Course Title:
Women and Mental Health

Course Number:
HR 5473-101

Course Description:
This course examines a perspective on women’s development that accurately reflects women’s experience rather than society’s traditional view of women. We will explore the effect on women of being silenced, sexualized, and subordinated in a patriarchal culture. Particular attention will be given to relational theory, a developmental theory proposing that women develop their sense of self through relationships, but eventually discover that this is not valued or rewarded. Since so many of our attitudes are determined in early life, we will explore the construction of identity in adolescent female development. Views of women’s experience in different cultures will also be examined.

Class Dates, Location and Hours:

Dates: January 17-19 & 25-26, 2014
Location: OCCE, Norman, Oklahoma. Classes are held at the Thurman White Forum Building of OCCE, 1704 Asp Avenue.
Hours: Fri 5:30-9:30 p.m.; Sat 8:30 a.m.-4:30 p.m.; Sun 1:00-5:00 p.m.
Last day to enroll or drop without penalty: December 19, 2013

Site Director:
Cathy Yeaman. Assistant: Kathie Nicoletti. Phone: 405-325-3333; Fax: 405-325-9148; email: apnorman@ou.edu

Professor Contact Information:

Course Professor: Jody Anderson, Ph.D.
Mailing Address: Department of Human Relations
The University of Oklahoma at Tulsa
4502 E. 41st Street
Tulsa, OK 74135
E-mail Address: jodyand@me.com

Professor availability: The professor will be available via e-mail to students before and after the class sessions. On-site office hours are half an hour before and after each class session, by appointment.

Textbook(s) and Instructional Materials:

Student materials are available at the OU Follett Bookstore located at 1185 Asp Avenue; Norman, OK. Orders can be placed online at www.oklahoma.bkstr.com. Faxed orders may be placed 24 hours a day at (405) 325-7770. Representatives are available by phone at (405) 325-3511 or (800) 522-0772 (toll-free) or E-mail at 0831mgr@fheg.follett.com from 8 a.m. to 6 p.m. Monday through Thursday; 8 a.m. to 5 p.m. on Friday; and 10 a.m. to 4 p.m. on Saturday (CST). Summer hours: 9 a.m. to 5 p.m. Monday through Friday (CST). (Text prices are available online.)


Note: Follett is the Advanced Programs contractual textbook provider. Should text changes become necessary after publication of the course syllabus, Advanced Programs will facilitate text returns/refunds only for texts purchased through Follett.

**Course Objectives:**

Students will be able to:

- Understand relational/cultural theory addressing women’s issues
- Demonstrate an understanding of the process of being silenced and its effect on the mental health of women
- Know the effects of media and advertising on women’s body image and self-concept
- Recognize the subtle ways in which women are made secondary in our culture
- Understand the changes occurring during adolescence that effect girl’s sense of self
- Recognize our mother-blaming society and discover techniques for healing the mother-daughter relationship
- Understand the construction of anger in women and therapeutic techniques for handling it.

**Course Outline:**

**Weekend One**

- Herstory - Iconic Figures in Women’s History
- Relational Cultural Theory
  - Gender Issues, Boy Culture/Girl Culture
  - Video: Gender: The Enduring Paradox
- The Effects of Advertising on Women and Girls
  - The Beauty Myth
  - Video: Killing Us Softly
- Discussion of *Silencing the Self*
  - Silencing the Self Scale
  - Video: Surviving Depression
  - Beck Depression Scale
- Mother Blaming
- Mother/Daughter Relationships
- Effects of a Patriarchal Culture on Girls and Women

**Weekend Two**

- Discussion of *The Sound of the Silver Horn*
  - “Hero” “Heroine”
  - Your Challenges
  - Journey to Become an Heroic Woman
- A New Approach to Women and Therapy
  - Video: A Means of Grace
- Feminist Therapy
  - Feminism/Feminist are not bad words!
  - Video: Feminist Therapy
• Personality Disorders mainly diagnosed for Women
  o Borderline Personality
  o Dependent Personality
  o Codependent
  o Narcissistic Personality
• Women and Anger
• Eating Disorder
• Abuse, Trauma, Substance Abuse

Course Format:
The course will be taught utilizing a variety of experiential activities, including discussions, lectures, videotapes, power-point presentations, simulations, role-play, dyads, and small group exercises.

Assignments, Grading and Due dates:

Book Summary/Reaction Paper - 25 points - Due Sunday, January 19
Using the book, Silencing the Self, develop a paper reflecting your understanding of each chapter of the book. Begin with Chapter 1, Preparing to Listen, and 1) summarize briefly, then 2) convey your reactions, thoughts, opinions, and questions on the topics presented. Continue with Chapter 2, Loss of Self, and continue until the end with Chapter 6. There should be 6 parts to your paper, corresponding with each chapter. Approximately 10-12 pages.

Interview - 25 points - Due Friday, January 24
Interview at least three women, asking specific questions (which you develop) to find out what they feel are their major issues facing them. Each interview should be at least 30 minutes long, preferably in person, but can be on the phone. Prepare a paper detailing your interviews and their responses, summarizing what you learned from the assignment. The paper should be approximately 4-5 pages in length. Attach your interview questions at the end of the paper.

Creative Presentation or Paper - 20 points - Due Sunday, January 26
The Sound of a Silver Horn discusses the female face of heroism and asks: What is the female hero’s journey? How do women undertake the quests of healing and empowerment? How can women help reshape our chaotic world? The author examines the lives of 35 women’s journeys, demonstrating how they are heroes of their own lives and authors of their own stories.

After reading The Sound of a Silver Horn, develop a representation of your “heroic journey” or “quest”. What was your call to awaken, your initiations, your allies, your struggles and challenges, your transformations, i.e., your life path to where you are now. This can be in the form of a paper, or a creative or artistic project. You will be reading your paper or showing your project to the class and discussing it briefly.

Research Paper - 30 points - Due two weeks after last class session, February 9
This paper will follow the format of the comprehensive exams in order to prepare you for the exam at the end of your program. It will explore a topic of your choice related to women’s mental health issues. Please have your topic approved by the instructor before beginning the assignment. You can email me for approval of the paper before class if you wish, or talk with me the first night of class.

The paper will be 10-12 pages in length, at least 10 scholarly references, and follow APA format. Email your paper to me in Word format at jodyand@me.com
Late Policy:
Due to the number of students who have turned in assignments late in the past, I have had to institute the following policy: **Late assignments will not be accepted. Total points for the assignment will be subtracted.**

Grading:
This is a letter-graded course: A, B, C, or F. A (90-100), B (89-80), C (79-70), D (60-69), F (Below 60)

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<tr>
<th>Assignment</th>
<th>Due Date</th>
<th>Percent of Grade</th>
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<tbody>
<tr>
<td>Book Summary</td>
<td>January 19</td>
<td>25%</td>
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<tr>
<td>Interview</td>
<td>January 24</td>
<td>25%</td>
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<tr>
<td>Creative Presentation</td>
<td>January 26</td>
<td>20%</td>
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<tr>
<td>Research Paper</td>
<td>February 9</td>
<td>30%</td>
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Attendance Policy:

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<tr>
<th>Number of hours absent</th>
<th>Results in Grading</th>
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<tr>
<td>4</td>
<td>Grade will drop to a B</td>
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<tr>
<td>5</td>
<td>Grade will drop to a C</td>
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<td>6</td>
<td>Grade will drop to a D</td>
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<td>7 or more</td>
<td>Grade will drop to an F</td>
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Notice: Failure to meet assignment due dates could result in a grade of I (Incomplete) and may adversely impact Tuition Assistance and/or Financial Aid.
POLICIES AND NOTICES

Attendance/Grade Policy

Attendance and participation in interaction, individual assignments, group exercises, simulations, role playing, etc. are valuable aspects of any course because much of the learning comes from discussions in class with other students. It is expected that you attend all classes and be on time except for excused emergencies.

Excused absences are given for professor mandated activities or legally required activities such as emergencies or military assignments. It is the policy of the University to excuse absences of students that result from religious observances and to provide without penalty for the rescheduling of examinations and additional required class work that may fall on religious holidays. Unavoidable personal emergencies, including (but not limited to) serious illness; delays in getting to class because of accidents, etc.; deaths and funerals, and hazardous road conditions will be excused.

If you are obtaining financial assistance (TA, STAP, FA, VA, Scholarship, etc.) to pay all or part of your tuition cost, you must follow your funding agency/institution’s policy regarding “I” (Incomplete) grades unless the timeline is longer than what the University policy allows then you must adhere to the University policy. Students who receive Financial Aid must resolve/complete any “I” (Incomplete) grades by the end of the term or he/she may be placed on “financial aid probation.” If the “I” grade is not resolved/completed by the end of the following term, the student’s Financial Aid may be suspended make the student ineligible for further Financial Aid.

Students are responsible for meeting the guidelines of Tuition Assistance and Veterans Assistance. See the education counselor at your local education center for a complete description of your TA or VA requirements.

Academic Honesty

Honesty is a fundamental precept in all academic activities and … [you] have a special obligation to observe the highest standards of honesty. Academic misconduct in any form is inimical to the purposes and functions of the University and is therefore unacceptable and is rigorously proscribed. Academic misconduct includes:

cheating (using unauthorized materials, information, or study aids in any academic exercise), plagiarism, falsification of records, unauthorized possession of examinations, intimidation, and any and all other actions that may improperly affect the evaluation of a student’s academic performance or achievement; assisting others in any such act; or attempting to engage in such acts.

All acts of academic misconduct will be reported and adjudicated as prescribed by the student code of the University of Oklahoma. All students should review the Student’s Guide to Academic Integrity

Accommodation Statement

The University of Oklahoma is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your local OU Site Director.

Course Policies

Advanced Programs policy is to order books in paperback if available. Courses, dates, and professors are subject to change. Please check with your OU Site Director. Students should retain a copy of any assignments that are mailed to the professor for the course. Advanced Programs does not provide duplicating services or office supplies.

Copyright

Any and all course materials, syllabus, lessons, lectures, etc. are the property of professor teaching the course and the Board of Regents of the University of Oklahoma and are protected under applicable copyright.

For more information about Advanced Programs, visit our website at: http://www.goou.ou.edu/
Jody Anderson, Ph.D.

Education

- 1975 Ph.D. Special Education/Administration, The University of Texas at Austin
- 1969 M.A. Counseling and Student Personnel Services, Michigan State University
- 1965 B.S. Education, Oklahoma State University

Current Positions

- Professor Emeritus, Department of Human Relations
- Licensed Professional Counselor (presently inactive)
- Seminar/workshop leader
- Advanced Programs Professor since 1996

Frequently Taught Advanced Programs Courses

- HR 5443 Adolescent Issues in Human Relations
- HR 5473 Women and Mental Health
- HR 5543 Counseling with Diverse Populations
- HR 5713 Women, Work, and the Family
- HR 5113 Solution Focused Brief Therapy
- HR 5113 Stress Management
- HR 5533 Counseling Approaches in Human Relations
- HR 5573 Personality and Personality Disorders
- HR 5093 Introduction to Graduate Studies in Human Relations

Major Areas of Teaching and Research Interest

- Cultural diversity in the workplace
- Stress management
- American Indian culture and spirituality
- The body-mind connection
- Archetypes and the collective unconscious
- Ancient wisdom teachings
- The effect of media on women and girls
- Women and mental health

Representative Publications and Presentations

- Emotional Intelligence
- Silencing our Daughters: Societal Effects on Female Adolescent Development
- Stress Management Techniques for Head Start Parents
- The Media’s Portrayal of Women in Advertising
- Renew Yourself Through Service Oriented Adventures
- Journal of a Dying Patient
- Enhancing Mother Daughter Relationships
- Leadership Diversity in Women
- Differentiated Learning Abilities: Low Risk and High Risk
- Client Centered Counseling

Major Professional Affiliations

- Licensed Professional Counselor (inactive)