Culture: Thinking, feeling and behaving in a Global Context: 21-44</i> . Psychology Press. Taylor and Francis Group. Hove and New York.

Session 5	Culture and Socialization	Vaughn, L.M. (2011) Human development socialisation and culture. <i>Psychology and Culture: Thinking, feeling and behaving in a Global Context: 4555</i> . Psychology Press. Taylor and Francis Group. Hove and New York.
Session 6	Culture and mental health: Ways of viewing mental health	Swartz, L. (1998). Looking at culture and mental health. <i>Culture and Mental Health. A Southern African View: 8-24</i> ; Capetown, South Africa: Oxford University Press.
Session 7	Culture and mental health: Diagnosis in different cultures	Swartz, L. (1998). Looking at culture and mental health. <i>Culture and Mental Health. A Southern African View: 52-70</i> . Capetown, South Africa: Oxford University Press.
Session 8	Culture and mental health: Culture ; disorder 1	Swartz, L. (1998). Looking at culture and mental health. <i>Culture and Mental Health. A Southern African View: 189-214</i> Capetown, South Africa: Oxford University Press.
Session 9	Sojourners II: Sojourners Intercultural and Communication	Lustig, M.W. & Koester, J. (2012) Non verbal intercultural communication: <i>Intercultural Competence : Interpersonal Communication across cultures: 179-204</i> . Peachpit Press
Session 10	Class Presentations 1	
Session 11	Class presentations 2	
Session 12	Midterm review	
Session 13	Midterm exam	

Session 14	Sojourners II: Adjustment & Adaptation	<ul style="list-style-type: none"> Bochner, S. (1994). Culture Shock. In J.W. Lonner and R.S. Malpass (Eds.), <i>Psychology and Culture</i>: 245-253. Boston, MA: Allyn and Bacon. Berry, J.W. (1994). Acculturative Stress. In J.W. Lonner and R.S. Malpass (Eds.), <i>Psychology and Culture</i>: 211-218. Boston, MA: Allyn and Bacon.
Session 15	Class Excursion: Location TBD	
Session 16	Applying culture and mental health: Psychosocial health of immigrants	Vaughn, L.M. (2011) Intercultural Interactions and Acculturation. <i>Psychology and Culture. Thinking Feeling and Behaving in a Global Context</i> : 94-109. Psychology Press. Taylor and Francis Group. Hove and New York.
Session 17	Guest Speaker: TBD	
	Localized context or comparative study.	
Session 18	Applying culture and mental health: Psychosocial health of immigrants	<ul style="list-style-type: none"> Kirmayer L. J.et al. (2010) Common mental health problems in immigrants and refugees: general approach in primary care. <i>Canadian Medical Association Journal</i> 1-9.
Session 19	Focus on Global issues: Refugees mental health	UNHCR (2015) Culture, Context and the Mental Health and Psychosocial Wellbeing of Syrians. A Review for Mental Health and Psychosocial Support Staff Working with Syrians Affected by Armed Conflict: 8-30

Session 20	Human Development: Understanding the cultural nature of human development	Rogoff, B. (2003). Orienting concepts and ways of understanding the cultural nature of human development. <i>The Cultural Nature Of Human Development</i> : 10-29. Oxford, UK: Oxford University Press.
Session 21	Human Development: Childrearing practices across cultures	DeLoache, J. & Gottlieb, A. (2000). If Dr. Spock were born in Bali. Raising a world of babies. In J.S. DeLoache & A. Gottlieb, (Eds.). <i>A World of Babies: Imagined Childcare Guides for Seven societies</i> : 1-27. Cambridge, UK: Cambridge University Press.
Session 22	Third Culture Kids	Pollock, D.C. & Van Reken R.E. (2009). The Third Culture Kids Profile. In <i>Third Culture Kids: Growing up among worlds</i> : 87-122. London: Nicholas Brealey Publishing
Session 23	Sojourners III: Going home. Re-entry shock	Hickson, J. (1994). Coming home again. In J.W. Lonner and R.S. Malpass (Eds.), <i>Psychology and Culture</i> : 253-257. Boston, MA: Allyn and Bacon.
Session 24	Review of course	

Final Exam

REQUIRED READINGS:

- 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.
- Bochner, S. (1994). Culture Shock. In J.W. Lonner and R.S. Malpass (Eds.), *Psychology and Culture*: 245-253. Boston, MA: Allyn and Bacon.
- 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
- Brislin, R. (1994). Preparing to live and work elsewhere. In J.W. Lonner and R.S. Malpass (Eds.), *Psychology and Culture*: 239-244. 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*: 253-257. Boston, MA: Allyn and Bacon.
- Lustig, M.W. & Koester, J. (2012) Non verbal intercultural communication: *Intercultural Competence : Interpersonal Communication across cultures*: 179-204. Peachpit Press
- Kirmayer, L.M. Narasiah, L., Munoz M., Rashid, M., Ryder A. G., Hassan, G., Rousseau, C. & Pottie, K.

- (2010) Common mental health problems in immigrants and refugees: general approach in primary care. *Canadian Medical Association Journal* 1-9.
- Pollock, D.C. & Van Reken R.E. (2009). *The Third Culture Kids Profile*. In *Third Culture Kids: Growing up among worlds: 87122*. London: Nicholas Brealey Publishing
- Rogoff, B. (2003). Orienting concepts and ways of understanding the cultural nature of human development. *The Cultural Nature Of Human Development: 10-29*. Oxford, UK: Oxford University Press.
- Swartz, L. (1998). Looking at culture and mental health. *Culture and Mental Health. A Southern African View: 8-24*; Capetown, South Africa: Oxford University Press.
- Swartz, L. (1998). Looking at culture and mental health. *Culture and Mental Health. A Southern African View: 52-70*. Capetown, South Africa: Oxford University Press.
- Swartz, L. (1998). Looking at culture and mental health. *Culture and Mental Health. A Southern African View: 189-214* Capetown, South Africa: Oxford University Press.
- UNHCR (2015) Culture, Context and the Mental Health and Psychosocial Wellbeing of Syrians. A Review for Mental Health and Psychosocial Support Staff Working with Syrians Affected by Armed Conflict: 8-30
- Vaughn, L.M. (2011) Identity and Culture. *Psychology and Culture: Thinking , feeling and behaving in a Global Context:21-44* Psychology Press. Taylor and Francis Group. Hove and New York.
- Vaughn, L.M. (2011) Human development socialisation and culture. *Psychology and Culture: Thinking , feeling and behaving in a Global Context:45-55*. Psychology Press. Taylor and Francis Group. Hove and New York.
- Vaughn, L.M. (2011) Intercultural Interactions and Acculturation. *Psychology and Culture. Thinking Feeling and Behaving in a Global Context: 94-109*. Psychology Press. Taylor and Francis Group. Hove and New York.
- Vaughn, L.M. (2011) Introductory Concepts. *Psychology and Culture. Thinking Feeling and Behaving in a Global Context: 219* Psychology Press. Taylor and Francis Group. Hove and New York.

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.
- <http://www.ac.wvu.edu/~culture/readings.htm>
- 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
- 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. *Figuring foreigners out. A practical guide* Intercultural Press
- Storti, C. *The art of coming home*. Intercultural Press
- Storti, C. *The Art of crossing cultures*. Intercultural Press
- Swartz, L. (1998). *Culture and Mental Health: A Southern African View: Capetown, South Africa: Oxford University Press*.

AMERICAN PSYCHOLOGICAL ASSOCIATION: www.apa.org

AMERICAN PSYCHOLOGICAL SOCIETY: www.psychologicalscience.org/

ASIAN ASSOCIATION OF SOCIAL PSYCHOLOGY: www.victoria.ac.nz/cacr/aasp-site/aasp

AUSTRALIAN PSYCHOLOGICAL SOCIETY: www.psychology.org.au

BRITISH PSYCHOLOGICAL SOCIETY: www.bps.org.uk

DISCUSSIONS OF CLASSIC AND IMPORTANT PUBLICATIONS IN PSYCHOLOGY:

<http://psychclassics.yorku.ca/>



UNITED NATIONS: <http://www.un.org/esa/progareas/women.html>

“Euromed Intercultural Trends: Anne Lindh Report 2010”. Available at: <http://www.euromedalex.org/trends/report/2010/main>

Online glossary/dictionary of psychological terms:

www.richmond.edu/%7Eallison/glossary.html

www.psybox.com/web_dictionary/dictionaryWebindex.htm

www.alleydog.com/glossary/psychology-glossary.php