



THE UNIVERSITY OF THE WEST INDIES

Masters' Degree in Cultural Therapy

Caribbean Institute of Mental Health & Substance Abuse (CARIMENSA)
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Programme Specifics

The Cultural Therapy programme is part-time and encompasses 36 credits over three years, at a cost of *US\$4,000.00 per year* thus the cost for the programme in its entirety is *US\$12,000.00*.

The programme employs the ‘*Scientist-Practitioner*’ model which reflects the twin emphases of research and the enhancement of learning through opportunities for the practical application of theoretical knowledge.

The successful execution of the Cultural Therapy programme depends on the collaboration of CARIMENSA with a number of other entities, both within and outside the University of the West Indies (UWI). Courses are delivered from the UWI’s Section of Psychiatry, its Departments of Management Studies, and Sociology, Psychology and Social Work, its Schools of Physical Therapy and Nursing and its communications institute, CARIMAC. The Edna Manley College for the Visual and Performing Arts is an external entity which also assists with the delivery of the practical modules. The selection of additional sites for other practical placements is made on an on-going basis, depending on the specific needs of students and on the availability of appropriate host sites and supervisory personnel.

Admission

The Cultural Therapy programme is a diverse one, not only as it relates to collaborating entities, but also with respect to the backgrounds of students who successfully matriculate. Through the programme, persons who would not ordinarily have access to careers in health-related and community development fields.

In keeping with the regulations of the University of the West Indies, Mona, the minimum requirement for admission to this Master’s level programme is a Lower Second Class Honours degree or its equivalent from an approved Tertiary Level Institution. Ideally, graduates with a background in the study of Psychology are preferred; however the Department may consider applications from students based on the following:

- a. Without first degrees: Although not ordinarily be eligible for entry into the programme, in certain instances, such persons may be referred to the University authorities for special consideration, particularly if they are mature students who have a wealth of practical experience in their field of study and a penchant for community leadership and activity.
- b. Without a degree in the study of Psychology: Such students may also be referred to the University authorities for special consideration, particularly if they demonstrate proficiency in a related field of study, have a wealth of practical experience in their field of study and a penchant for community leadership and activity.

It is believed that the varied backgrounds of students in the programme will allow them to learn from each other and will help them to appreciate different perspectives on a broad range of issues.

Courses Offered

The syllabus consists of a mixture of new and pre-existing cross-faculty courses (please note that the course codes may have changed):

***Cultural Therapy: CULT111; CULT211; CULT311**

(3 credits each; 9 credits total)

Prerequisite: None (admission to the programme)

Offered: Years 1-3; Semesters 1 & 2

This capstone course spans all three years of the degree programme. It will use tutorials, group meetings, and cultural and community activities mediated by persons with various areas of expertise to teach students the theoretical underpinnings of Cultural Therapy. They will also develop practical skills, such as how to facilitate ethnohistorical meetings, how to conduct centring exercises, and how to facilitate psychohistoriographic analyses.

****Clinical Research Skills: PSYC6017**

(3 credits)

Prerequisite: PS38D - Experimental Psychology AND PS22G - Statistics for the Behavioural Sciences (or equivalents)

Offered: Year 1; Semester 1

Students will have the opportunity to be placed in any one of several research methods courses already in existence in various departments at UWI. In keeping with the student-practitioner model, they will develop a greater appreciation for the salience of research in driving practice and in evaluating outcomes. They will acquire practical skills which will be useful for both their research project and their work in the field upon graduation.

****Psychopathology**

(3 credits)

Prerequisite: PS24D - Abnormal Psychology (or equivalent)

Offered: Year 1; Semester 1

This is a pre-existing course primarily directed at Masters level students in Clinical Psychology. It will provide students of cultural therapy with an introduction to the aetiology, phenomenology and nosology of mental disorders. Through lectures, discussions and student-led presentations, students will acquire a fundamental understanding of mental illnesses which will allow them to work effectively in this area.

****Issues of Caribbean Psychology: Ethics and Professional Practice Seminar**

(1 credit)

Prerequisite: None (admission to the programme)

Offered: Year 1; Semester 2

This is another pre-existing course which was originally intended for Masters level students of Clinical Psychology. By participating in the student-led seminars which comprise this course, cultural therapy students will be able to explore various ethical issues which arise in therapeutic relationships. They will be exposed to a code of professional ethics by which they will be expected to abide.

***Educational Pedagogy: CULT123**

(3 credits)

Prerequisite: None (admission to the programme)

Offered: Year 1; Semester 2

This is a new course developed by UWI's Institute of Education and Section of Psychiatry. It will be presented through lectures, discussions and case studies and is designed to equip students with a basic understanding of the theory of teaching and learning. It will highlight the role of education as a tool for social change.

****Entrepreneurship**

(3 credits)

Offered: Year 2; Semester 1

Students will be exposed to this course from UWI's Department of Management Studies because of its strong emphasis on entrepreneurship which cultural therapists must master in order to create successful and sustainable projects. The course involves a combination of lectures, guest speakers, group and individual presentations, and case discussions.

***Rehabilitation Management: CULT221**

(3 credits)

Prerequisite: Successful completion of first year of the programme

Offered: Year 2; Semester 2

Students in this course will examine the practical aspects of nursing, physiotherapy and occupational therapy that relate to Cultural Therapy. The course explores human movement and its importance in motivation, the detection of signs of medical illness, dealing with elderly, frail or disabled individuals, behaviour management in rehabilitation, and the assessment and management of daily living and vocational skills.

***Effective Communication: COMM3428**

(3 credits)

Prerequisite: UC120/FD10A

Offered: Year 2; Summer Semester

This course was independently developed by CARIMAC to help a wide cross-section of students develop effective communication and presentation skills. These areas will be important for cultural therapists as they interact therapeutically and otherwise with the various stakeholders in the projects which they implement and manage.

Practical Modules: CULT112; CULT 212; CULT316

(2 credits each, 6 credits total)

Prerequisite: None (admission to the programme and/or successful completion of previous practical courses)

Offered: Year 1-3; Semester 1

Each student will complete three practical modules. These are designed to expose students to the visual and performing arts, music, dance, crafts and other activities. It is expected that students will complete modules outside of their area of expertise in order to widen their knowledge and skill base. These modules will be offered in collaboration

with other departments and institutions, such as the Edna Manley College for the Visual and Performing Arts. While taught course may be available to students, it is the practical aspects of these which will be emphasized.

Supervised Practicum: CULT234

(0 credits – Pass/Fail)

Prerequisite: Successful completion of the first year of the programme.

Offered: Year 2; Summer Semester

This practicum prepares students for professional work as a Cultural Therapist. Students are expected to work as a Cultural Therapist with an existing organization in need of such services. Supervision will be available at both the site of the placement as well as from CARIMENSA. During the practicum, it is expected that students will refine a number of the skills which they would have learned.

Creative Practicum: CULT 337

(0 credits – Pass/Fail)

Prerequisite: Successful completion of all other programme requirements.

Offered: Year 3; Summer Semester

This is the final practicum before graduation. Students are expected to create and participate in a project designed to stimulate wealth in a community setting. Students will design their own work projects, set goals, and work towards achieving pre-set outcomes. They will be required to make a project report of this experience.

Elective Module

(2 credits)

Offered: Can be taken in Year 1 or Year 2 (either semester)

This module is intended to allow students the flexibility of selecting courses suited to their individual personal development needs. These may include existing masters' level courses at UWI or elsewhere. However, practical modules will also be permitted. All elective modules will be subject to the agreement of the course coordinator and the host institution.

Notes:

The course timetable is variable, with the semester, days and times are dependent on scheduling by their respective Departments.

**New courses that have been designed for the Cultural Therapy Master's Degree programme.*

***Existing courses offered through other departments and external agents*

Summary

In summary, Cultural Therapy students will learn the scientific, methodological, and theoretical foundations of cultural therapy and will be exposed to the current body of knowledge in a number of other complementary areas. They will become competent at wealth creation, the development of organizations, management and mobilization, basic psychology, aspects of rehabilitation, the facilitation and stabilization of intellectual and social capital, human resource development, and the use of teams and catalysts. Students will also be exposed to the current body of knowledge in various cultural and artistic forms and activities. Their training will allow them to define problems and to formulate and implement creative and effective intervention strategies. They will also be equipped to make objective evaluations of their interventions by utilizing the research skills which they will have acquired in the programme.

This process of positive change which Cultural Therapy espouses requires a cross-disciplinary collaboration, and a multidisciplinary conversion. The process requires catalytic facilitators to be trained to the highest level of practical and academic understanding and integration. The process allows persons from every conceivable discipline and vocational endeavour to be trained in this methodology. The process demands that the catalytic facilitators developed in this way are able to function at a wide variety of community levels, without any or with only minimal organizational support. The process must ensure that the catalytic facilitators have the practical ability to transform psychological capital into economic capital. The process requires a new way of thinking, a new way of feeling, and a new way of acting. CARIMENSA has identified all of these requirements and stands ready to confront the challenges of our region with the Cultural Therapy programme.