PSYC 5804 E – INDIGENOUS MENTAL HEALTH

Course	PSYC 5804 E: Indigenous Mental Health
Instructor	Chad Danyluck
Term	Fall 2023
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Office Location	Loeb B547 (in-person)
Office Hours	TBA

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

First Nations, Inuit, Métis, and other Indigenous communities contend with disproportionately high rates of psychological distress. Many of these communities attribute this distress to their long and ongoing colonial encounters with settler society. This course is designed to bring students up to date on the research area of Indigenous mental health and resilience, as well as other relevant domains of inquiry (e.g., discrimination, stress, and health). Importantly, this course will offer a decolonial perspective on psychological science. We will consider the relevance and potential harm caused by the concepts, categories, tools, and techniques of the psychological scientists and mental health professionals that have worked with Indigenous communities and we will consider under what circumstances, if any, it may be appropriate to carry out such scientific inquiry. We will also consider alternative ways of knowing as well as cultural and spiritual approaches identified and promoted by Indigenous people themselves as conducive to healing and wellness. Thus, an important goal of the course will be to move some of the focus away from Western approaches to Indigenous mental health and into Indigenous communities where the healing is occurring.

Students are expected to attend and participate in class; come to class prepared to discuss topics in Indigenous mental health based on assigned readings; write routine responses to assigned readings and submit a major independent research paper addressed to the promotion of Indigenous well-being and resilience.

EVALUATION

Evaluation is based on a diverse array of assessments, including routine assignments, attendance, participation, and a final paper.

TEXT

There will be numerous assigned readings available through MacOdrum Library.