PSYC 300Q
Latino Psychology: Mental Health and the Latino Experience in the USA
Course Syllabus

COURSE TITLE: Latino Psychology: Mental Health and the Latino Experience in the USA
TERM: Fall 2009
LOCATION: El Centro
CLASS HOURS: Wednesdays 6:10-8:50 p.m.
CLASS DROP DATE: November 13, 2009 (no financial credit)
INSTRUCTOR: Dr. Susana Zarankin
OFFICE HOURS: Wednesdays 5:40-6:10 p.m., or by appointment
TELEPHONE: (773) 216-8456

REQUIRED TEXTS
The Latino Patient, A Cultural Guide for Health Care Providers by Nilda Chong, MD, DrPH, MPH
The Maria Paradox by Rosa Maria Gil, D.S.W., and Carmen Inoia Vazquez.

ARTICLES POSTED IN BLACKBOARD:
1. Hispanic Psychology: A 25-year retrospective look (Amado M. Padilla)
2. Understanding Discrimination against Hispanic/Latino Americans
3. Born in East L.A.; an exercise in cultural schizophrenia (Alicia G. de Alba)
4. Measures of Acculturation (Juan Carlos González)
5. Internalized Oppression and Latinos (Laura M. Padilla)
6. Psychotherapy with Bicultural Hispanic clients (Jesse Valdez)
7. Culture and Clinical Practice: Recommendations for Working with Puerto Rican and other Latinos in the United States (Raquel Andres-Hyman; Jose Ortiz; Manuel Paris; Larry Davison)
8. Survey- identifies health issues in six Chicago communities, leads to targeted interventions. Sinai Institute and Community Health Report in Chicago (2005)
9. Transcultural Child Development; Psychological Assessment and treatment (Gloria Johnson-Powell and Joe Yamamoto)
10. Other assigned articles

COURSE OBJECTIVES
This course is designed to explore and understand the multiplicity of factors (biological, psychological, environmental and cultural) that impact and shape the mental health of different Latino groups living in the USA. Furthermore, it is part of the objective to provide each student with an enriching experience that is educational, challenging, and thought provoking.

SPECIFIC OBJECTIVES
By the end of the course, the student will be able to:
A) Understand the interplay between biological, psychological, environmental and cultural factors, and the mental health of Latinos in USA.
B) Learn how Latino stereotypes have shaped the self-image and self-esteem of Latino immigrants, as well as Latino descendents born in this country.

C) Learn about the importance of helping Latinos preserve the culture of origin while successfully navigating a host society (Bi-culturality)
D) Take a deeper look at "The Latino patient" and the relationship with the health provider in the mental health arena.
E) Learn how to become an effective counselor when working with the Latino population.
F) Focus on special issues that are affecting the Latino family (domestic violence, substance abuse, child abuse)

To achieve the stated objectives, students will engage in the following activities:

a) Complete assigned reading in the required text and articles before and after class meetings.
b) Be prepared to participate in class discussions on reading material.
c) Attend weekly classes.
d) Complete and present assigned project.

COURSE REQUIREMENTS
Students are expected to complete daily reading assignments before class meetings and to be prepared to participate in discussions on reading material. Class participation is an important part of the learning experience in this class. Students are encouraged to participate in class discussions and ask questions.

GRADING SYSTEM
PROJECT: Each student must complete one project during the semester. The project consists of a 7-10 page paper. Each student must present her/his project to the class on a designated date. The student will receive points for a well-prepared presentation.

Students will receive points for participation and attendance. Points in each will be assigned separately.

Students will earn points for bringing and discussing articles in class that are related to Latinos and mental health. The student will present and do the write-up of eight articles (5 points each) and share the information with the class on assigned dates. The information presented in the articles is the following:

1. Discrimination; prejudice; stereotyping; racism
2. Health (physical) issues in the Latino population
3. Environmental issues affecting the Latino population (education, jobs, community)
4. Mental Health in the Latino population (mental disorders, risk and protective factors)
5. Cultural issues (differences between Latinos and dominant group, intergenerational differences, acculturative stress, the Latino family)
6. Special issues facing the Latino population (domestic Violence, child abuse, substance abuse, HIV, teen pregnancy)
7. Marriage and family (parents' roles, children's roles, extended family's roles)
8. Effective interventions with the Latino population

PSYC 300Q
Latino Psychology: Mental Health and the Latino Experience in the USA

Final course grades will be based on the following grading system:

Project	35 points
Project presentation	10 points
Articles presentation/write-up	40 points (5 points each article)
Attendance/participation	15 points

Note: The due date for turning in the project and project presentation will be arranged by professor and student.

The following straight-line scale will be used:

A= 90-100 points	D= 60-69 points
B= 80-89 points	F= below 59 points
C= 70-79 points	

ABSENCE POLICY
It is expected that each student will be present for all sessions and stay for the entire period.

LEARNING COMPONENTS
The learning approach to this course is didactic and experiential. It utilizes the following methods of instruction to achieve the stated course objectives: lecture, readings, projects, and videos.

ACADEMIC INTEGRITY
All university policies regarding plagiarism, coping, and cheating apply for this course.

PSYC 300Q
Latino Psychology: Mental Health and the Latino Experience in the USA

Topic Outline

1. **Overview of historical factors that influence mental health among different Latino/Hispanic groups who reside in USA.**
   A. Latinos in USA: Present and future statistical projections.
   B. The big debate: Who are the Latinos/Hispanics living in the USA?
   C. Diversity within the Latino population.

2. **Biological, psychological, environmental and cultural factors affecting mental health among Latinos living in the USA.**

3. **Culturally mediated stresses and psychopathology.**
   A. Latino/a identity: Prejudice, racism, stereotypes and impact on mental health.
   B. When two worlds collide: Emotional adjustment of a minority culture into American society. Transitional stress and complicating factors. (i.e. lack of familiarity with English language, unemployment.)

4. **Latino Developmental Psychology**
   A. Latino children and their developmental psychosocial adjustment.
   B. The Latino/a adolescent and the challenges they face in American society.
   C. The Latino adult experience: Psychological Factors
   D. Mental health and the Latino/a elderly.

5. **Mental health and measures of acculturation**
   A. Psychopathology and the effects of acculturative stress.
   B. Acculturation styles: assimilation, integration, rejection and de-culturation.

6. **The concept of BI-CULTURALITY:** When two worlds meet. Integrating a bi-cultural approach to mental health counseling.

7. **Latino Psychology and Self-esteem: External/internal locus of control.**
   A. Latinos portrayed in the media and the impact in personal and family life.
   B. Latino diversity and cultural richness.

8. **Latino Psychology and Gender**
   A. The concept of machismo: Transubstantive error and self-fulfilling prophecy.
   B. The other half of machismo: Marianismo. The ten commandments of Marianismo.
   C. Definition of the ideal role of Latino women. The Madonna complex and the impact in male/female relationship.
   D. The role of male/female sexuality. Cultural attitudes and taboos about sex and sexuality.

PSYC 300Q
Latino Psychology: Mental Health and the Latino Experience in the USA

9. **Psychology and The Latino family: Tradition and Values.**
    A. Intergenerational differences.
    B. Interracial marriages: Respect, tolerance and communication.

10. **Physical/emotional health.**
    A. The impact of changes in life style. Illness and stress in the Latino population.
    B. The impact of physical, emotional, sexual abuse and child neglect in the Latino population.
    C. Domestic violence and the Latino family.