Grade Level: Tenth-twelfth grade

Subject: AP Psychology; Psychology; World Cultures

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Synopsis: This lesson is designed for American students to draw a cross-cultural and historical comparison of mental health approaches between Western Europe/America and Ottoman Empire/Turkey, plus other countries and cultures, depending on the research focus. Since so much of the curriculum on psychology is based on a Western perspective, students will gain a fuller picture of different cultural definitions and approaches to mental health, especially the issue of "new age" therapies often being centuries old. The teacher introduces the concept of "alternative" mental health therapies and presents a brief lesson on the Bayezid II Külliye, which was built in 1488 by the Ottoman sultan Bayezid II and was known for its use of the hydrotherapy, music therapy, and aromatherapy to treat mental illness. Students will then research alternative therapies, placing them in a historical and cultural context, and presenting to the class.

Lesson: Mental Health: Everything Old is New Again

Duration of Lesson: (2 - 3) 90-minute classes (block schedule)

Materials: PowerPoint capability, access to Internet

Key Words: mental health; "alternative" therapy; belief systems; history of psychological institutions; therapy (hydro-, aroma-, music)

Objectives:
- Students will draw cross-cultural comparisons of mental health approaches, specifically during Ottoman times and current "new" approaches (music therapy, hydrotherapy, etc.)
- Students will see how political and philosophical movements influence medical approaches, specifically mental health
- Students will research a specific mental health therapy and place it in its historical context as well as tie it to modern day understanding of mental illness and therapy

Day One:
Focus: Reviewing the Western approaches, specifically American, of the historical and current approaches to mental health; introduction to the approaches at the Bayezid II Külliye, which was built in 1488 by the Ottoman sultan Bayezid II.
This lesson comes at the end of the course, right after the formal assessment on the abnormal psychology unit. Students have familiarity with the DSM-5 (especially psychology studnets) and have worked with the operational definitions of mental health and current therapies.

Activity 1: Activate previous knowledge
In partners or small groups, answer a series of questions to activate previous knowledge (Worksheet 1). Students may use notes/textbook to help answer (app. 10 – 20 minutes). Discuss responses as a class.

Answers to the questions can be found on a timeline: http://www.tiki-toki.com/timeline/entry/37146/A-History-of-Mental-Institutions-in-the-United-States/ and in the Foerscher article. If time allows, students may read Foerscher article.
The teacher may want to further operationally define mental health, hospital, etc. depending on the focus of the particular class.

Since students have already spent time learning about the Western stigmas historically attached to mental health, as well as the conditions of hospitals and horrific treatment of patients, the concept of alternative humane therapies, such as music therapy or hydrotherapy is seen as New Age. In reality, these therapies, as well as aromatherapy, were used in Edirne, Turkey, in the 1400s.

Activity 2: Power Point and lecture – give background to medical education and its connection to Turkey's past

Activity 3: Choose a therapy for mental illness to research:
        Hypnosis
        EMDR (*Eye Movement Desensitization and Reprocessing)*
        Aromatherapy
        Music therapy
        Hydrotherapy
        Meditation
        Massage/Touch therapy
        Cranial Electrical Stimulation
        Acupuncture/Acupressure
        Art therapy
        Light therapy
        Primal therapy

Day 2 = Research. Students can work in pairs or
Useful websites:
http://cpr.bu.edu/resources/newsletter/alternative-approaches-mental-health-care

http://mentalhealthamerica.net/sites/default/files/MHA_CAM.pdf

http://www.nimh.nih.gov/index.shtml

Day 3 = Presentations
Projects may be included in a spring psychology poster session.