

MODEL CURRICULUM – Third Level

1.

Course title: Women and Mental Health				
Course coordinator: Doc. dr. Mojca Urek				
Lecturers: Red. prof. dr. Darja Zaviršek , Doc. dr. Mojca Urek				
No. of hours: 125	Lectures: 30	Seminars: 0	Lab. work: 0	Other: 95
Credits: 5				

2.

Prerequisites:

The student has to complete the second-level studies programmes; studies programmes providing education for occupation regulated by Directives of the European Union evaluated with at least 300 credits; existing university study programmes in social and applied sciences, art and humanities, exceptionally in other sciences.

3.

Course objectives and intended learning outcomes:
(course-specific references)

The main goals are to present the basic theoretical concepts for the study of the women's mental health with the emphasis on the understanding of the gender perspective. Students will gain the competencies to recognize the characteristics of gender-sensitive practices in the field of mental health and to understand the history of treating women in the psychiatric systems of various cultures. They will understand the origins of the patriarchal elements of medical institutions and the construction of madness as a 'women's issue'. They will understand the social construction of reactions to mental anguish with the emphasis on gender differences and they will learn of the differences in manifestations of mental distress in the past and the present. The student will obtain the theoretical frame for critical evaluation of methodologies and researches in the field of women's mental health and will be qualified for the evaluation of sensitivity to the gender issue in mental health services and evaluation of sensitivity to the issue of women's mental health in other social services.

Knowledge and understanding:

Knowledge of basic theoretical concepts in the field. Knowledge and critical evaluation of methodology and researches in the field of women's mental health. Knowledge of the basic topics of the course. Understanding the effect of discrimination on mental health. Knowledge of principles of good practice for the evaluation and planning of services sensitive to the gender issue.

Reflection:

Reflection on their own understanding of the theory and practical experience, critical evaluation of similarities between theory and practice, reflection on their own prejudices.

4.

Contents (syllabus outline):

Contribution of the feminist theory to the field. Methodology of research in women's mental health. Women's mental health from the historical perspective. Hysteria in Slovenia. Social construction of the manifestation of mental distress for genders. Risk factors and protection against development of mental distress in women. Vulnerable groups of women. Effects of physical and sexual violence on the development of mental distress in women. Women, homelessness and mental health. Effects of poverty on women's mental health. Mental health of women migrants. Psychosocial help for people with eating disorders. Motherhood and mental health. Effect of care roles on women's mental health. Medication of women. Gender minorities and mental health. Outright and unintentional discrimination against women in psychosocial services. Operating principles in psychosocial services which take gender differences into consideration.

5. Literature:

- Chesler, Phyllis (2005), *Women and Madness*. Palgrave, New York.
- Bass, E., Davis, L. (1998), *Pogum za okrevanje. Priročnik za osebe, ki so preživele spolne zlorabe v otroštvu*. Ljubljana: VŠSD in Liberalna akademija.
- Busfield, J. (1996), *Men, Women and Madness. Understanding Gender and Mental Disorder*. Houndmills, Basingstoke, London: Macmillan.
- Davar, Bhargavi V. (ed.) (2001), *Mental Health from a Gender Perspective*. New Delhi, London: SAGE Publications.
- Rener, Tanja, Sedmak, Mateja, Švab, Alenka, Urek, Mojca (2005), *Le radici e le ali : la vita familiare in Slovenia*. Cassino: Qualecultura: Università degli studi, 2005. 216 str., graf. prikazi, tabelle. ISBN 88-16-90106-5.
- (1997), *Socialno delo 36 (1997), 5-6* (posebna številka).
- (2005), »Tako lepa pa invalidk«: Socialno delo proti diskriminaciji hendikepiranih žensk. posebna številka, *Socialno delo*, št. 1-3.
- Sinason, Valeri (1995), Raziskovanje spolnega izrabljanja v psihoterapevtskem okolju in odzivanje nanj. V: Zaviršek, D. (ur.), *Spolno nasilje. Feministične raziskave za socialno delo*. Ljubljana: VŠSD.
- Urek, Mojca (1998), Vprašanje materinstva v teoriji in praksi feminističnega socialnega dela v Ženski svetovalnici. *Zdravstveno varstvo 37: 163-169*.
- Urek, Mojca (2002), Vodič za preživetje skozi socialno-varstvene službe ter službe duševnega zdravja za lezbijke in geje. *Socialno delo 41, 2*.
- Urek, Mojca (2005), *Zgodbe na delu : pripovedovanje, zapisovanje in poročanje v socialnem delu*. Ljubljana : Založba /*cf.
- Urek, Mojca (2005), Making a case in social work : the construction of an unsuitable mother. *Qualitative social work*, vol. 4, No 4, str. 451-467.
- Zaviršek, Darja (1994), *Ženske in duševno zdravje. O novih kulturah skrbi*. Ljubljana: Visoka šola za socialno delo.
- Zaviršek, Darja (1994), Psihiatrični oddelek med boleznijo in njeno kulturno manifestacijo. Študija primera (I., II., III., IV, V). *Socialno delo*, 33, številke: 1, 2, 3, 4, 5.
- ZAVIRŠEK, Darja. A historical overview of women's hysteria in Slovenia. *Eur. j. women's*

stud., May 2000, vol. 7, no. 2, str. 169-188.

- Zaviršek, Darja (2000), Telo v prostorih zasebnega in javnega: sociološki in psihosocialni modeli motenj hranjenja. V: Battelino, T. (ur.), *Debelost in motnje hranjenja*. Ljubljana: MF, Katedra za pediatrijo, str. 143-151).
- Zaviršek, Darja (2003), Nevidno nasilje - normativnost in normalizacija nasilja nad ljudmi z gibalnimi, senzornimi in intelektualnimi ovirami. *Rev. krim. kriminol.*, jan/mar 2003, let. 54, št. 1, str.3-14.
- Zaviršek, Darja (2006), Communities of gatekeepers and communities of advocates : being disabled in Eastern Europe. V: Dominelli, Lena (ur.). *Revitalising communities : theory and practice in a globalising world*. Aldershot: Ashgate.
- Zaviršek, Darja (2006), Disabled women everyday citizenship rights in East Europe : examples from Slovenia. V: Lukić, Jasmina & Regulska, Joanna & Zaviršek, Darja, *Women and citizenship in Central and Eastern Europe*. Aldershot: Ashgate.

6.

Teaching methods:

Lectures; seminars; workshops; student presentations. The students can gain the required credits with attendance at the lectures or with the participation at the seminars which are dealing with the above mentioned area. Students will be supervised during their self study hours. Since it is an international study programme, some classes will be delivered electronically (videoconferences, teleconferences, DVD, chat etc.).

7.

Assessment methods:

The students will be required to show full knowledge of the required literature with emphasis on their own research topic. The assessment methods will include:

- Assessment of the individual research work related to the module;
- Writing of a subject related seminar paper;
- student's presentations of the paper.

Instead of the above mentioned assessment methods the student can ask to be assessed with oral or written exam.

Seminar papers, projects, research work are graded according to the following grading scale:

- 10 – excellent: outstanding performance with only minor errors
- 9 – very good: above the average standard but with some errors
- 8 – good: generally sound work with a number of notable errors
- 7 – satisfactory: fair but with significant shortcomings
- 6 – sufficient: performance meets the minimum criteria
- 1-5 – fail: performance does not meet the minimum criteria

At the end of the module the student will gain 5 credits. Alternatively, the student can choose to gain 5 credits with the publication of a scientific paper in the area of women and mental health as a result of the research work.

8.

References:

(3-5 references relevant to the course)

Doc. dr. Mojca Urek

- (2005), *Zgodbe na delu : pripovedovanje, zapisovanje in poročanje v socialnem delu*. Ljubljana : Založba /*cf., 2005, 319 str. + razglednica. (Oranžna zbirka). ISBN 961-6271-76-8.
- (2005), Making a case in social work : the construction of an unsuitable mother. *Qualitative social work*, vol. 4, No 4, str. 451-467. ISSN 1473-3250
- Rener, Tanja, Sedmak, Mateja, Švab, Alenka, Urek, Mojca. *Le radici e le ali : la vita familiare in Slovenia*. Cassino: Qualecultura: Università degli studi, 2005.

Red. prof. dr. Darja Zaviršek

- (1994), *Ženske in duševno zdravje*. Ljubljana, VŠSD.
- (2000), A historical overview of women's hysteria in Slovenia. *Eur. j. women's stud.*, May 2000, vol. 7, no. 2, str. 169-188.
- (2006), Disabled women everyday citizenship rights in East Europe : examples from Slovenia. V: Lukić, Jasmina, Regulska, Joanna, Zaviršek, Darja (ur.). *Women and citizenship in Central and Eastern Europe*. Aldershot: Ashgate.