UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Global mental health and human rights

2526-Bbetween-SIPV-02

Module description

The module aims to critically discuss the current individual, social, and cultural factors that affect public mental health in the Global South. Issues of gender, race, and class will be examined in the light of postcolonial, feminist, and critical studies. The consequences of colonial legacies from the Global North against the oppressed in the Global South are stark and continue to foster gaps and inequalities worldwide. Thus, laboratory and participatory approaches to global mental health encompass a human rights and social justice framework rather than individualistic biomedical psychological models..

MODULE DATES
Thursday, **19-03-2026** 9:00 AM - 17:00 PM
Thursday, **16-04-2024** 9:00 AM - 17:00 PM

AULA SEMINARI- Building U6, 4th floor, Piazza dell'Ateneo Nuovo, 1. Department of Human Sciences.

Learning goals

The objective of the module is to discuss and engage with participatory theories of liberation in mental health, indigenous knowledge as a form of healing, and collective healing approaches as alternatives to individualistic pathology, nosography, and frameworks.

General goal

The general objective of the module is to explore participatory theories of liberation in mental health and to examine indigenous knowledge and collective healing as alternatives to individualistic pathology frameworks.

Specific skills and competences

Participants will develop skills in applying participatory and liberation-based approaches to mental health, focusing on community and collective healing methods. They will also learn to integrate indigenous knowledge into mental health practices, moving beyond individualistic pathology frameworks.

Sustainable Development Goals of the 2030 UN Agenda

This module aligns with Sustainable Development Goal (SDG) 3: Good Health and Well-being, by promoting mental health and well-being through participatory and inclusive approaches. Additionally, it supports SDG 10: Reduced Inequalities, by addressing the social and cultural factors that contribute to mental health disparities in the Global South.

Breakdown of meetings

The classes are scheduled for two separate days, each lasting 7 hours.

Number of participants

30-35

Language used in meetings

English

Delivery period of the module

May/June

Methods of assessing the outcomes of the learning process

the exam will consist of a brief essay, a video clip, group work, and multimedia components.

Department of affiliation of the teacher

Department of Human Sciences "R. Massa"

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING