



PS 360 TRANSCULTURAL PSYCHOLOGY: CLINICAL AND DIAGNOSTIC CHALLENGES IN THE ASSESSMENT AND TREATMENT OF CULTURALLY DIVERSE PATIENTS

IES Abroad Milan

DESCRIPTION:

The course will analyze the field of Transcultural Psychology referring to basic theories as well as current research areas and outcomes from the most relevant contemporary authors. Students will be involved in a unique process of learning and personal growth, and guided through making the most out of their present transcultural experience in Milan by exploring and acknowledging their current perspective of international students. The course is divided into different areas, covering notions of Transcultural Psychology Theories, Clinical Psychology, Diagnostic Approaches to culturally diverse patients with particular attention to Post Traumatic Stress Disorders and the field of Psychotraumatology, Cultural Competence and integrated therapy modules. The course will also explore the implementation of therapeutic modalities which go 'beyond language barriers' such as Dog Assisted Therapy through the analysis of scientific literature and experiential role plays with a Certified Dog for Pet Therapy in the classroom. Students will be involved in lectures and activities specifically aimed at building their cultural competence as well as deep critical thinking skills.

CREDITS: 3

CONTACT HOURS: 45

LANGUAGE OF INSTRUCTION: English

PREREQUISITES: None

METHOD OF PRESENTATION:

The uniqueness of this course derives from the combination of traditional lectures and power point presentations, with "hands-on" lessons. Lectures and discussions of real clinical case studies are a central part of the course. Additionally, field studies will also take place as well as critical analysis of assigned readings and lectures from guest speakers complement the course.

REQUIRED WORK AND FORM OF ASSESSMENT:

- Course Participation – 20%
- Midterm Exam – 20%
- Final Exam – 30%
- Home Assignments – 30%

LEARNING OUTCOMES:

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

- Students will learn the essential theories required to develop a background for different applications of the transcultural approach in various scenarios of psychological work. Focus will be placed on the process of acculturation, experience of change and theories of adjustment, Adjustment Disorder and the relationship between culture and psychopathology. Additionally, students will acquire in depth knowledge of the interplay between Post Traumatic Stress Disorder and Cultural Determinants.
- Through an in-depth analysis of the DSM 5 Cultural Formulation (APA), students will learn how to explore the cultural dimension of the experience of psychological distress in patients of a different nationality and cultural background, as well as of patients of the same nationality. Students will learn how to include this evaluation in the diagnostic process, through the analysis of different clinical cases.
- Special emphasis will be placed on enhancing the development of critical thinking in the students by exposing them to different experiences (through field studies and guest speakers) which will enable them to get a better understanding of the applications of the transcultural approach to mental health care and clinical psychology. Focus will also be placed on the development of a transcultural setting, on the experience of working with language barriers, on the role of cultural mediators and facilitators.



- Students will learn novel therapeutic approaches, which have been gaining considerable attention and application in diversified sectors of mental health care. In particular, students will learn the theoretical and clinical use of dog assisted therapies in the transcultural setting. Demos will be provided through the exposure to a fully Certified Therapy Dog.
- The final objective of the course is to highlight the fundamental role of developing cultural competence through exploring different environments and areas of application of this approach to the psychological health of individuals and systems such as families, organizations and institutions in nowadays' society. Emphasis will also be placed on the understanding of the process of development of an individual's cultural identity.

ATTENDANCE POLICY:

IES Abroad Milan Attendance Policy: Regular class attendance is mandatory. IES Abroad Milano allows a maximum of THREE (3) excused absences per course before the final course grade is penalized. This margin is specifically intended to cover any absences arising from unavoidable and unexpected events or emergencies related to health, family, and religion. Each absence beyond the three excused ones will automatically result in a penalty of 2 points off (2/100) the final grade. SEVEN (7) absences per course will result in a failing grade (the three excused absences included). Please note that this rule does not apply to exams: failure to attend your midterm and/or final exam will automatically result in an F grade on that exam. Absence on the date of other scheduled tests, presentations, or quizzes does not entitle a student to recover/reschedule such tests. If using absences for travel, students must be aware that they may find themselves in a situation in which they have no excusable absences left in case of illness. Seminar Attendance policy Regular class attendance is mandatory for the seminar too. IES ABROAD MILANO allows a maximum of ONE excused absence per semester. Each further absence will automatically result in a penalty of two points off (2/100) on the final grade. FOUR absences per course (including the one excused absence) will result in a failing grade for that course.

CONTENT:

Week	Content	Assignments
Week 1 <i>Session 1</i>	Introduction to the Course	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
<i>Session 2</i>	People on the move	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
Week 2 <i>Session 1</i>	Transcultural model	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
<i>Session 2</i>	Culture Shock	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
Week 3 <i>Session 1</i>	Pyschopathology and Multiculturalism	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
<i>Session 2</i>	Counselling people on the move	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite

Week 4 <i>Session 1</i>	Clinical case study #1	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
<i>Session 2</i>	Clinical case study #2	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
Week 5 <i>Session 1</i>	Cultural formulation and its application in the clinical setting	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
<i>Session 2</i>	Review for Midterm	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
Week 6 <i>Session 1</i>	Midterm Exam	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
<i>Session 2</i>	Correction of Midterm exam 1. Introduction to the 2 nd half of the course	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
Week 7 <i>Session 1</i>	Migration and Mental Health	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
<i>Session 2</i>	Cultural Competence in the clinical setting	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
Week 8 <i>Session 1</i>	Psychological first aid	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
<i>Session 2</i>	Assessment tools in the transcultural clinical settings	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite
Week 9 <i>Session 1</i>	Assessment tools in the transcultural clinical settings	<ul style="list-style-type: none"> • Reading Assignments will be determined once onsite

Session 2	Assessment tools in the transcultural clinical settings	<ul style="list-style-type: none"> Reading Assignments will be determined once onsite
Week 10 Session 1	The Italian Penitentiary System 1. Guest Lecture	<ul style="list-style-type: none"> Reading Assignments will be determined once onsite
Session 2	Course-related trip to San Vittore Criminal Jail	<ul style="list-style-type: none"> Reading Assignments will be determined once onsite
Week 11 Session 1	Introduction to Animal Assisted Therapy	<ul style="list-style-type: none"> Reading Assignments will be determined once onsite
Session 2	Demo on Dog Assisted Therapy	<ul style="list-style-type: none"> Reading Assignments will be determined once onsite
Week 12 Session 1	Review for Final Exam	<ul style="list-style-type: none"> Reading Assignments will be determined once onsite
Session 2	Final Exam	<ul style="list-style-type: none"> Reading Assignments will be determined once onsite

COURSE-RELATED TRIPS:

- San Vittore Criminal Jail

REQUIRED READINGS:

- Ardino V. (2014) Trauma Informed Care; Is Cultural Competence a Viable Solution for Efficient Policy Strategies? Clinical Neuropsychiatry II (45-51)
- Baarnhielm S. Scarpinati Rosso M. Patti L. Interview Manual for the Outline for a Cultural Formulation in DSM IV, Transcultural Centre, Stockholm County Council (2007)
- Bugra D., Jones P. (2001) Migration and Mental Illness, Advances in Psychiatry Treatment, vol. 7, pagg. 216-223
- Kirmayer L. Psychotherapy and the Cultural Concept of the Person, Transcultural Psychiatry (2007), Vol 44 N. 2. 232-257
- Kirmayer L., Jarvis E. et al, The process of cultural consultation, Cultural Consultation: Encountering the Other in Mental Health Care, International and Cultural Psychology, Springer Science and Business Media, New York (2014)
- Kirmayer L., Rousseau C. et al, The cultural context of clinical assessment, Psychiatry, Third Ed., John Wiley and Sons (2008)
- Maercker A. et al Adjustment Disorder as a Stress Response Syndrome: a New Diagnostic Concept and its Exploration in a Medical Sample, Psychopathology (2007); 40: 135-146
- Mezzich J. et al Cultural Formulation Guidelines, Transcultural Psychiatry (2009) Vol 46
- Mistry J., Jacobs F. et al, Cultural relevance as program to community alignment, Journal of Community Psychology, Vol. 37, 4, pagg. 487-504 (2009)



- Papadopoulos R, (2007) Refugees, trauma and Adversity-Activated Development, *European Journal of Psychotherapy and Counselling*, 9(3): 301–312
- Zaiontz C. et al Migration Fluxes and Adjustment Disorder: an examination of a native English speaking population in Milan, *Journal of Social, Evolutionary and Cultural Psychology* (2012) 5(5)
- Zaiontz C. Sarkar A. Cultural Themes in Post Traumatic Adjustment (2014) *Clinical Neuropsychiatry II* (20-31)
- Students will also be given in class a selection of scientific articles to read about Dog Assisted Therapy