



PS 410 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 psychological aspects 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: Psychology major or minor.

METHOD OF PRESENTATION:

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

REQUIRED WORK AND FORM OF ASSESSMENT:

Class participation (15% : 7.5% pre midterm and 7.5% post midterm); academic paper (25%); oral presentation (10%); mid-term exam (25%); final 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.
- **Exams:** There will be two exams, a mid term exam and a final exam.
- **Presentation:** Each student will present the outline of their academic paper on their chosen area of the course material.

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- **Academic paper:**An academic paper which deals with a specific area of the course material, chosen by the student, must be submitted

LEARNING OUTCOMES:

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

- demonstrate a clear understanding 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

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 culture in the broad scope of psychology	<ul style="list-style-type: none"> • Brislin, R. (2000) Conceptualising culture and its impact. In <i>Understanding Cultures Influence on Behaviour: 1-13</i>New York Wadsworth Publishing. • 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: 32-38</i>; Thomson Wadsworth
Session 3	Culture and Therapy: What is psychotherapy?	<ul style="list-style-type: none"> • Hobbs, R. (2007). Psychotherapy applications. In C. Lister-ford (ed.). <i>A Short Introduction to Psychotherapy: 32-48</i>; Sage Publications Ltd London. • Frank J.D. & Frank, J. B. (1993) <i>Persuasion and Healing: A comparative study of psychotherapy:34-44</i>. Baltimore, Maryland, The John Hopkins University Press
Session 4	Culture and Therapy: Ways of viewing mental health	<ul style="list-style-type: none"> • 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

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Session 5	Culture and Therapy: Issues in multicultural counselling and Therapy	Sue, D.W. & Sue, D. (2008) The super ordinate nature of multicultural counselling and therapy. In <i>Counselling the culturally diverse: theory and practice</i> : 29-52; Hoboken, New Jersey, John Wiley and Sons, Inc.
Session 6	Culture and Therapy: Barriers to Multicultural counseling and therapy	Sue, D.W. & Sue, D. (2008) Barriers to Multicultural counseling and therapy. In <i>Counselling the culturally diverse: theory and practice</i> :133-154; Hoboken, New Jersey, John Wiley and Sons, Inc.
Session 7	Culture and Therapy: Ethnic minority and Majority Therapists Perspectives	<ul style="list-style-type: none"> Sue, D.W. & Sue, D. (2008) Minority group therapists: Working with Majority and other minority clients. In <i>Counselling the culturally diverse: theory and practice</i>: 317-327; Hoboken, New Jersey, John Wiley and Sons, Inc. Nezu, Arthur, M. (2010) Cultural Influences on the process of conducting psychotherapy: Personal Reflections of an ethnic minority psychologist. <i>Psychotherapy</i>:169-176;<i>Theory, Research, Practice, Training</i>, Vol. 47(2)
Session 8	Culture and Therapy: Counselling and Therapy with Racial /Ethnic minorities	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.
Session 9	Culture and Therapy: Counselling and Therapy with Immigrants and with Refugees	<ul style="list-style-type: none"> Thomas, A.J. & Schwarzbaum, S.E. (2006) <i>Culture and Identity. Life Stories for Counselors and Therapists</i>:143-158; Thousand Oaks California. Sage Publications Inc. Sue, D.W. & Sue, D. (2008) Counselling Refugees. In <i>Counselling the culturally diverse: theory and practice</i>:431-439;. Hoboken, New Jersey, John Wiley and Sons, Inc.
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	

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Session 14	Class presentations 2	
Session 15	Introduction to Intimate Partner Violence	Barnett, O. Miller-Perrin, C.L. & Perrin, R. (2011) History and definition of Family Violence. <i>Family Violence across the Lifespan. An Introduction: 1-21</i> . Thousand Oaks, California: Sage Publications
Session 16	Intimate Partner Violence in the Spanish Context	<ul style="list-style-type: none"> • 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>, Vol 17, No.5, 437-443.
Session 17	Cultural factors in disclosure of intimate partner violence	<ul style="list-style-type: none"> • Ahrens, C.E, Rios-Mandel, L.C., Isas, L., Lopez, M. (2010) Talking about interpersonal violence: Cultural Influences on Latinas' identification and disclosure of assault and intimate partner violence. In <i>Psychological Trauma: Theory, Research, Practice and Policy</i> Vol. 2 (4) 284-295. • 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, Icíar (2003). <i>Te doy mis ojos</i> . Spain. Alta Films.
Session 19	Intimate partner violence in immigrant communities	<ul style="list-style-type: none"> • Ting, L. & Panchanadeswaran, S. (2009) Barriers to Help seeking among immigrant African women survivors of partner abuse: Listening to women's own voices. <i>Journal of Aggression, Maltreatment & Trauma</i>, 18:817-838 • 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	<ul style="list-style-type: none"> • Pederson, E.R., Skidmore, J.R. & Aresi, G. (2014) Demographic and predeparture factors associated with drinking and alcohol-related consequences for college students completing study abroad experiences. <i>Journal of American College Health</i>, Vol 64(4), pp. 244-54 • Berno, T. & Ward, C. (2005) Innocence Abroad: A pocket guide to Psychological Research on Tourism. <i>American Psychologist</i>, Vol. 60 (6), Sep. :593-600
Session 22	Perspectives on Study Abroad Students	<ul style="list-style-type: none"> • Pitts, M.J. (2009) Identity and the role of expectations, stress, and talk in short term student sojourner adjustment: An application of the integrative theory of communication and cross cultural adaptation. <i>International Journal of Intercultural Relations</i>, Vol. 33 (6):450-462 • Pederson, E.R., Neighbors, C., Larimar, M.E. & Lee, C.R. (2011) Measuring Sojourner Adjustment among American students studying abroad. <i>International Journal of Intercultural Relations</i> Nov 35(6) pp.881-889 • Pederson, E.R., Neighbors, C., Lee, C.R., Larimar, M.E. (2012) Not all those who wander are lost: examining the impact of sojourner adjustment and drinking motives on alcohol consequences experienced by Americans studying in foreign countries. <i>Journal of Studies on Alcohol and Drugs</i>, Nov. 73 (6) pp. 1005-15
Session 23	Perspectives on Study Abroad Students	<ul style="list-style-type: none"> • 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.) <i>Case Incidents in counselling for international transitions</i>. Alexandria, V.A., US: American Counselling Association • Christofi, V. & Thompson, C.L. (2007) You cannot go home again: A phenomenological investigation of returning to the sojourn country after studying abroad. <i>Journal of Counselling & Development</i> Vol. 85 Issue 1: 53-63.
Session 24	Review of course	

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Final Exam

REQUIRED READINGS:

- Ahrens, C.E, Rios-Mandel, L.C., Isas, L., Lopez, M. (2010) Talking about interpersonal violence: Cultural Influences on Latinas' identification and disclosure of assault and intimate partner violence. In *Psychological Trauma: Theory, Research, Practice and Policy* Vol. 2 (4) 284-295.
- Barnett, O. Miller-Perrin, C.L. & Perrin, R. (2011) History and definition of Family Violence. *Family Violence across the Lifespan. An Introduction: 1-21*. Thousand Oaks, California: Sage Publications
- Berno, T. & Ward, C. (2005) Innocence Abroad: A pocket guide to Psychological Research on Tourism. *American Psychologist*, Vol. 60 (6), Sep. :593-600
- Bollaín, Iciar (2003). *Te doy mis ojos*. Spain. Alta Films.
- Brislin, R. (2000) Conceptualising culture and its impact. In *Understanding Cultures Influence on Behaviour: 1-13*New York Wadsworth Publishing.
- Christofi, V. & Thompson, C.L. (2007) You cannot go home again: A phenomenological investigation of returning to the sojourn country after studying abroad. *Journal of Counselling & Development* Vol. 85 Issue 1: 53-63
- Frank J.D. & Frank, J. B. (1993) *Persuasion and Healing: A comparative study of psychotherapy:34-44*. Baltimore, Maryland, The John Hopkins University Press
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- Montalvo-Liendo, N. (2009) Cross-cultural Factors in disclosure of intimate partner violence: an integrated review. *Journal of Advanced Nursing* 65 (1), 20-34
- 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, Vol 47(2)*
- Pederson, E.R., Neighbors, C., Larimar, M.E. & Lee, C.R.(2011) Measuring Sojourner Adjustment among American students studying abroad. *International Journal of Intercultural Relations* Nov 35(6) pp.881-889
- Pederson, E.R., Neighbors, C., Lee, C.R., Larimar, M.E. (2012) not all those who wander are lost: examining the impact of sojourner adjustment and drinking motives on alcohol consequences experienced by Americans studying in foreign countries. *Journal of Studies on Alcohol and Drugs*, Nov. 73 (6) pp. 1005-15
- 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*, Vol 64(4), pp. 244-54
- Pitts, M.J. (2009) Identity and the role of expectations, stress, and talk in short term student sojourner adjustment: An application of the integrative theory of communication and cross cultural adaptation. *International Journal of Intercultural Relations*, Vol. 33 (6):450-462
- 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., 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*, Vol 17, No.5, 437-443.
- Sue, D.W. & Sue, D. (2008) Barriers to Multicultural counseling and therapy. In *Counselling the culturally diverse: theory and practice :133-154*; Hoboken, New Jersey, John Wiley and Sons, Inc.
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- Sue, D.W. & Sue, D. (2008) The super ordinate nature of multicultural counselling and therapy. In *Counselling the culturally diverse: theory and practice*: 29-52; Hoboken, New Jersey, John Wiley and Sons, Inc.
- 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
- Taylor, B., Gambourg, M.B., Rivera, M. & Laurenao, D. (2006) Constructing Cultural Competence: Perspectives of family therapists working with Latino Families. *The American Journal of Family Therapy*, 34:429-445.
- Ting, L. & Panchanadeswaran, S. (2009) Barriers to Help seeking among immigrant African women survivors of partner abuse: Listening to women's own voices. *Journal of Aggression, Maltreatment & Trauma*, 18:817-838
- Ting, L. (2010) Out of Africa: Coping Strategies of African women immigrant survivors of intimate partner abuse. *Healthcare for women international* 31: 345- 364
- Thomas, A.J. & Schwarzbaum, S.E. (2006) Marie Luz's story. In *Culture and Identity. Life Stories for Counselors and Therapists*:143-158; Thousand Oaks California. Sage Publications Inc.

RECOMMENDED READINGS:

- Barley, Nigel. (1983) *The innocent anthropologist. Notes from a mud hut*. London: Penguin group.
- D. Matsumoto (2001) *Handbook of Culture and Psychology*. Oxford: Oxford University Press.
- Frank, J.D. & Frank, J.B. (1991) *Persuasion and healing. A comparative study of psychotherapy*. London: The John Hopkins University Press.
- Lister-ford, C. (2007) *A Short Introduction to Psychotherapy*. Sage Publications Ltd London.
- 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: Allyn & Bacon.
- Thomas, A.J. & Schwarzbaum, S.E. (2006) *Culture and Identity. Life Stories for Counselors and Therapists*. Thousand Oaks California. Sage Publications Inc.
- Paige, R.M. (1993) On the nature of Intercultural Experiences and Intercultural Education. In R. M. Paige (ed.), *Education for the intercultural experience*: 1-18. London: Nicholas Brealey Publishing.
- Storti, C. (2007) *The Art of crossing cultures*. Intercultural Press
- Storti, C. (2001) *The art of coming home*. Intercultural Press
- Storti, C. (1998) *Figuring foreigners out. A practical guide* Intercultural Press
- Sue, D.W. & Sue, D. (2008) *Counselling the culturally diverse: theory and practice*: Hoboken, New Jersey, John Wiley and Sons, Inc.

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>

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

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