

WOMEN'S MENTAL HEALTH

Fall 2005
Psychology 340
M/W 1-2:30

Instructor:

Alexis Bennett Rosenfeld
BYC 305
610-526-6539
abennett@brynmawr.edu

Office Hours: Friday 1-2 PM and by appointment

Course Overview and Format:

This course will provide an overview of current research and theory related to women's mental health. Utilizing a developmental framework, we will discuss psychological phenomena and disorders that are particularly salient to and prevalent among women, theories regarding why these phenomena/disorders affect women disproportionately over men, and how they may impact women's psychological and physical well-being. Psychological disorders covered will include: Depression, Eating Disorders, Dissociative Disorders, and Somatoform Disorders. Psychological phenomena discussed will include work-family conflict for working mothers, the role of sociocultural influences on women's mental health, gender differences in interpretation of and responses to stress, and the impact of intimate and domestic violence to women. We will also cover mental health issues particular to women of color and to lesbian women.

This is a Praxis I course which will require your participation in one of several approved field placements. The field placement component of the course is designed to link the theoretical perspectives taught in the class with "real-world" civic experience. Working closely with the instructor and Kelly Strunk, Praxis Field Placement Coordinator, you will spend three hours per week for 10 weeks in activities related to your Praxis placement. You will receive a separate handout detailing the Praxis component of this course. Briefly, the Praxis assignment will involve getting to know the mental health needs of the clientele at your placement site and creating a psychoeducational workshop for those individuals based on their needs, the theoretical material covered in course lectures and readings, and additional research that each Praxis group will be expected to conduct. Praxis placements will begin during the week of September 19 and continue weekly through the week of November 28 (excluding the Fall Break week).

Course Pre-requisite:

- Abnormal Psychology (Psych 209 or equivalent)

Readings:

- There is no text required for this course. All readings will be posted on Blackboard.

Lecture Outlines:

- Lecture outlines will be posted on Blackboard each week.

Course Requirements:

1. **Readings:** You will be expected to read all assigned articles before the class period for which they are assigned.
2. **Take-Home Midterm Exam:** This will be a written exam composed of several essay questions. (25% of course grade)
3. **Student-Led Discussion Groups:** Throughout the semester, we will devote entire class periods to discussion of the course material and its links to your Praxis placements. Students will be required to co-lead (together with the other students in their Praxis group) the discussion section linked with their Praxis placement for the course. Co-leading will require preparing discussion points for the class based on related course lectures and readings, and giving a presentation about the group's Praxis project and progress-to-date. You will receive more information about the requirements of these student-led discussion groups in a separate handout about the Praxis component of this course. (15% of course grade)
4. **Whole-Class Discussions:** In addition to the student-led discussion groups discussed above, there will be two other discussion sections during the semester where we will reflect on course materials and readings. All students are expected to participate in these discussions. (5% of course grade)
5. **Praxis Journal:** Over the course of the semester, you will be asked to reflect on your experience in your Praxis placement in a journal-like format. Journals will be turned in to the instructor on a monthly basis for review. You will get more details about the Praxis Journal in a separate handout about the Praxis component of this course. (5% of course grade)
6. **Final Presentation based on Praxis placement:** Each Praxis group will present its psychoeducational workshop to the class during the last week of classes. As part of this assignment, each group will be required to hand in to the instructor: 1) a written transcript of the workshop presentation; 2) paper or disc copies of any visual aids used in the presentation; and, 3) a list of bibliographic references used in creating the presentation. Each student will also be required to write a one or two paragraph summary detailing her individual contribution(s) to the group project. You will get more details about the Praxis project in a separate handout. (20% of course grade)
7. **Take-Home Final Exam:** This will be another essay-type exam. (30% of course grade)

Weekly Topics, Readings, and Assignments:

Mon. Aug 29 **Why an Entire Course on *Women's* Mental Health?**

Wed. Aug 31 **Studying Gender Differences in Psychology**

Lips, H.M. (2005). Why a global, multicultural psychology of women. *A New Psychology of Women, Third Edition* (pp. 1-36). Boston: McGraw Hill.

Barrett, L.F., Robin, L., Pietromonaco, P.R., & Eysell, K.M. (1998). Are women the "more emotional" sex? Evidence from emotional experiences in social context. *Cognition and Emotion, 12*(4), 555-578.

CHILDHOOD

Mon. Sept 5 **The Development of Gender Identity**

Etaugh, C.A. & Bridges, J.S. (2004). Gender self-concept: Developmental processes and individual differences. *The Psychology of Women: A Lifespan Perspective, 2nd Edition* (pp. 53-83). Boston, MA: Pearson Education, Inc.

Gilligan, C. (1982). *In a Different Voice* (pp. 24-39). Cambridge, MA: Harvard University Press.

Wed. Sept 7 **Girls in the Classroom and on the Playground – Links to Mental Health**

Crick, N.R., Casas, J.F., & Mosher, M. (1997). Relational and overt aggression in preschool. *Developmental Psychology, 33*(4), 579-588.

Pomerantz, E.M., Altermatt, E.R., & Saxon, J.L. (2002). Making the grade but feeling distressed: Gender differences in academic performance and internal distress. *Journal of Educational Psychology, 94*(2), 396-404.

Mon. Sept 12 **Introduction to Praxis Placements**

Kelly Strunk, Praxis Field Placement Coordinator

Guests:

Linda DeFrancisco, Forteniters Club

Jeanne DiLorenzo, Belmont Charter School

Caroline Hayes, Ardmore Senior Center

Ann Ogle, Bryn Mawr College Staff Association

Michelle Simmons, Why Not Prosper?

Wed. Sept 14 **Praxis Placements: Ethical Issues and Interviewing Techniques**

Kelly Strunk, Praxis Field Placement Coordinator

ADOLESCENCE

Mon. Sept 19 **The Developmental Challenges Faced by Adolescent Girls**

Etaugh, C.A. & Bridges, J.S. (2004). Adolescence: Physical development and health issues. *The Psychology of Women: A Lifespan Perspective, 2nd Edition* (pp. 108-142). Boston, MA: Pearson Education, Inc.

Etaugh, C.A. & Bridges, J.S. (2004). Adolescence: Psychosocial and cognitive development. *The Psychology of Women: A Lifespan Perspective, 2nd Edition* (pp. 143-164). Boston, MA: Pearson Education, Inc.

Pipher, M. (1994). *Reviving Ophelia: Saving the Selves of Adolescent Girls* (pp. 11-28). New York, NY: Ballantine Books.

Wed. Sept 21 **Adolescent Girls' Mental Health I: Gender Disparities in Depression**

Nolen-Hoeksema, S. (2002). Gender differences in depression. In: C.L. Hammen & I.H. Gotlib (eds.), *Handbook of depression* (pp. 492-509). New York, NY: Guilford.

Pipher, M. (1994). *Reviving Ophelia: Saving the Selves of Adolescent Girls* (pp. 146-165). New York, NY: Ballantine Books.

Mon. Sept 26 **Adolescent Girls' Mental Health II: Gender Disparities in Eating Disorders**

Attie, I. & Brooks-Gunn, J. (1989). Development of eating problems in adolescent girls: A longitudinal study. *Developmental Psychology*, 25(1), 70-79.

Pipher, M. (1994). *Reviving Ophelia: Saving the Selves of Adolescent Girls* (pp. 166-185). New York, NY: Ballantine Books.

Smolak, L. & Munstertieger, B.F. (2002). The relationship of gender and voice to depression and eating disorders. *Psychology of Women Quarterly*, 26, 234-241.

Wed. Sept 28 **Discussion: Girls' Mental Health**
PRAXIS GROUP: Belmont Charter School

Hand in Praxis Journal

Take-Home Midterm Exam Distributed

YOUNG ADULTHOOD

Mon. Oct 3 **Making the Transition: College, Career, Marriage and Family**

Etaugh, C.A. & Bridges, J.S. (2004). Young adulthood: Education and employment. In C.A. Etaugh & J.S. Bridges, *The Psychology of Women: A Lifespan Perspective, 2nd Edition* (pp. 195-221). Boston, MA: Pearson Education, Inc.

Taylor, J.M., Gilligan, C., & Sullivan, A.M. (1995). *Between Voice and Silence* (pp. 1-12; 174-203). Cambridge, MA: Harvard University Press.

Wed. Oct 5 **Discussion: Mental Health of College-Age Women**

Benton, S.A., Robertson, J.M., Tseng, W., Newton, & Benton, S.L. (2003). Changes in counseling center client problems across 13 years, *Professional Psychology: Research and Practice, 34*, 66–72.

Hall, L.H., Peden, A.R., Rayens, M.K., & Beebe, L.H. (2004). Parental bonding: A key factor for mental health of college women. *Issues in Mental Health Nursing, 25*, 277-291.

**** TAKE-HOME MIDTERM EXAM DUE Friday, Oct 7, by 4 PM ****

**** Oct 10-14 FALL BREAK ****

MIDDLE ADULTHOOD

Mon. Oct 17 **Work-Family Balance: Can Working Moms Make it Work?**

Cinamon, R.G. & Rich, Y. (2002). Gender differences in the importance of work and family roles: Implications for work-family conflict. *Sex Roles, 47*(11-12), 531-541.

Hochschild, A.R. (1997). *The Time Bind: When Work Becomes Home and Home Becomes Work* (pp. 35-52). NY: Metropolitan Books.

Verbrugge, L.M. (1983). Multiple roles and physical health of women and men. *Journal of Health and Social Behavior, 24*, 16-30.

Wed. Oct 19 **Discussion: Work-Family Balance
PRAXIS GROUP: BMC Staff Association**

Mon. Oct 24 **Discussion: Making Choices about Work, Children and Family**

Belkin, L. (2003). The opt-out revolution. *New York Times Magazine*, October 26, 2003.

Dierbeck, L. (2003). Choosing childlessness. In L. Slater, J.H. Daniel, & A.E. Banks, *The Complete Guide to Mental Health for Women* (pp.40-47). Boston: Beacon Press.

Hair, S.R. (1999). 'All-or-nothing' choices? *Bryn Mawr Alumnae Bulletin*, Winter 1999, pp. 2-4.

Wed. Oct 26 **Adult Women's Mental Health I: Post-Partum Depression**

Ohye, B., Moore, C.W., & Braaten, E. (2003). Becoming a mother: A psychobiosocial transition in a woman's life. In L. Slater, J.H. Daniel, & A.E. Banks, *The Complete Guide to Mental Health for Women* (pp.18-30). Boston: Beacon Press.

Shields, B. (2005). War of words. *The New York Times*, July 1, 2005.

Cooper, P.J., Murray, L., Wilson, A., & Romaniuk, H. (2003). Controlled trial of the short- and long-term effect of psychological treatment of post-partum depression. *British Journal of Psychiatry*, 182, 412-419.

Hand in Praxis Journal

Mon. Oct 31 **Adult Women's Mental Health II: Interpretation of and Responses to Stress**

De Ridder, D.T.D. (2000). Gender, stress, and coping: Do women handle stressful situations differently from men? In: L. Sherr & J. St. Lawrence (eds.), *Women, health and the mind* (pp. 115-136). Chichester, England: Wiley.

Loving, T.J., Heffner, K.L., Kiecolt-Glaser, J.K., Glaser, R. & Malarkey, W.B. (2004). Stress hormone changes and marital conflict: Spouses' relative power makes a difference. *Journal of Marriage and Family*, 66 (3), 595-612.

Wed. Nov 2 **Discussion: Women Coping with Stress and Mental Illness**
PRAXIS GROUP: Forteniters Club

LATER ADULTHOOD

Mon. Nov 7 **Menopause: Mental Health Issues after the Childbearing Years**

Lips, H.M. (2005). Myths and scripts for women growing older. *A New Psychology of Women, Third Edition* (pp. 376-401). Boston: McGraw Hill.

Deeks, A.A. & McCabe, M.P. (2004). Well-being and menopause: An investigation of purpose in life, self-acceptance and social role in premenopausal, perimenopausal, and postmenopausal women. *Quality of Life Research*, 13, 389-398.

Wed. Nov 9 **Older Adult Women: Mental Health Issues in the “Golden Years”**

McKibbin, C.L., Koonce-Volwiler, D., Cronkite, R.C., & Gallagher-Thompson, D. (2000). Psychological, social, and economic implications of bereavement among older women. In L. Sherr & J.S. St. Lawrence (eds.), *Women, Health and the Mind* (pp. 151-171). Chichester, England: John Wiley & Sons, Ltd.

Mon. Nov 14 **Discussion: Older Adult Women’s Mental Health**
PRAXIS GROUP: Ardmore Senior Center

SPECIAL TOPICS

Wed. Nov 16 **Trauma and Violence to Women I: Intimate and Domestic Violence**

Lips, H.M. (2005). Violence against women: A worldwide problem. *A New Psychology of Women, Third Edition* (pp.445-483). Boston: McGraw Hill.

Mon. Nov 21 **Trauma and Violence to Women II: Gender Disparities in Dissociative and Somatoform Disorders**

Punamaki, R.L., Komproe, I.H., Qouta, S., Elmasri, M., & de Jong, J.T.V.M. (2005). The role of peritraumatic dissociation and gender in the association between trauma and mental health in a community sample. *American Journal of Psychiatry*, 162(3), 545-551.

Toner, B.B. (1995). Gender differences in somatoform disorders. In M.V. Seeman (ed.), *Gender and Psychopathology* (pp. 287-309). Washington, D.C.: American Psychiatric Press.

Wed. Nov 23 **Discussion: Trauma and Life Snares**
PRAXIS GROUP: Why Not Prosper?

Mon. Nov 28 **Developmental and Mental Health Issues for Women of Color**

Russo, N.F. & Vaz, K. (2001). Addressing diversity in the decade of behavior: Focus on women of color. *Psychology of Women Quarterly*, 25, 280-294.

Musgrave, C.F., Allen, C.E., & Allen, G.J. (2002). Spirituality and health for women of color. *American Journal of Public Health*, 92(4), 557-560.

Wed. Nov 30 **Developmental and Mental Health Issues for Lesbian Women**

Rothblum, E.D. (1994). "I only read about myself on bathroom walls": The need for research on the mental health of lesbians and gay men. *Journal of Consulting and Clinical Psychology*, 62(2), 213-220.

Parks, C.A. (1998). Lesbian parenthood: A review of the literature. *American Journal of Orthopsychiatry*, 68(3), 376-389.

Hand in Praxis Journal

Mon. Dec 5 **Presentation of Student Praxis Workshops**

Wed. Dec 7 **Presentation of Student Praxis Workshops**

**** TAKE-HOME FINAL EXAM DUE Friday, 12/16, at 12:30 PM ****