



PS410 CULTURAL PERSPECTIVES IN PSYCHOLOGY
IES Abroad Barcelona

DESCRIPTION:

The primary aim of this course is to provide the student, who has a strong background in psychology, the possibility to explore current issues in psychology from a cultural perspective. Two specific topics are viewed through cultural lenses: firstly, the issues surrounding counselling and therapy in an increasingly multicultural society, and secondly, the role of culture in intimate partner violence (IPV) internationally. These topics have been selected as relevant and pertinent issues to reflect on in the Catalan and Spanish cultural contexts. The third section of the course deals with cultural transitions. The students are provided with the tools to understand the of the study abroad experience in the context of current research in the field of cultural transitions. This course focuses on both the psychological aspects of cultural transitions and the methodological approaches employed to gain understanding of study abroad students in cultural transition. This topic has been selected as it permits the students to critically appraise the research in their capacity as a study abroad psychology student experiencing cultural transition. The unique approach taken in this course should both complement and enrich the students' experience as sojourners and cultural learners, 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: Major or minor in Psychology or Human Development or course completed in introduction to psychology or equivalent.

ADDITIONAL COST: 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.
- Readings: The reader is compiled 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 the outlines of their proposed academic papers. Presentations provide the student presenting with the opportunity to develop oral presentation skills and to receive constructive feedback from their peers and professor.
- Film viewing: Watching a film with a film guide and questions to answer provides specific, although subjective, material to examine the complexities of the topic.
- Case studies: Case studies are used to illustrate both the role of culture in therapy and the complexities of IPV, in order to stimulate discussion.

Guest Speakers: Students have the opportunity to hear first-hand from practitioners in the field.

REQUIRED WORK AND FORM OF ASSESSMENT

- Participation - 10% (5% pre midterm and 5% post midterm)
- Academic Paper proposal- 10%
- Academic paper - 25%
- Oral presentation - 10%
- Midterm exam - 25%
- 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 and be well prepared to answer questions.

Exams

There will be two exams: a midterm exam and a final exam.

Academic paper: Students prepare a research question based on a topic of their choice related to course material, and submit a written proposal. This forms the basis of their academic paper. The paper should be 2500 words in length (7-8 pages), typed, doubled-spaced, font 12 and should be submitted on Moodle.

Presentation

Each student will present the findings of their academic paper.

LEARNING OUTCOMES:

By the end of the course, students will be able to:

- demonstrate a clear understanding of issues in counselling and therapy of a range of culturally diverse clients;
- identify barriers to successful multicultural counselling and therapy;
- analyse case studies of culturally diverse clients;
- analyse the role culture plays in intimate partner violence (IPV) and compare and contrast this role in various cultural contexts, including the Spanish context.
- critically assess approaches used in researching cultural transitions, specifically study abroad students. Please use active verbs.

ATTENDANCE POLICY:

As a member of our class community, you are expected to be present and on time every day. Attending class has an impact on your learning and academic success. For this reason, attendance is required for all IES Barcelona classes, including course-related excursions. If a student misses more than three classes in any course without justification, 3 percentage points will be deducted from the final grade for every additional absence. Seven unjustified absences in any course will result in a failing grade. Absences will only be justified, and assessed work, including exams, tests and presentations rescheduled, in cases of documented medical or family emergencies.

CONTENT:

Session No.	Content	Required reading:
Session 1	Introduction to the course	
Session 2	Introduction to psychology and culture. Locating culture in the broad scope of psychology	• Ishii, S., Klopff, D. & Cooke, P (2006). Our Locus in the Universe: Worldview and Intercultural Communication. In L.A. Samovar, R.E. Porter & E.R. Mc Daniel (Eds.). <i>Intercultural Communication: A reader</i> (p.p. 32-38). Thomson Wadsworth • Arnett, J. J. (2008). The neglected 95%: Why American psychology needs to become less American. <i>American Psychologist</i>, 63(7), 602–614. https://doi.org/10.1037/0003-066x.63.7.602
Session 3	Culture and Therapy: What is psychotherapy?	• Hobbs, R. (2007). Psychotherapy applications. In C. Lister-ford (Ed.). <i>A Short Introduction to Psychotherapy</i>(pp. 32-48).Sage Publications Ltd. • Frank J.D. & Frank, J. B. (1993) <i>Persuasion and Healing: A comparative study of psychotherapy</i> (pp.34-44). The John Hopkins University Press.

Session 4	Culture and Therapy: Ways of viewing mental health	Swartz, L. (1998). Looking at culture and mental health. <i>Culture and Mental Health. A Southern African View</i>(pp.8-24). Oxford University Press
Session 5	Culture and Therapy: Issues in multicultural counselling and Therapy	WingSue, D., Sue, Nivelle, H. A., & Smith, L. (2019). Multicultural barriers and the helping professional (pp.145-163). In <i>Counselling the culturally diverse</i> (8th ed.). Wiley.
Session 6	Culture and Therapy: Multicultural barriers and counseling and therapy	WingSue, D., Sue, Nivelle, H. A., & Smith, L. (2019). Multicultural barriers and the helping professional (pp.145-163). In <i>Counselling the culturally diverse</i> (8th ed.). Wiley.
Session 7	Culture and Therapy: Multicultural counselling for counsellors and therapists of marginalised groups.	- WingSue, D., Sue, Nivelle, H. A., & Smith, L. (2019). Multicultural counselling competence for Counselors and Therapists of Marginalised groups. In <i>Counselling the culturally diverse: theory and practice</i>(8th ed.) (pp. 47-68). Wiley. - Nezu, Arthur, M. (2010) Cultural Influences on the process of conducting psychotherapy: Personal Reflections of an ethnic minority psychologist. <i>Psychotherapy:Theory, Research, Practice, Training</i>, 47(2),169-176.
Session 8	Culture and Therapy: Counselling and Therapy with Racial /Ethnic minorities and Social Justice	- Taylor, B., Gambourg, M.B., Rivera, M. &Laurenao, D. (2006) Constructing Cultural Competence: Perspectives of family therapists working with Latino Families. <i>The American Journal of Family Therapy</i>, 34, 429-445. - WingSue, D., Sue, Nivelle, H. A., & Smith, L. (2019).Social JusticeIn<i>Counselling the culturally diverse</i> (8th ed., pp. 84-97). Wiley.
Session 9:	Culture and Therapy: Counselling and Therapy with Immigrants and with Refugees	- Asfaw, B. B., Beiersmann, C., Keck, V., Nikendei, C., Benson-Martin, J., Schütt, I., & Lohmann, J. (2020). Experiences of psychotherapists working with refugees in Germany: a qualitative study. <i>BMC Psychiatry</i>, 20(1). - Sue, D.W. & Sue, D. (2019) Counselling Refugees In <i>Counselling the culturally diverse: theory and practice</i>(8th ed., pp 431-439).Wiley.
Session 10	Culture and Therapy: Application in the Spanish context-guest speaker	
Session 11	Midterm review	
Session 12	Midterm exam	
Session 13	Class Presentations 1	
Session 14	Class presentations 2	
Session 15	Introduction to Intimate Partner Violence	- Asay, S. M., DeFrain, J., Metzger, M. & Moyer, B. (2014). <i>Family violence from a global perspective : a strengths-based approach</i> (pp xiv-xxviii). Sage. - Miller, E., & McCaw, B. (2019). Intimate partner violence. <i>New England Journal of Medicine</i>, 380(9), 850-857.
Session 16	Intimate Partner Violence in the Spanish Context	Ruiz -Perez, I et al. (2017). Prevalence of intimate partner violence in Spain: A national cross-sectional survey in primary care. <i>Atencion Primaria</i>, 49(2), 93–101.

		https://doi.org/10.1016/j.aprim.2016.03.006 - Ruiz-Perez, I., Plazaola-Castaño, J. & Lozano, M. & the Gender Violence Study Group (2006) How do women in Spain deal with an abusive relationship? <i>Journal of Epidemiological Community Health</i>, 60,706-711 - Ruiz-Perez, I., Plazaola-Castaño, J. & Lozano, M. (2007) Physical Health Consequences of Intimate partner violence in Spanish women. <i>European Journal of Public Health</i>, 17 (5), 437-443.
Session 17	Cultural factors in understanding intimate partner violence	- Machisa, M., Christofides, N., & Jewkes, R. (2018). Social support factors associated with psychological resilience among women survivors of intimate partner violence in Gauteng, South Africa. <i>Global Health Action</i>, 11(sup3), 1491114 - Montalvo-Liendo, N. (2009) Cross-cultural Factors in disclosure of intimate partner violence: an integrated review. <i>Journal of Advanced Nursing</i> 65 (1), 20-34
Session 18	Perpetrators of Intimate Partner Violence	Bollaín, Iciar (2003). <i>Te doy mis ojos</i>. Spain. Alta Films.
Session 19	Intimate partner violence in immigrant communities	- Njie-Carr, V., et al (2020b). Understanding Intimate Partner Violence among Immigrant and Refugee Women: A Grounded Theory Analysis. <i>Journal of Aggression, Maltreatment & Trauma</i>, 30(6), 792–810. - Ting, L. (2010) Out of Africa: Coping Strategies of African women immigrant survivors of intimate partner abuse. <i>Healthcare for women international</i> 31, 345- 364.
Session 20	Intimate partner violence: Focus on Spain: Guest Speaker.	
Session 21	Perspectives on Study Abroad Students	- Pederson, E.R., Skidmore, J.R. & Aresi, G. (2014) Demographic and pre-departure factors associated with drinking and alcohol-related consequences for college students completing study abroad experiences. <i>Journal of American College Health</i>, 64(4), 244-54. - Berno, T. & Ward, C. (2005) Innocence Abroad: A pocket guide to Psychological Research on Tourism. <i>American Psychologist</i>, 60 (6), 593-600
Session 22	Perspectives on Study Abroad Students	Kinga, B., Sven, W., & van derZee, K. (2021). The Neglected C of Intercultural Relations. Cross-Cultural Adaptation Shapes Sojourner Representations of Locals. <i>Frontiers in Psychology</i>, 12, 1–14.
Session 23	Perspectives on Study Abroad Students	Attah, D. A., Boafo-Arthur, S., & Boafo-Arthur, A. (2018). The Sojourner's Return: Risks and Challenges of the Study Abroad Experience on Re-Entry. In D. Velliaris (Ed.), <i>Study Abroad Contexts for Enhanced Foreign Language Learning</i> (pp. 218-255). IGI Global.
Session 24	Review of course	

COURSE-RELATED TRIPS:

- None

REQUIRED READINGS:

- Asfaw, B. B., Beiersmann, C., Keck, V., Nikendei, C., Benson-Martin, J., Schütt, I., & Lohmann, J. (2020). Experiences of psychotherapists working with refugees in Germany: a qualitative study. *BMC Psychiatry*, 20(1).
- Attah, D. A., Bofo-Arthur, S., & Bofo-Arthur, A. (2018). The Sojourner's Return: Risks and Challenges of the Study Abroad Experience on Re-Entry. In D. Velliaris (Ed.), *Study Abroad Contexts for Enhanced Foreign Language Learning* (pp. 218-255). IGI Global. <https://doi.org/10.4018/978-1-5225-3814-1.ch010>
- Berno, T. & Ward, C. (2005) Innocence Abroad: A pocket guide to Psychological Research on Tourism. *American Psychologist*, 60 (6), 593-600
- Bollaín, Icíar (2003). *Te doy mis ojos*. Spain. Alta Films.
- Frank J.D. & Frank, J. B. (1993) *Persuasion and Healing: A comparative study of psychotherapy*:34-44. Baltimore, Maryland, The John Hopkins University Press
- Hobbs, R. (2007). *Psychotherapy applications*. In C. Lister-ford (ed.). *A Short Introduction to Psychotherapy* (pp32-48). Sage Publications Ltd London.
- Ishii, S., Klopff, D. & Cooke, P (2006). Our Locus in the Universe: Worldview and Intercultural Communication. In L.A. Samovar, R.E. Porter & E.R. Mc Daniel (eds.). *Intercultural Communication: A reader* (pp32-38). Thomson Wadsworth.
- Kinga, B., Sven, W., & van der Zee, K. (2021). The Neglected C of Intercultural Relations. *Cross-Cultural Adaptation Shapes Sojourner Representations of Locals*. *Frontiers in Psychology*, 12, 1–14.
- Machisa, M., Christofides, N., & Jewkes, R. (2018). Social support factors associated with psychological resilience among women survivors of intimate partner violence in Gauteng, South Africa. *Global Health Action*, 11(sup3), 1491114
- Miller, E., & McCaw, B. (2019). Intimate partner violence. *New England Journal of Medicine*, 380(9), 850-857.
- Montalvo-Liendo, N. (2009) Cross-cultural Factors in disclosure of intimate partner violence: an integrated review. *Journal of Advanced Nursing* 65 (1), 20-34.
- Njie-Carr, V., Sabri, B., Messing, J. T., Suarez, C. E., Ward-Lasher, A., Wachter, K., Marea, C. X., & Campbell, J. C. (2020b). Understanding Intimate Partner Violence among Immigrant and Refugee Women: A Grounded Theory Analysis. *Journal of Aggression, Maltreatment & Trauma*, 30(6), 792–810.
- Nezu, Arthur, M. (2010) Cultural Influences on the process of conducting psychotherapy: Personal Reflections of an ethnic minority psychologist. *Psychotherapy*:169-176; Theory, Research, Practice, Training, 47(2).
- Pederson, E.R., Skidmore, J.R. & Aresi, G. (2014) Demographic and pre-departure factors associated with drinking and alcohol-related consequences for college students completing study abroad experiences. *Journal of American College Health*, 64(4), 244-54.
- Puukari, S., Leung, S.A., Chan, E.P.O. & Cushner, K. (2008) Case Incident 6: Establishing a sense of belonging: 81-97. In N. Authur & P. Pederson (Eds.) *Case Incidents in counselling for international transitions*. Alexandria, V.A.,US: American Counselling Association
- Ruiz -Perez, I et al. (2017). Prevalence of intimate partner violence in Spain: A national cross-sectional survey in primary care. *Atencion Primaria*, 49(2), 93–101. <https://doi.org/10.1016/j.aprim.2016.03.006>
- Ruiz-Perez, I., Plazaola-Castaño, J. & Lozano, M. & the Gender Violence Study Group (2006) How do women in Spain deal with an abusive relationship? *Journal of Epidemiological Community Health*, 60, 706-711
- Ruiz-Perez, I., Plazaola-Castaño, J. & Lozano, M. (2007) Physical Health Consequences of Intimate partner violence in Spanish women. *European Journal of Public Health*, 17(5). 437-443.
- Swartz, L. (1998). Looking at culture and mental health. *Culture and Mental Health. A Southern African View* (pp8-24). Oxford University Press
- Wing Sue, D., Sue, Nivelle, H. A., & Smith, L. (2019). Multicultural barriers and the helping professional In *Counselling the culturally diverse: theory and practice*. (8th ed., pp.145-163). Wiley.
- Wing Sue, D., Sue, Nivelle, H. A., & Smith, L. (2019). *Counselling Refugees In Counselling the culturally diverse: theory and practice*. (8th ed., pp. 393-407). Wiley.
- Wing Sue, D., Sue, Nivelle, H. A., & Smith, L. (2019). Social Justice In *Counselling the culturally diverse: theory and practice*. (8th ed., pp. 84-97). Wiley.
- Wing Sue, D., Sue, Nivelle, H. A., & Smith, L. (2019). Multicultural counselling competence for Counselors and Therapists of Marginalised groups In *Counselling the culturally diverse: theory and practice*. (8th ed., pp. 47-68). Wiley.
- Wing Sue, D., Sue, Nivelle, H. A., & Smith, L. (2019). Multicultural Multicultural Counselling and Therapy In *Counselling the culturally diverse: theory and practice*. (8th ed., pp.26-44). Wiley.



RECOMMENDED READING:

- Barley, Nigel. (1983) *The innocent anthropologist. Notes from a mud hut.* Penguin group.
- Matsumoto, D., & Juang, L. (2016). *Culture and psychology.* Cengage Learning.
- Frank, J.D. & Frank, J.B. (1991) *Persuasion and healing. A comparative study of psychotherapy.* The John Hopkins University Press.
- Lister-ford, C. (2007) *A Short Introduction to Psychotherapy.* Sage Publications Ltd.
- Thomas, A.J. & Schwarzbaum, S.E. (2006) *Culture and Identity. Life Stories for Counselors and Therapists.* Sage Publications Inc.
- Storti, C. (2001). *The Art of crossing cultures.* Intercultural Press
- Storti, C. (2001). *The art of coming home.* Intercultural Press
- Thomas, A.J. & Schwarzbaum, S.E. (2006). *Culture and Identity. Life Stories for Counselors and Therapists.* Sage Publications Inc.
- Wing Sue, D., Sue, Nivelle, H. A., & Smith, L. (2019). *Counselling the culturally diverse* (8th ed.). Wiley.
- 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
- UNITED NATIONS: <http://www.un.org/esa/progareas/women.html>