

**Institute of Community Health Sciences
Queen Mary
University of London**

MSc Transcultural Mental Healthcare

TRANSCULTURAL PERSPECTIVES ON THE AETIOLOGY, EXPERIENCE, RECOGNITION, AND TREATMENT OF MENTAL ILLNESS

AIMS

- To appreciate the role and impact of differing cultural backgrounds on beliefs about the causation, and experience of mental illness and how these could be harnessed in improving the care and support for people with mental illness.
- To examine and reflect on the participants' own cultural assumptions regarding mental health and mental illness.
- To have an understanding of the role of cultural belief systems and language in the expression of mental distress
- To review some of the implications of different cultural understandings of mental illness for the provision of services

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1.0 INTRODUCTION

2.0 CULTURE AND SOCIALISATION

- 2.1 Cultural messages
- 2.2 Cultural tasks
- 2.3 Language
- 2.4 Language and power
- 2.5 Normality/abnormality
- 2.6 Culture and the self
- 2.7 Religion and spirituality
- 2.8 Explanatory models

3.0 CULTURAL PERSPECTIVES ON THE AETIOLOGY OF MENTAL ILLNESS

- 3.1 Assumptions underlying the medical model
- 3.2 Psychiatry and colonialism
- 3.3 Perspectives from other cultural traditions
- 3.4 Culture bound syndromes
- 3.5 Somatisation

4.0 CULTURAL PERSPECTIVES ON THE TREATMENT OF MENTAL ILLNESS

- 4.1 Belief and cure
- 4.2 Universals in healing

5.0 IMPLICATIONS OF TRANSCULTURAL PERSPECTIVES FOR MENTAL HEALTH SERVICES

- 5.1 Synthesis or conflict?
- 5.2 Integration within mental health services
- 5.3 Holistic approaches: the person in context

6.0 BIBLIOGRAPHY AND WEB RESOURCES

