

## HEL605 Phenomenological approach to mental health

5 ECTS - 1 semester - - Grimstad

### Study programmes

Health Science, ph.d.-programme

### Language of instruction

English or Norwegian

### Prerequisites

EX-602 Philosophy of Science

### Co-requisites

HEL600 Helsevitenskap I

ME-618 Kvalitative metoder *or* ME-619 Grunnleggende statistikk

### Learning outcomes

After completing the course, the student is expected to know the most important philosophical issues and discussions on phenomenology related to mental health.

- They will have high quality knowledge of the relations between phenomenology of life and its meaning for mental health
- They are able to critically evaluate when phenomenology might be useful to understand the Other and each other
- They are able to identify and evaluate important phenomena within the mental health field

### Course contents

The course gives an introduction to the phenomenological and existential approach to mental health. The first part consists of an introduction to phenomenology as a philosophy and a method for systematic study from a first-person point of view, relations to others and the surroundings. This includes basic conditions of subjective and relational existence. In the second part, this method is applied to a selection of topics: The meaning of place, emotions, intersubjectivity and how to gain and contribute mental health.

### Main topics, first part

- Phenomenology as a philosophy and method in mental health work
- Subjective and relational existence
- Bodily existence
- Personal relations to others

### Main topics, second part

- Me, you and others
- Place: Identity, language and dwelling
- Emotions; love, anxiety, anger and despair.
- Phenomenological principles of health promotion and mental health work

**Teaching methods**

Lectures and seminars

**Examination requirement**

Attend 80% of the obligatory lessons

**Assessment methods and criteria**

Written essay, over seven days, approximately 10 pages.

Pass/Fail.

**Faculty**

Faculty of Health and Sports Sciences

**Literature**

Fromm, E. (1995). *The art of loving*. London: Thorsons. 104 pages.

Gallagher, S. & Zahavi, D. (2008). *The Phenomenological Mind*. New York: Routledge.  
Except ch 2: *Methodologies*. 174 pages.

Heidegger, M. (2008/1954). Building, Dwelling, Thinking. In Joanne Morra & Marquard Smith. *Visual Culture*. New York: Routledge. (p. 66-79). 13 pages.

May, R. (1994). *Existence* Northvale, N.J. : J. Aronson (selected 100 pages).

Nordberg-Schulz, C. (1980). *Genius Loci. Towards a Phenomenology of Architecture*.  
London : Academy Editions. (213 pages).