ANTH 3321/ANTH 5321

Topics in Anthropology: Culture, Psychiatry, and Mental illness

The Murderer, Edvard Munch 1910

"One need not be a Chamber — to be Haunted —
One need not be a House —
The Brain has Corridors — surpassing
Material Place —" Emily Dickinson

Instructor: Hsuan-Ying Huang
Lecture: Monday 1:30-3:15 PM
Tutorial: Monday 3:30-4:15 PM (MA)
and 4:30-5:15 PM (UG)

Instructor: Hsuan-Ying Huang 黃宣穎 M.D., Ph.D.
   (Office: NAH 303; E-mail: hsuan-ying.huang@cuhk.edu.hk)
TA: Ms. Feng Yuxuan 馮雨萱
   (E-mail: 1155135525@link.cuhk.edu.hk)
Office hours: by appointment, online or on-site, with Instructor or TA
Language: Mandarin
Zoom ID: 949 6252 9168; Passcode: 773578 (Will be renewed after the Add/Drop period)

Course Description:

This course introduces how anthropologists from different theoretical positions study psychiatry (or more broadly modern psy-disciplines) and mental illness (or more broadly mental distress and suffering). It invites students to explore human experiences that are labelled as abnormal or pathological, to understand the expert knowledge and technologies employed to remedy these conditions, and to think about the complex relationships between them and the broader social and cultural contexts. The course begins with the bifurcated cultures of modern psychiatry, followed by an examination of certain classic issues revolving around insanity, the most extreme condition on the spectrum of mental illness, which is exemplified by schizophrenia. After an exploration of the variation of psychopathology in different cultures, the course moves toward the other end of the spectrum to examine two fairly common neurotic disorders: depression and post-traumatic stress disorder (PTSD). The last part of the course looks into therapy with a particular focus on the modality of psychotherapy—especially psychoanalysis—and its derivatives. Overall, the course would serve as an eclectic introduction to the sub-field of psychiatric anthropology or anthropology of mental health or mental illness.

Learning Outcomes:

1. Acquired basic knowledge in psychiatric anthropology or anthropology of mental health.
2. Developed a sophisticated understanding of psychiatry as a cultural domain and a social institution as well as a critical concern for mental health as a social issue.
3. Gained foundational knowledge regarding the symptomatology and illness experiences of major mental illnesses.
4. Become conversant in a range of ethnographic examples of how mental illness and mental health interact with local social and cultural contexts.

Expectations:

Attendance:

You should attend the lectures and tutorials regularly. What you'll learn from the course will to a large degree depends on your commitment to it.

Online Learning Policy:

Teaching will be conducted on the Zoom platform. A new set of Meeting ID and Password will be sent to you when the Add/Drop period comes to an end. Please note that as teaching shifts from on-site to online, various responsibilities will fall upon the shoulders of students (find a quiet place, have reliable Internet connection, get dressed properly, and be mentally and physically prepared, etc.). I hope you could concentrate on learning during the class—for some students it may become a lot more difficult to resist distractions. I also hope you could keep your camera on during the class. I

realize that this might be difficult or even impossible for you—but please keep this in mind. The use of earphones is recommended as you will be able to have better acoustic experiences.

Recording:

Lectures will be recorded and made available at the Blackboard website. These recordings are for your own private use only so please do not share them with others. Tutorial discussions will not be recorded. You must not record anything during the lectures or tutorial discussions without my permission.

Reading:

The readings are carefully selected by the instructor; they make up a "tasting menu" of psychiatric anthropology. The articles labelled as "recommended" are optional. MA students are encouraged to read them as well. A brief "reading guide" will be sent to you on Tuesday morning.

The following books are useful introductions if you are eager to learn more about psychiatric anthropology or anthropology of mental health/mental illness and its sibling field, history of psychiatry.

Kleinman, Arthur. 1988. *Rethinking Psychiatry: From Cultural Category to Personal Experience*. New York: Free Press. (e-book available)

Khan, Nichola. 2017. *Mental Disorders*. New York and Ontario, Canada: University of Toronto Press. (e-book available)

Rose, Nikolas. 2019. *Our Psychiatric Future*. Cambridge, UK; Malden, USA: Polity Press. (on 3-day reserve at NA Library)

The following books are useful introductions if you are eager to learn more about history of psychiatry.

Porter, Roy. 2002. *Madness: A Brief History*. Oxford; New York: Oxford University Press. (e-book available)

Schull, Andrew. 2015. *Madness in Civilization: A Cultural History of Insanity*. Princeton and Oxford: Princeton University Press. (on 3-day reserve at NA library)

Harrington, Anne. 2019. *Mind Fixers: Psychiatry's Troubled Search for the Biology of Mental Illness*. New York; London: W. W. Norton & Company. (on 3-day reserve at NA Library)

Horwitz, Allan. 2020. Between Sanity and Madness: Mental Illness from Ancient Greece to the Neuroscientific Era. New York: Oxford University Press. (e-book available)

Major academic journals in psychiatric anthropology and history of psychiatry:

Culture, Medicine, and Psychiatry; Transcultural Psychiatry; *Medical Anthropology Quarterly; Ethos; History of Psychiatry; History of Human Sciences; Journal of the History of Behavioral Sciences.*

The most influential blog in medical and psychiatric anthropology: Somatosphere (http://somatosphere.net).

The most influential blog in history of psychiatry: H-Madness (https://historypsychiatry.com)

Parallel work:

Anthropology is a branch of knowledge based on fieldwork. It's hard to learn anthropology sufficiently well without doing some ethnographic work in parallel. You should try to follow various phenomena pertaining to mental health while taking the course—this is probably not that difficult as we are all forced to enter this COVID period. I hope learning psychiatric anthropology in such difficult times could offer some solace and wisdom about how to live through this unending pandemic.

Your own mental well-being matters and you must take good care of yourself during the semester. You are encouraged to keep a personal journal that records your emotional experiences and reflections. You will be taken care of while taking this course.

Office Hour:

You are most welcome to make an appointment with me to discuss any question related to or arising from the course. For logistical issues, please contact the TA first.

Evaluation:

Course participation (25%):

This part of the grade will be based on your preparation for and contribution to discussion in lectures and tutorials. You would be asked to lead the tutorial discussion at least once during the semester. You will need to post two or three questions for discussion online at least 24 hours before the meeting and introduce these questions to the class at the beginning of the tutorial. Specifics will be announced by the end of the Add/Drop period.

Illness Narrative assignment (25%):

Write a paper (word limits for UG and MA students: 1200 and 1500 words respectively; both in English) based on an interview with a family member or friend who has experienced some kind of mental illness or psychological distress. You could also choose to write about your own experience. You should use one or two concepts you have learned up to this point to reflect on the experience. Due on March 12 (5 pm).

Final Paper (50%):

The final paper (word limits for UG and MA students: 2400 and 3000 words respectively; both in English) should focus on a topic of particular interest to you (of course, it has to be related to psychiatry, mental health, mental illness, or psychological distress). This is an opportunity for you to engage in independent research that utilizes the ideas and themes from this course. Although this is an anthropology course, the project doesn't need to be based on fieldwork. You are encouraged to discuss with the instructor about your proposed topic. When you contact me, please write down your thoughts in one or two short paragraphs. The final paper is due on May 12 (5pm).

Please note that in anthropology (and most of the humanities and social sciences disciplines), the quality of writing would affect your grades substantially. I also think that when it comes to writing, the quality is far more important than the length (There seems to be a myth among humanities and social sciences students here that the professor would favor a longer paper rather than a shorter one.

I think this is a serious mistake—If you do think that you must write a longer paper and you are confident in its quality, please let me know in advance). I hope you could spare some time to do proofreading before submitting your paper. Please make the best use of the writing resources available at the university. Sadly, our "Independent Learning Centre" (https://www.ilc.cuhk.edu.hk/EN/) does not have writing tutors—I do think this is a ghastly mistake. I strongly recommend you to read "A Student's Guide to Reading and Writing in Social Anthropology," written by the UG Anthropology students at Harvard University (https://anthropology.fas.harvard.edu/files/anthrodept/files/anthropology_writing_guide_2010.pdf).

Assignment:

Academic Integrity:

Students need to know how to cite properly and how to avoid plagiarism— using someone else's ideas or words without attribution. Please read the University's guidelines about academic honesty (https://www.cuhk.edu.hk/policy/academichonesty/). It's worth refreshing your memory even if you have read it before. Pay particular attention to Section 1 (What is plagiarism), Section 2 (Proper use of source material), and Appendix 1 (Details guidelines on proper use of source material).

Submission of papers:

The papers should be submitted via the plagiarism-detecting website Veriguide (https://academic.veriguide.org/academic/ login_CUHK.jspx). You should simultaneously send the file along with a signed declaration confirming your awareness of the University's policies, regulations, guidelines and procedures to the instructor.

Late Policy:

The assignments are due on the day and time specified in the syllabus. Extension is granted to medical or family/personal emergencies. You should contact the instructor as soon as possible if such unfortunate events occur. Each day late without an approved extension will result in a reduction of 1/3 of a letter grade (i.e. A becomes A-; B+ becomes B).

Grade Descriptors:

Grade	Overall Course
A	Outstanding performance on all learning outcomes
A-	Generally outstanding performance on all (or almost all) learning outcomes
B	Substantial performance on all learning outcomes, OR high performance on some learning outcomes which compensates for less satisfactory performance on others, resulting in overall substantial performance
C	Satisfactory performance on the majority of learning outcomes, possibly with a few weaknesses

D	Barely satisfactory performance on a number of learning outcomes
F	Unsatisfactory performance on a number of learning outcomes, OR failure to meet specified assessment requirements.

Weekly Schedule (subject to minor revision)

Jan 11: Introduction

Film: *Through the Glass Darkly*, Ingmar Bergman, 1961.

賴香吟 2012 其後それから 台北 印刻出版社（片段節選）
林奕含 2017 房思琪的初戀樂園 台北 游擊文化出版社（片段節選）

Recommended:

Rose, Jaqueline. 2020. "To Die One's Own Death." *London Review of Books* 42(22) (https://www.lrb.co.uk/the-paper/v42/n22/jacqueline-rose/to-die-one-s-own-death)

Jan 18: Cultures of Psychiatry

Luhrmann, Tanya. 2001. "What's Wrong with the Patient," in *Of Two Minds: An Anthropologist Looks at American Psychiatry*. Pp. 25-83. New York: Vintage.

Rosenhan, David. 1973. "On Being Sane in Insane Places." *Science* 179: 250-258.

Spitzer, Robert. 1975. "On Pseudoscience in Science, Logic in Remission, and the Case for Psychiatric Diagnosis." *Journal of Abnormal Psychology* 84(5): 442-452.

Recommended:

Lando, Harry. 1976. "On Being Sane in Insane Places: A Supplemental Report." *Professional Psychology*: 7(1): 47-52.

Kleinman, Arthur. 1988. "What is a Psychiatric Diagnosis?" in *Rethinking Psychiatry: From Cultural Category to Personal Experience*. Pp. 5-17. New York: Free Press.

蔡友月 2011. 一個跨文化、跨領域精神醫療研究取徑的定位與反省。科技、醫療與社會。15:11-64。

Jan 25: Psychiatric Asylum

Baum, Emily. 2018. "From Madness to Mental Health." in *The Invention of Madness: State, Society, and the Insane in Modern China*. Pp. 111-136. Chicago: University of Chicago Press.

Film: *An Eight Month Experiment, Beiping* (北平八閱月之實驗), Rockefeller Foundation, 1933-4

Erving, Goffman. 1961. "The Moral Career of the Mental Patient." in *Asylums: Essays on the Social Situation of Mental Patients and Other Inmates*. Pp. 117-56. London: Penguin Books.

Recommended:

Barrett, Robert J. 1996. "Moral Trajectories: From Acute Psychosis to Chronic Schizophrenic." in *The Psychiatric Team and the Social Definition of Schizophrenia*. Pp. 143-177. Cambridge and New York: Cambridge University Press.

Lovell, Anne M. and Nancy Scheper-Hughes. 1986. "Deinstitutionalization and Psychiatric Expertise: Reflection on Dangerousness, Deviancy, and Madness." *International Journal of Law and Psychiatry* 9(3): 361-381.

Film: *One Flew Over Cuckoo's Nest*, directed by Milos Forman, 1975

Feb 1: Extraordinary Conditions

Jenkins, Janis. 2004. "Schizophrenia as a Paradigm Case for Understanding Fundamental Human Processes." In *Schizophrenia, Culture, and Subjectivity: The Edge of Experience*. Edited by Janis Jenkins and Robert Barrett. Pp. 41-47 ("The Feel of Schizophrenia"). Cambridge and New York: Cambridge University Press.

Lachenmeyer, Nathaniel. 2000. *The Outsider: A Journey into My Father's Madness*. New York: Broadway Books. (Read Chapter 1 "The Transient," Pp. 3-24)

Jenkins, Janis H. 2015. "This Is How God Wants It? The Struggle of Sebastián." in *Extraordinary Conditions: Culture and Experience in Mental Illness*. Pp. 71-95. Berkeley: University of California Press.

Recommended:

Desjarlais, Robert. 1997. "Struggling Along: The Possibilities for Experience Among the Homeless Mentally Ill." *American Anthropologist New Series* 96(4): 886-901.

Corin, Ellen. 1998. "The Thickness of Being: Intentional Worlds, Strategies of Identity, and Experience among Schizophrenics." *Psychiatry* 61(2): 133-146.

Lin, Tsung-Yi, and Mei-Chen Lin. 1981. "Love, Denial and Rejection." in *Normal and Abnormal Behaviour in Chinese Culture*. Edited by Arthur Kleinman and Tsung-Yi Lin. Pp. 387-402. Dordrecht: D. Reidel Publishing Company.

Feb 8: Culture and Psychopathology

Barrett, Robert J. 2003 "Kurt Schneider in Boreno: Do First Rank Symptom Apply to the Iban?" in *Schizophrenia, Culture, and Subjectivity: The Edge of Experience*. Edited by Janis H. Jenkins and Robert J. Barrett Cambridge and New York: Cambridge University Press. Pp. 87-109.

Cassaniti, Julia. 2016. "Return to Baseline: A Woman with Acute-Onset, Non-affective Remitting Psychosis in Thailand." in *Our Most Troubling Madness: Case Studies in Schizophrenia across Cultures*. Edited by T.M. Luhrmann and Jocelyn Marrow. Pp. 167-179. Berkeley: University of California Press.

Rin, Hsien. 1965. "A Study of the Aetiology of *Koro* in Respect to the Chinese Concept of Illness." *International Journal of Social Psychiatry* 16 (1): 7-13.

<u>Recommended:</u>

Lee, Sing. 1996 "Reconsidering the Status of Anorexia Nervosa as a Western Culture-Bound Syndrome." *Social Sciences & Medicine* 42 (1): 21-34.

Kleinman, Arthur. 1988. "Do Psychiatric Disorders Differ in Different Cultures?" in *Rethinking Psychiatry: From Cultural Category to Personal Experience*. Pp. 18-33. New York: Free Press.

Good, Byron. 1997. "Studying Mental Illness in Culture." *Ethos* 25(2): 230-248.

Feb 15: No Class (Lunar New Year)

Feb 22: Depression

Styron, William. 2004[1990]. *Darkness Visible*. London: Vintage Books. (Read IV-VI, Pp. 36-67)

Csordas, Thomas and Janis Jenkins. 2018. "Living with a Thousand Cuts: Self-Cutting, Agency, and Mental Illness among Adolescents." *Ethos* 46(2): 206-229.

Kitanaka, Junko. 2012. "The Gendering of Depression and the Selective Recognition of Pain." In *Depression in Japan: Psychiatric Cures for a Society in Distress*. 129-150. Princeton: Princeton University Press.

<u>Recommended:</u>

Suzuki, Akihito. 2013. "Psychiatry in the Land of Suicide: Medicalization of Self-Killing in Early-Twentieth Cantury Japan." *Japanese Journal of Medical History* 59(1): 3-15.

Ozawa-de Silva. 2008. "Too Lonely to Die Alone: Internet Suicide Pacts and Existential Suffering in Japan." *Culture, Medicine, and Psychiatry* 32: 516-551.

Jenkins, Janis, Arthur Kleinman, and Byron Good. 1991. "Cross-Cultural Studies of Depression." In *Psychosocial Aspects of Depression*. Edited by Joseph Becker and Arthur Kleinman. Pp. 67-99. Hillsdale, New Jersey: Lawrence Erlbaum Associates, Inc.

Mar 1: Topic to be announced later

Special Speaker: 小卡（公眾號「刺鳥棲息地」與「社工學生小卡」主創）

Mar 8: Politics of Trauma

Young, Allan. 1997. "The DSM-III Revolution" in *The Harmony of Illusions: Inventing Post-Traumatic Stress Disorder*. Pp. 89-117. Princeton: Princeton University Press. (Read Pp.107-117)

Boehnlein, James and Devon Hinton. 2016. "From Shell Shock to PTSD and Traumatic Brain Injury: A Historical Perspective on Responses to Combat Trauma." In *Culture and PTSD: Trauma in Global and Historical Perspective*. Edited by Devon Hinton and Byron Good. Pp. 154-175. Philadelphia: University of Pennsylvania Press.

Antze, Paul. 1996. "Telling Stories, Making Selves: Memory and identity in Multiple Personality Disorder." In *Tense Past: Cultural Essays in Trauma and Memory*. Edited by Paul Antze and Michael Lambek. Pp. 3-23. New York and London: Routledge.

Recommended:

Duncan, Whitney. 2016. "Gendered Trauma and Its Effects: Domestic Violence and PTSD in Oxana." in *Culture and PTSD: Trauma in Global and Historical Perspective*. edited by Devon E. Hinton and Byron J. Good. Pp. 202-239. Philadelphia: University of Pennsylvania Press.

James, Erica. 2016. "Culture, Trauma, and the Social Life of PTSD in Haiti." in *Culture and PTSD: Trauma in Global and Historical Perspective*. edited by Devon E. Hinton and Byron J. Good. Pp. 359-386. Philadelphia: University of Pennsylvania Press.

(ANTH2321/UGEC2654 From Madness to Mental Health on March 9
    Guest Speaker talk (in Cantonese): topic to be announced, by Vincent Chung Yan Cheng 鄭仲仁, a well-known social worker, person with lived experiences, and mental health advocate in Hong Kong)

Mar 15: Psychopharmaceuticals

Metzel, Jonathan. 2003. "Mother's Little Helper: The Crisis of Psychoanalysis and the Miltown Revolution." *Gender & History* 15(2): 228-255.

Martin, Emily. 2007. "Pharmaceutical Personality." In *Bipolar Expedition: Mania and Depression in American Culture*. Pp. 150-173. Princeton: Princeton University Press.

Recommended:

Lakoff, Andrew. 2003. "The Lacan Ward: Psychopharmacology and Subjectivity Buenos Aires." *Social Analysis* 47(2): 82-101.

Biehl, Joao. 2010. "CATKINE…Asylum, Laboratory, Pharmacy, Pharmacist, I and the Cure: Pharmaceutical Subjectivity in the Global South." In *Pharmaceutical Self: The Global Shaping of Experience in an Age of Psychopharmacology*. Pp. 97-116. Santa Fe: School of Advanced Studies Press.

Behrouzan, Orkideh. 2016. "Drpreshen Talk, the Pill, and Psychiatric Subjectivities." In *Prozak Diaries: Psychiatry and Generational Memory in Iran*. Pp. 93-121. Stanford: Stanford University Press.

(ANTH2321/UGEC2654 From Madness to Mental Health on March 16
    Guest Speaker talk (in English): topic to be announced, by Amanda Chiu Ming Li 李昭明, the co-founder and CEO of Storytaler 說書人, a clinical psychologist, and a mental health advocate.)

March 22: Therapy

Lester, Rebecca J. 2019. "Loosening the Ties That Bind." In *Famished: Eating Disorders and Failed Care in America*. Pp. 183-213. Berkeley: University of California Press.

Zhang, Li. 2020. "*Bentuhua*: Culturing Psychotherapy." In *Anxious China: Inner Revolution and Politics of Psychotherapy*. P.46-74. Berkeley: University of California Press.

Recommended:

Luhrmann, Tanya. 2000. "Psychoanalyst" in *Of Two Minds: An Anthropologist Looks at American Psychiatry*. Pp. 181-202. New York: Vintage Books.

Frank, Jerome D. and Julia B. Frank. 2000 (1973) "A Conceptual Framework for Psychotherapy" in *Persuasion & Healing: A Comparative Study of Psychotherapy*. P.21-51. Baltimore and London: John Hopkins University.

Duncan, Whitney. 2017. "*Dinámicas Ocultas*: Culture and Psy-Sociality in Mexican Family Constellations Therapy." *Ethos* 45(4): 489-513.

Mar 29: No Class (Reading Week)

Apr 4: No Class (Ching Ming Festival)

April 11: Generational Transmission

Khan, Nichola. 2019. "Breathing as Politics and Generational Transmission: Respiratory Legacies of War, Empire, and Chinese Patriarchy." *Public Anthropology* 2(2): 201-225.

Han, Clara. 2020. *Seeing Like a Child: Inheriting the Korean War*. Fordham University Press (excerpts).

Recommended:

吳繼文 2017 天河撩亂 台北 寶瓶文化（二十週年復刻版）

Apr 18: Play

Luhrmann, Tanya. 2012. "Let's Pretend," in *When God Talks Back: Understanding the American Evangelical Relationship with God*. Pp. 72-100. Alfred A. Knoff: New York.

Winnicott, Donald W. 2005[1971]. "Playing: A Theoretical Statement." in *Playing and Reality*. Pp. 51-70. Routledge: Abingdon, Oxon.

Recommended:

Fein, Elizabeth. 2015. "Making Meaningful Worlds: role-playing subcultures and the autism spectrum." *Culture Medicine, and Psychiatry* 39(1): 299-321.