

## WOMEN'S MENTAL HEALTH

Spring 2008  
Psychology 340  
T/Th 10-11:30

### Instructor:

Alexis Bennett Rosenfeld  
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Office Hours: Tuesdays, 11:30-12:30 in BYC 203

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### Course Overview and Format:

This course will provide an overview of current research and theory related to women's mental health. Utilizing a developmental framework, we will discuss psychological phenomena and disorders that are particularly salient to and prevalent among women, theories regarding why these phenomena/disorders affect women disproportionately over men, and how they may impact women's psychological and physical well-being. Psychological disorders covered will include: Depression, Eating Disorders, Post-Traumatic Stress Disorder, and Borderline Personality Disorder. Psychological phenomena discussed will include work-family conflict for working mothers, the role of sociocultural influences on women's mental health, gender differences in interpretation of and responses to stress, and the impact of intimate and domestic violence to women. We will also cover mental health issues particular to women of color and to lesbian women.

This is a Praxis I course which will require your participation in one of several approved field placements. The field placement component of the course is designed to link the theoretical perspectives taught in the class with "real-world" civic experience. Working closely with the instructor and Diane Gibfried, Praxis Coordinator, you will spend three hours per week for 10 weeks in activities related to your Praxis placement. You will receive a separate handout detailing the Praxis component of this course. Briefly, the Praxis assignment will involve getting to know the mental health needs of the clientele at your placement site and creating a psychoeducational workshop for those individuals based on their needs, the theoretical material covered in course lectures and readings, and additional research that each Praxis group will be expected to conduct. Praxis placements will begin during the week of February 11 and continue weekly through the week of April 21 (excluding the Spring Break week).

### Course Pre-requisite:

- Abnormal Psychology (Psych 209 or equivalent)
- OR Developmental Psychopathology (Psych 351 or equivalent)

### Readings:

- There is no text required for this course. All readings will be posted on Blackboard.

### Lecture Outlines:

- Lecture outlines will be posted on Blackboard each week.

Course Requirements:

1. **Readings:** You will be expected to read all assigned articles before the class period for which they are assigned.
2. **Take-Home Midterm Exam:** This will be a written exam composed of several essay questions. (25% of course grade)
3. **Student-Led Discussion Groups:** Throughout the semester, we will devote entire class periods to discussion of the course material and its links to your Praxis placements. Students will be required to co-lead (together with the other students in their Praxis group) the discussion section linked with their Praxis placement for the course. Co-leading will require preparing discussion points for the class based on related course lectures and readings, and giving a presentation about the group's Praxis project and progress-to-date. You will receive more information about the requirements of these student-led discussion groups in a separate handout about the Praxis component of this course. (15% of course grade)
4. **Praxis Journal:** Over the course of the semester, you will be asked to reflect on your experience in your Praxis placement in a journal-like format. Journals will be turned in to the instructor on a monthly basis for review. You will get more details about the Praxis Journal in a separate handout about the Praxis component of this course. (5% of course grade)
5. **Final Presentation based on Praxis placement:** Each Praxis group will present its psychoeducational workshop to the class during the last week of classes. As part of this assignment, each group will be required to hand in to the instructor: 1) a written transcript of the workshop presentation; 2) paper or disc copies of any visual aids used in the presentation; and, 3) a list of bibliographic references used in creating the presentation. Each student will also be required to write a one or two paragraph summary detailing her individual contribution(s) to the group project. You will get more details about the Praxis project in a separate handout. (25% of course grade)
6. **Take-Home Final Exam:** This will be another essay-type exam. (30% of course grade)

Weekly Topics, Readings, and Assignments:

Tues. Jan 22      **Why an Entire Course on Women's Mental Health?**

Thurs. Jan 24      **Studying Gender Differences in Psychology**

Lips, H.M. (2005). Why a global, multicultural psychology of women. *A New Psychology of Women, Third Edition* (pp. 1-36). Boston: McGraw Hill.

Barrett, L.F., Robin, L., Pietromonaco, P.R., & Eysell, K.M. (1998). Are women the "more emotional" sex? Evidence from emotional experiences in social context. *Cognition and Emotion, 12*(4), 555-578.

Tues. Jan 29      **Praxis Placements: Safety, Confidentiality, and Ethical Issues**  
Diane Gibfried, Praxis Coordinator  
Julie Zaebst & Ellie Esmond, Civic Engagement Office

## CHILDHOOD

Thurs. Jan 31      **The Development of Gender Identity**

Etaugh, C.A. & Bridges, J.S. (2004). Gender self-concept: Developmental processes and individual differences. *The Psychology of Women: A Lifespan Perspective, 2<sup>nd</sup> Edition* (pp. 53-83). Boston, MA: Pearson Education, Inc.

Gilligan, C. (1982). *In a Different Voice* (pp. 24-39). Cambridge, MA: Harvard University Press.

Tues. Feb 5      **Girls in the Classroom and on the Playground – Links to Mental Health**  
& Thurs. Feb 7

Crick, N.R., Casas, J.F., & Mosher, M. (1997). Relational and overt aggression in preschool. *Developmental Psychology, 33*(4), 579-588.

Pomerantz, E.M., Altermatt, E.R., & Saxon, J.L. (2002). Making the grade but feeling distressed: Gender differences in academic performance and internal distress. *Journal of Educational Psychology, 94*(2), 396-404.

Orenstein, P. (2006). What's wrong with Cinderella? *New York Times Magazine*, December 24, 2006, 34-39.

**Field Placement Supervisors meet with students:**

Tues. 2/5: Sharon Beyer, *Forteniters*  
Cheryl Langley, *Womanspace*

Thurs. 2/7: Kathleen Furin, *Maternal Wellness Center*  
Dawn Holland, *Center for Positive Aging in Lower Merion*

## ADOLESCENCE

Tues. Feb 12      **Developmental Challenges Faced by Adolescent Girls**

Etaugh, C.A. & Bridges, J.S. (2004). Adolescence: Physical development and health issues. *The Psychology of Women: A Lifespan Perspective, 2<sup>nd</sup> Edition* (pp. 108-142). Boston, MA: Pearson Education, Inc.

Etaugh, C.A. & Bridges, J.S. (2004). Adolescence: Psychosocial and cognitive development. *The Psychology of Women: A Lifespan Perspective, 2<sup>nd</sup> Edition* (pp. 143-164). Boston, MA: Pearson Education, Inc.

Pipher, M. (1994). *Reviving Ophelia: Saving the Selves of Adolescent Girls* (pp. 11-28). New York, NY: Ballantine Books.

Thurs. Feb 14      **Adolescent Girls' Mental Health I: Gender Disparities in Depression**

Nolen-Hoeksema, S. (2002). Gender differences in depression. In: C.L. Hammen & I.H. Gotlib (eds.), *Handbook of depression* (pp. 492-509). New York, NY: Guilford.

Pipher, M. (1994). *Reviving Ophelia: Saving the Selves of Adolescent Girls* (pp. 146-165). New York, NY: Ballantine Books.

Tues. Feb 19      **Adolescent Girls' Mental Health II: Gender Disparities in Eating Disorders**

Attie, I. & Brooks-Gunn, J. (1989). Development of eating problems in adolescent girls: A longitudinal study. *Developmental Psychology*, 25(1), 70-79.

Pipher, M. (1994). *Reviving Ophelia: Saving the Selves of Adolescent Girls* (pp. 166-185). New York, NY: Ballantine Books.

Smolak, L. & Munstertieger, B.F. (2002). The relationship of gender and voice to depression and eating disorders. *Psychology of Women Quarterly*, 26, 234-241.

Thurs. Feb 21      **Discussion: Girls' Mental Health**  
**PRAXIS GROUP: TBD**

## YOUNG to MIDDLE ADULTHOOD

Tues. Feb 26 **Making the Transition: College, Career, Marriage and Family**

Etaugh, C.A. & Bridges, J.S. (2004). Young adulthood: Education and employment. In C.A. Etaugh & J.S. Bridges, *The Psychology of Women: A Lifespan Perspective, 2<sup>nd</sup> Edition* (pp. 195-221). Boston, MA: Pearson Education, Inc.

Liang, B., Tracy, A., Taylor, C.A., Williams, L.M., Jordan, J.V., & Miller, J.B. (2002). The relational health indices: A study of women's relationships. *Psychology of Women Quarterly*, 26, 25-35.

Thurs. Feb 28 **Adult Women's Mental Health I: Balancing Work and Family Roles – Can Working Moms Make it Work?**

Cinamon, R.G. & Rich, Y. (2002). Gender differences in the importance of work and family roles: Implications for work-family conflict. *Sex Roles*, 47(11-12), 531-541.

Hochschild, A.R. (1997). *The Time Bind: When Work Becomes Home and Home Becomes Work* (pp. 35-52). NY: Metropolitan Books.

Belkin, L. (2003). The opt-out revolution. *New York Times Magazine*, October 26, 2003.

Hair, S.R. (1999). 'All-or-nothing' choices? *Bryn Mawr Alumnae Bulletin*, Winter 1999, pp. 2-4.

*\*Hand in Praxis Journal\**

*Take-Home Midterm Exam Distributed*

Tues. Mar 4 **Discussion of Praxis Project Progress**

Group meetings with Professor Rosenfeld & Diane Gibfried during class time.

Thurs. Mar 6 **Discussion of Praxis Project Progress**

Group meetings with Professor Rosenfeld & Diane Gibfried during class time.

**\*\* TAKE-HOME MIDTERM EXAM DUE Friday, Mar 7, by 4 PM \*\***

**\*\* Mar 10-14 SPRING BREAK \*\***

Tues. Mar 18      **Adult Women's Mental Health II: Post-Partum Depression**

Ohye, B., Moore, C.W., & Braaten, E. (2003). Becoming a mother: A psychobiosocial transition in a woman's life. In L. Slater, J.H. Daniel, & A.E. Banks, *The Complete Guide to Mental Health for Women* (pp.18-30). Boston: Beacon Press.

Shields, B. (2005). War of words. *The New York Times*, July 1, 2005.

Cooper, P.J., Murray, L., Wilson, A., & Romaniuk, H. (2003). Controlled trial of the short- and long-term effect of psychological treatment of post-partum depression. *British Journal of Psychiatry*, 182, 412-419.

Thurs. Mar 20      **Discussion: Mental Health Issues for Moms**  
**PRAXIS GROUP:** Maternal Wellness Center

Tues. Mar 25      **Adult Women's Mental Health III: Interpretation of and Responses to Stress**

De Ridder, D.T.D. (2000). Gender, stress, and coping: Do women handle stressful situations differently from men? In: L. Sherr & J. St. Lawrence (eds.), *Women, health and the mind* (pp. 115-136). Chichester, England: Wiley.

Loving, T.J., Heffner, K.L., Kiecolt-Glaser, J.K., Glaser, R. & Malarkey, W.B. (2004). Stress hormone changes and marital conflict: Spouses' relative power makes a difference. *Journal of Marriage and Family*, 66 (3), 595-612.

Thurs. Mar 27      **Adult Women's Mental Health IV: Borderline Personality Disorder**

Kuo, J.R., Korslund, K.E., Linehan, M.L. (2006). Borderline personality disorder. In: A.Carr & M. McNulty (eds.), *The handbook of adult clinical psychology: An evidence-based practice approach* (pp. 897-905).

Linehan, M.M. et al. (2006). Two-year randomized controlled trial and follow-up of dialectical behavior therapy vs therapy by experts for suicidal behaviors and borderline personality disorder. *Archives of General Psychiatry*, 63, 757-766.

*\*Hand in Praxis Journal\**

Tues. Apr 1      **Discussion: Coping with Stress and Serious Mental Illness**  
**PRAXIS GROUP:** Forteniters Club

## LATER ADULTHOOD

Thurs. Apr 3      **Menopause: Mental Health Issues after the Childbearing Years**

Lips, H.M. (2005). Myths and scripts for women growing older. *A New Psychology of Women, Third Edition* (pp. 376-401). Boston: McGraw Hill.

Deeks, A.A. & McCabe, M.P. (2004). Well-being and menopause: An investigation of purpose in life, self-acceptance and social role in premenopausal, perimenopausal, and postmenopausal women. *Quality of Life Research*, 13, 389-398.

Tues. Apr 8      **Older Adult Women: Mental Health Issues in the “Golden Years”**

McKibbin, C.L., Koonce-Volwiler, D., Cronkite, R.C., & Gallagher-Thompson, D. (2000). Psychological, social, and economic implications of bereavement among older women. In L. Sherr & J.S. St. Lawrence (eds.), *Women, Health and the Mind* (pp. 151-171). Chichester, England: John Wiley & Sons, Ltd.

Thurs. Apr 10      **Discussion: Older Adult Women’s Mental Health**  
**PRAXIS GROUP: Center for Positive Aging in Lower Merion (PALM)**

## SPECIAL TOPICS

Tues. Apr 15      **Trauma and Violence to Women**

Lips, H.M. (2005). Violence against women: A worldwide problem. *A New Psychology of Women, Third Edition* (pp.445-483). Boston: McGraw Hill.

Foa, E.B., Dancu, C.V., Hembree, E.A., Jaycox, L.H., Meadows, E.A., & Street, G.P. (1999). A comparison of exposure therapy, stress inoculation training, and their combination for reducing posttraumatic distress for assault victims. *Journal of Consulting and Clinical Psychology*, 67, 194-200.

Thurs. Apr 17      **Developmental and Mental Health Issues for Women of Color**

Russo, N.F. & Vaz, K. (2001). Addressing diversity in the decade of behavior: Focus on women of color. *Psychology of Women Quarterly*, 25, 280-294.

Musgrave, C.F., Allen, C.E., & Allen, G.J. (2002). Spirituality and health for women of color. *American Journal of Public Health*, 92(4), 557-560.

Tues. Apr 22      **Discussion: Trauma, Mental Health, & Women of Color**  
**PRAXIS GROUP: Womanspace**

Thurs. Apr 24      **Developmental and Mental Health Issues for Lesbian Women**

Rothblum, E.D. (1994). "I only read about myself on bathroom walls": The need for research on the mental health of lesbians and gay men. *Journal of Consulting and Clinical Psychology*, 62(2), 213-220.

Parks, C.A. (1998). Lesbian parenthood: A review of the literature. *American Journal of Orthopsychiatry*, 68(3), 376-389.

*\*Hand in Praxis Journal\**

Tues. Apr 29      **Presentation of Student Praxis Workshops**

Thurs. May 1      **Presentation of Student Praxis Workshops**

**\*\* TAKE-HOME FINAL EXAM DUE Friday, 5/16, at 12:30 PM \*\***  
***(Exam due for SENIORS Saturday, 5/10, at 5 PM)***