



PS/IC 260 CROSS-CULTURAL PSYCHOLOGY

IES Abroad Barcelona

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, intercultural communication and human development) each viewed through a cultural lens. Given that the students are here as sojourners (living temporarily outside their own country), the psychological literature in this area is also explored. A further component focuses on an applied area, psychosocial health of immigrants in Spain, and specifically Barcelona, thus providing the opportunity for students to apply the knowledge they have acquired and allow them to gain insight into a current cultural issue in Barcelona. 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

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.
- **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** - 10% (5% pre-mid-term and 5% post midterm)
- **Academic Paper proposal** - 10%
- **Academic paper** - 20%
- **Oral presentation** - 10%
- **Reflection paper outline** - 5%
- **Reflection paper** - 20%
- **Mid-term exam** - 25%



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 in different formats.

Exams: There will be a mid-term exam.

Papers: Students are required to turn in a written academic paper proposal, an academic paper and one reflection paper.

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.

Reflection paper outline: Students prepare an outline of how they will develop their reflection 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 on Moodle.

Presentation: Students will present the findings of their academic paper.

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;
- Apply their knowledge from the course to a current socio-cultural issue in Barcelona (psychosocial health of immigrant populations).

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	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. (2019) Introductory Concepts. <i>Psychology and Culture. Thinking Feeling and Behaving in a Global Context</i> (p.p.2-17) Psychology Press. Taylor and Francis Group.
Session 3	Adapting to a new culture: Sojourners I	• 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
Session 4	Culture and Identity	• Vaughn, L.M. (2019) Culture and Identity. <i>Psychology and Culture: Thinking, feeling and behaving in a Global</i>

		Context (pp. 32-54). Psychology Press. Taylor and Francis Group.
Session 5	Culture and Socialisation	Vaughn, L.M. (2019) Human development socialisation and culture. <i>Psychology and Culture: Thinking, feeling and behaving in a Global Context</i> (p.p.58-85). Psychology Press. Taylor and Francis Group.
Session 6	Culture and mental health: Ways of viewing mental health	Vaughn, L.M. (2019) Health and Culture. <i>Psychology and Culture: Thinking, feeling and behaving in a Global Context</i>(p.p.153-186). Psychology Press. Taylor and Francis Group.
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</i> (p.p. 52-70). Oxford University Press.
Session 8	Culture and mental health: Culture and mental disorder 1	Swartz, L. (1998). Looking at culture and mental health. <i>Culture and Mental Health. A Southern African View</i> (p.p. 189-214) Oxford University Press.
Session 9	Cultural communication in action	Case study and exercises specifically written for the course
Session 10	Sojourners II: Sojourners and Intercultural Communication	Lustig, M.W. & Koester, J. (2012) Non verbal intercultural communication: <i>Intercultural Competence : Interpersonal Communication across cultures</i> (p.p.179-204).Peachpit Press
Session 11	Sojourners II: Adjustment & Adaptation	Brandolin F, Lappalainen P, Gallego A, Gorinelli S, & Lappalainen R (2023). Understanding and Explaining Psychological Distress in International Students. <i>International Journal of Psychology & Psychological Therapy</i>, 23, 1, 17-29.
Session 12	Midterm review	Review reading guide responses, lectures and notes
Session 13	Midterm exam	
Session 14	Applying culture and mental health: Psychosocial health of immigrants	Vaughn, L.M. (2019) Intercultural Interactions and Acculturation. <i>Psychology and Culture. Thinking Feeling and Behaving in a Global Context</i> (p.p.105-128. Psychology Press. Taylor and Francis Group.
Session 15	Guest Speaker: First hand account of experience as a non E.U. immigrant in Barcelona	
Session 16	Applying culture and mental health:	Wiley, L. et al (2018). Assessing Trauma in Transcultural

	Psychosocial health of immigrants	context: Challenges in Mental Health care in refugees and immigrants. <i>Public Health Reviews</i> 39, 22 1-19
Session 17	Focus on Global issues : Refugees mental health	UNHCR. (2015). <i>Culture, Context and the Mental Health and Psychosocial Wellbeing of Syrians</i>. https://www.unhcr.org/55f6b90f9.pdf
Session 18	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> (p.p. 10-29) Oxford University Press.
Session 19	Human Development: Childrearing practices across cultures	- Keller, H. (2018). Universality claim of attachment theory: Children's socioemotional development across cultures. <i>Proceedings of the National Academy of Sciences</i>, 115(45), 11414–11419. https://doi.org/10.1073/pnas.1720325115 - 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> (p.p. 1-27) Cambridge University Press.
Session 20	Third Culture Kids	Pollock, D.C., Van Reken, R.E. & Pollock, M. (2017). <i>The Third Culture Kids Profile</i>. In <i>Third Culture Kids: Growing up among worlds</i> (p.p. 87-122). Nicholas Brealey Publishing
Session 21	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> (p.p. 253-257). Allyn and Bacon. - Zou, Xi, et al. "Cultural Distances between Home and Host Countries Inspire Sojourners to Engage in Intercultural Exchange upon Repatriation." <i>Scientific Reports</i>, vol. 13, no. 1, 16 Oct. 2023, p. 17518, www.nature.com/articles/s41598-023-44906-w#:~:text=Cultural%20distance%2C%20the%20degree%20to,https://doi.org/10.1038/s41598-023-44906-w.
Session 22	Review of course	
Session 23	Academic Paper Presentations	
Session 24	Academic Paper Presentations	

REQUIRED READINGS:

- Boesh, E (1994) First Experiences in Thailand. In J.W. Lonner & R.S. Malpass (Eds.). *Psychology and Culture* (pp. 47-51). Allyn & Bacon.
- Brandolin F, Lappalainen P, Gallego A, Gorinelli S, & Lappalainen R (2023). Understanding and Explaining Psychological Distress in International Students. *International Journal of Psychology & Psychological Therapy*, 23, 1, 17-29.
- DeLoache, & Gottlieb. (2000). If Dr. Spock were born in Bali: Raising a world of babies. In *A world of babies: Imagined childcare guides for seven societies* (pp. 1–27). Cambridge University Press.
- Hickson, J. (1994) Coming Home Again. In J.W. Lonner & R.S. Malpass (Eds.). *Psychology and Culture*. (pp. 253-257). Allyn & Bacon.
- Keller, H. (2018). Universality claim of attachment theory: Children's socioemotional development across cultures. *Proceedings of the National Academy of Sciences*, 115(45), 11414–11419. <https://doi.org/10.1073/pnas.1720325115>
- Lustig, M. W., & Koester, J. (2012). *Intercultural competence: interpersonal communication across cultures* (pp.179-204) Pearson Prentice Hall.
- Pollock, D. C., Van Recken, E. R. & Pollock, M. V. (2017). *Third culture kids: growing up among worlds* (p.p. 87-122). Nicholas Brealey Publishing.
- Rogoff, B. (2003). *The cultural nature of human development*. Oxford University Press.
- Swartz, L. (1998). *Culture and mental health: A southern African view* (p.p. 52-70). Oxford University Press.
- Swartz, L. (1998). *Culture and mental health: A southern African view* (p.p. 189-214). Oxford University Press.
- UNHCR. (2015). *Culture, Context and the Mental Health and Psychosocial Wellbeing of Syrians*. <https://www.unhcr.org/55f6b90f9.pdf>
- Vaughn, L. M. (2019). *Psychology and culture thinking, feeling, and behaving in a global context*. Identity and Culture (2nd Ed., p.p. 32-54). Routledge, Taylor & Francis Group.
- Vaughn, L. M. (2019). *Psychology and culture thinking, feeling, and behaving in a global context*. Human development, socialization and culture (2nd Ed., p.p. 58-85) Routledge, Taylor & Francis Group.
- Vaughn, L. M. (2019). *Psychology and culture thinking, feeling, and behaving in a global context*. Intercultural Interactions and Acculturation. (2nd Ed., p.p. 94-109) Routledge, Taylor & Francis Group.
- Wylie, L., Van Meyel, R., Harder, H., Sukhera, J., Luc, C., Ganjavi, H., Elfakhani, M., & Wardrop, N. (2018). Assessing trauma in a transcultural context: challenges in mental health care with immigrants and refugees. *Public Health Reviews*, 39(1). <https://doi.org/10.1186/s40985-018-0102-y>
- Zou, Xi, et al. "Cultural Distances between Home and Host Countries Inspire Sojourners to Engage in Intercultural Exchange upon Repatriation." *Scientific Reports*, vol. 13, no. 1, 16 Oct. 2023, p. 17518, www.nature.com/articles/s41598-023-44906-w#:~:text=Cultural%20distance%2C%20the%20degree%20to,https://doi.org/10.1038/s41598-023-44906-w.

RECOMMENDED READINGS:

- Cohen, D. & Kitayama, S. (2020). *Handbook of cultural psychology*. The Guilford Press.
- Matsumoto, D.R., & Hwang, H. (2019). *The handbook of culture and psychology*. Oxford University Press.
- Rogoff, B. (2003). *The Cultural Nature of Human Development*. Oxford University Press.
- Storti, C. (1998) *Figuring foreigners out. A practical guide*. Intercultural Press
- Storti, C. (2001) *The art of coming home*. Intercultural Press
- Storti, C. (2001) *The Art of crossing cultures*. Intercultural Press.
- Swartz, L. (1998). *Culture and Mental Health: A Southern African View*: Capetown, South Africa. Oxford University Press.



- Lonner, W. J. (2011). The continuing challenge of discovering psychological 'order' across cultures. In F. J. R. van de Vijver, A. Chasiotis, & S. M. Breugelmans (Eds.), *Fundamental questions in cross-cultural psychology* (pp. 64–94). Cambridge University Press. <https://doi.org/10.1017/CBO9780511974090.004>

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>

Online glossary/dictionary of psychological terms:

<https://dictionary.apa.org/>