

# **PSYCH-UA 9035 L01**

## **Abnormal Psychology**

NYU London

### **Instructor Information**

- Professor Kate Loewenthal
- I am available for individual discussions after the class, and at other times by appointment.

### **Course Information**

- Wednesday 1-4 pm
- Location:
- Prerequisites: Introduction to Psychology AND either Social or Developmental Psychology

### **Course Overview and Goals**

This course provides an overview of the field of abnormal psychology. The focus is on forms of psychopathology - anxiety, depressive, psychotic and other disorders - their causes, and diagnostic and treatment issues.

The course is delivered in a traditional lecture format, with video clips and DVD material (cinematic and documentary), student presentations, samples of psychological tests, quizzes and discussion material. Student participation and group discussion are encouraged and expected. Handouts will be provided. Student presentation of material is invited.

#### **Upon Completion of this Course, students will be able to:**

- show awareness of the forms of mental disorder, their causes and possible treatments.
- use a conceptual framework for understanding mental disorder and abnormal behavior. This includes awareness of the history of the field, different explanatory models (e.g., biological, behavioral, psychodynamic, cognitive), and current controversies in the field.
- analyse clinical case material, examining possible causes and treatments for disturbed behaviour, feeling and thinking.
- some students may wish to engage in further study of abnormal psychology; for example, by entering a graduate school program in clinical psychology or another mental-health related field. This course is a foundation for such graduate study.

### **Course Requirements**

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

## Grading of Assignments

The grade for this course will be determined according to these assessment components:

<b>Assignments/ Activities</b>	<b>Description of Assignment</b>	<b>% of Final Grade</b>	<b>Due</b>
Coursework essay	1,200 words essay or review of an article or book	30%	
Presentation	15-20 minute class presentation, OR a second 1,200 word essay or review	30%	
Examination	Essay-type answers to two questions from a choice of six. Two hours are allowed. There will be prior briefing and preparation for this.	40%	

Failure to submit or fulfill any required course component results in failure of the class

## Grades

Letter grades for the entire course will be assigned as follows:

<b>Letter Grade</b>	<b>Percent</b>	<b>Description</b>
<b>A</b>	Example: 93.5% and higher	Mastery of the issues and literature, and an ability to make some original contribution. Original and independent thinking, evidence of genuine insight, well-structured, backed-up appropriately with research evidence
<b>B</b>	Example: 82.5% - 87.49%	Mastery of issues and literature, grasp of theory and research, but limited original contribution, evaluation and attempt to back up with evidence.
<b>C</b>	Example: 72.5% - 77.49%	Unsure grasp of the issues and material
<b>D</b>	Example: 62.5% - 67.49	Failure to grasp issues but some attempt made
<b>F</b>	Example: 59.99% and lower	Little or no attempt made.

## Course Materials

**SAMPLE SYLLABUS – SUBJECT TO CHANGE**

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

## Required Textbooks & Materials

Hooley, J.M., Butcher, J.N., Nock, M.K. & Mineka, S. *Abnormal Psychology, Global Edition* (2016), or 16th edition (2017), or other recent edition, Pearson. ISBN: ISBN-10: 1292157763| ISBN-13: 978-1292157764. AVAILABLE AS AN EBOOK, ALSO IN LOOSE-LEAF FORMAT. (Note : in earlier editions the order and number of authors varies. The first author is Butcher prior to 2017).

Davey, G. (2014): *Psychopathology* . Wiley/BPS Textbooks. AVAILABLE AS AN EBOOK. ISBN- 978-1-118-65933-5 (Alternative textbook, British, similar price range to Hooley et al. I will speak in class on the question of how to decide whether to buy a textbook)

Comer, R. & E.E.Gorenstein (2014) *Case studies in abnormal psychology, 2nd edition*. Worth. ISBN: 9780716772736. (Or any other collection of case studies which incorporates the DSM5 framework)

## Optional Textbooks & Materials

Byron, T. *The Skeleton Cupboard: The making of a Clinical Psychologist*. MacMillan, 2015. ISBN-10: 1447270215. ISBN-13: 978-1447270218. AVAILABLE AS AN EBOOK

Davies, J. *Cracked: Why Psychiatry is doing more Harm than Good*. Icon Books, 2013. (no current print edition, so no ISBN for the print edition, but used copies available on Amazon, also available on Kindle and other e-formats). AVAILABLE AS AN EBOOK

Loewenthal, K.M. *Religion, Culture and Mental Health*. Cambridge University Press, 2009. ISBN 978-0-521-10777-8. AVAILABLE AS AN EBOOK

*Further materials will be suggested each week, specific to the topics under discussion.*

*YOU MAY WISH TO LOOK AT A FEW OF THE FOLLOWING illustrative case MATERIALS. You may find other illustrative material which is just as good or better!*

Barnes, Mary & Berke, Joseph. *Mary Barnes: Two Accounts of a Journey through Madness*. Penguin, 1973 (or reprint).

Casey, Nell: *Unholy ghost: Writers on Depression*. HarperCollins, 2002.

Cheney, Terri: *Manic*. London: Harper, 2008.

Davison, Jean: *The Dark Threads*. Bedlinog, Wales: Accent Press, 2009.

Feldman, Marc & Ford, Charles: *Patient or Pretender*. New York: Wiley, 1994.

Freud, Sigmund. *Case Histories 1: Dora and Little Hans*. Penguin, 1977.

Grahame, Nikki: *Dying to be Thin* .London: John Blake, 2009.

Hayden, Torey: *Somebody Else's Kids*: Harper, 1981.

Helgott, Gillian & Tanskaya, Alissa: *Love You to Bits and Pieces: True Story of David Helgott and the Movie "Shine"* . Penguin, 1996.

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

Hornbacher, Marya: *Wasted*. London: Harper Collins, 1999

Isaacson, Rupert: *The Horse Boy*. Penguin, 2010.

Kaysen, Susanna: *Girl Interrupted*. Vintage, 1993.

Kesey, Ken. *One Flew over the Cuckoo's Nest*. Picador, 1973 (or reprint).

Limburg, Joanne: *The woman who thought too much: A memoir of obsession and compulsion*. Grove Atlantic, 2010.

Lopez, Steve: *The Soloist*. Random House, 2008

Nasar, Sylvia. *A Beautiful Mind*. Simon & Schuster, 1998.

Sanghera, Jasvinder. *Shame*. Hodder & Stoughton, 2007.

Schreiber, Flora Rheta. *Sybil*. Penguin, 1975 (or reprint, or other edition).

Solomon, Andrew: *Noonday Demon*. Scribner, 2002

Taylor, Barbara: *The Last Asylum: A Memoir of Madness in Out Times*. Penguin, 2014.

Terr, Lenore: *Unchained Memories*. Basic Books, 1994.

Wurtzel, Elizabeth: *Prozac Nation: Young and Depressed in America*. Quartet, 1995.

We will watch excerpts of some of the movies listed below, and some of the documentaries. Copies may be available in the library, and and/or accessible via YouTube or other internet sources:

## **Movies:**

*Girl Interrupted* (2000) Directed by Mangold.

*One Flew over the Cuckoo's Nest*, (1975) Directed by Forman.

*Sybil* (2007) Directed by Sargent

*A Beautiful Mind* (2002) Directed by Howard

*The Horse Boy* (2009) Directed by Scott

## **Documentaries:**

*The Secret Life of the Manic Depressive* (2005) Directed by Fry

*The Madness in Me* (2011) BBC4

*CBT for Anxiety Disorders* (2007) Mentor Media

*Dying to be Thin* (2000) Directed by McPhee

*10 minute CBT in Primary Care*. (2015) See [www.10minuteCBT.co.uk](http://www.10minuteCBT.co.uk) for details

*Depression: Out of the Shadows*. (2008) Directed by McPhee

*In Treatment* (2008) Directed by Garcia

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

*Take these Broken Wings (2008)* Directed by Mackler

*Born Naughty (2015)* Channel 4

Further illustrative material may be shown in class, and (optionally) look at YouTube and/or the internet generally- these can be a valuable source of personal accounts (search using the name of the psychiatric condition you are interested in). Also, the UK Royal College of Psychiatrists hosts a blog offering descriptions and discussions of some movies featuring psychiatric issues: <http://www.rcpsych.ac.uk/discoverpsychiatry/mindsonfilmblog.aspx>

## Resources

- **Access your course materials:** [NYU Classes](http://nyu.edu/its/classes) (nyu.edu/its/classes)
- **Databases, journal articles, and more:** [Bobst Library](http://library.nyu.edu) (library.nyu.edu)
- **NYUL Library Collection:** [Senate House Library](http://catalogue.libraries.london.ac.uk) (catalogue.libraries.london.ac.uk)
- **Assistance with strengthening your writing:** [NYU Writing Center](http://nyu.mywconline.com) (nyu.mywconline.com)
- **Obtain 24/7 technology assistance:** [IT Help Desk](http://nyu.edu/it/servicedesk) (nyu.edu/it/servicedesk)

## Course Schedule

Session/Date	Topic	Reading	Assignment Due
Session 1:	<b>Introduction to abnormal psychology: Overview of past and present views on the nature of psychiatric illnesses, their causes, treatment and diagnosis.</b>	<p><b>Supplementary reading:</b> <i>you are unlikely to be able to read before this session. If you wish to do supplementary reading, try to look at least one of the following. Note. Case material is marked <sup>c</sup></i></p> <p>Hooley et al, chapter 2 (history)chapter 3 (models/viewpoints)</p> <p>Or Davey, chapters 1 (concepts, paradigms, stigma) and 2 (classification and assessment).</p> <p><sup>c</sup> Barnes &amp; Berke: <i>Mary Barnes</i></p> <p><sup>c</sup> Kesey: <i>One Flew Over the Cuckoo's Nest</i>. (and/or the DVD of the same title)</p> <p><sup>c</sup> Davison, Jean: <i>The Dark Threads</i>. Bedlinog, Wales: Accent Press, 2009.</p> <p><sup>c</sup> Taylor, Barbara: <i>The Last Asylum: A Memoir of Madness in Out Times</i>. Penguin, 2014.</p> <p>Szasz et al: <i>Is Depression a Disease?</i> (use link below <a href="http://www.szasz.com/isdepressionadiseasetranscript.html">http://www.szasz.com/isdepressionadiseasetranscript.html</a> (on <a href="http://www.szasz.com">www.szasz.com</a>). (This highlights an important concern in abnormal psychology and psychiatry: are we really dealing with illnesses?)</p>	-

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

Session/Date	Topic	Reading	Assignment Due
		<p>Watters: The Americanization of mental illness (use link below)  <a href="http://www.nytimes.com/2010/01/10/magazine/10psyche-t.html?pagewanted=all&amp;_r=0">http://www.nytimes.com/2010/01/10/magazine/10psyche-t.html?pagewanted=all&amp;_r=0</a> This discusses the question whether culture-specific disorders are disappearing, and modern American disorders such as anorexia are increasing in prevalence with American-led globalization, homogenizing “the way the world goes mad”.</p>	
Session 2:	<b>Anxiety and Obsessive Compulsive Disorders</b>	<p><b>Essential reading:</b></p> <p>Hooley et al, chapter 6 (Panic, anxiety, obsessions)</p> <p>Or Davey, chapter 6 (Anxiety disorders and OCD)</p> <p><b>Supplementary reading:</b></p> <p>◦ Comer &amp; Gorenstein: <i>Case studies</i></p> <p>◦ Freud: <i>Case Histories 1: Little Hans</i></p> <p>◦ Limburg: <i>The woman who thought too much: A memoir of obsession and compulsion.</i></p>	-
Session 3:	<b>Unipolar Depression</b>	<p><b>Essential reading:</b> Hooley et al, chapter 7 (sections on unipolar disorders)</p> <p>Or Davey, chapter 7.1 (major depression) and 7.3 (treatment of major depression)</p> <p><b>Supplementary reading</b> Select from:</p> <p>◦ Comer &amp; Gorenstein: <i>Case studies</i></p> <p>◦ Sanghera: <i>Shame</i></p> <p>◦ Solomon: <i>Noonday Demon</i></p> <p>◦ Wurtzel: <i>Prozac Nation.</i></p> <p>Casey: <i>Unholy Ghost: Writers on Depression</i></p>	-
Session 4:	<b>Disorders related to anxiety and depression : PTSD, suicide, eating disorders, alcohol abuse</b>	<p><b>Essential reading:</b> Hooley et al, chapter 5 (PTSD section) chapter 7 (suicide section), chapter 9 (eating disorders), chapter 11 (alcohol abuse and dependence section)</p> <p>or Davey, chapter 6.6 (PTSD), chapter 7.5 (suicide), chapter 9 (substance use disorders), chapter 10 (eating disorders)</p> <p><b>Supplementary reading</b> Select from</p>	

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

Session/Date	Topic	Reading	Assignment Due
		<p>° Comer &amp; Gorenstein: <i>Case studies</i></p> <p>° Grahame: <i>Dying to be Thin.</i></p> <p>° Hornbacher: <i>Wasted</i></p> <p>° Sanghera: <i>Shame</i></p> <p>° Terr: <i>Unchained memories.</i></p>	
Session 5:	<b>Somatic disorders</b>	<p><b>Essential reading:</b> Hooley et al, chapter 8 (somatic symptom disorders section)</p> <p>Or Davey, Chapter 13 (Somatic symptom disorders)</p> <p><b>Supplementary reading</b> Select from:</p> <p>° Comer &amp; Gorenstein: <i>Case studies</i></p> <p>Salmon et al: Patients' perceptions of medical explanations for somatisation disorders, <i>British Medical Journal</i>, 1999 (use the link)  <a href="http://www.bmj.com/cgi/content/full/318/7180/372">http://www.bmj.com/cgi/content/full/318/7180/372</a></p> <p>° Feldman &amp; Ford: <i>Patient or Pretender</i></p> <p>° Oltmanns et al: chapter 9.</p> <p>Loewenthal: chapter 6</p>	-
Session 6: March 13	<b>Dissociation and dissociative identity disorder</b>	<p><b>Essential reading:</b> Hooley et al: Chapter 8 (dissociative disorders section)</p> <p>Or Davey, chapter 14 (Dissociative experiences)</p> <p><b>Supplementary reading</b> select from</p> <p>° Comer &amp; Gorenstein: <i>Case studies</i></p> <p>° Schreiber <i>Sybil.</i> (and/or the DVD of the same title)</p> <p>° Oltmanns et al: Chapter 6</p> <p>Loewenthal. Chapter 7</p>	Essay, or printed copy of presentation
Session 7:	<b>Borderline and other personality disorders</b>	<p><b>Essential reading:</b> Hooley et al: Chapter 10 (Personality disorders)</p> <p>Or Davey: Chapter 12 (Personality disorders)</p> <p><b>Supplementary reading</b> select from</p> <p>° Comer &amp; Gorenstein: <i>Case studies</i></p> <p>° Kesey: <i>One Flew Over the Cuckoo's Nest.</i> (and/or the DVD of the same title)</p>	-

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

Session/Date	Topic	Reading	Assignment Due
		<p>© Kaysen: <i>Girl Interrupted</i> (and/or the DVD)</p>	
Session 8:	<b>Psychosis: Schizophrenia</b>	<p><b>Essential reading:</b> Hooley et al, chapter 13 (Schizophrenia) Or Davey: chapter 8 (Schizophrenia spectrum)</p> <p><b>Supplementary reading</b></p> <p>© Comer &amp; Gorenstein: <i>Case studies</i></p> <p>© Lopez: <i>The Soloist</i> (or DVD)</p> <p>© Nasar: <i>A Beautiful Mind</i> (and/or DVD)</p> <p>© Helfgott &amp; Tanskaya: <i>Love you to bits and pieces</i> (or DVD: <i>Shine</i>)</p>	-
Session 9:	<b>Psychosis: Bipolar disorder</b>	<p><b>Essential reading:</b> Hooley et al, chapter 7 (bipolar disorders sections) Or Davey: chapter 7.2 and 7.3 (bipolar disorder and treatment)</p> <p><b>Supplementary reading:</b></p> <p>© Comer &amp; Gorenstein: <i>Case studies</i></p> <p>© Cheney: <i>Manic</i></p> <p>© Fry: <i>The Secret Life of the Manic Depressive</i> (DVD)</p>	
Session 10:	<b>Childhood disorders</b>	<p><b>Essential reading:</b> Hooley et al, chapter 15 (Child and adolescent disorders) Or Davey: chapter 16 (Childhood and adolescent psychological problems), chapter 17.4 (autistic spectrum disorders)</p> <p><b>Supplementary reading</b></p> <p>© Comer &amp; Gorenstein: <i>Case studies</i></p> <p>© Oltmanns et al, chapter 21</p> <p>© Isaacson: <i>The Horse Boy</i> (or the DVD)</p> <p>© Hayden, Torey: <i>Somebody Else's Kids</i>: Harper, 1981. (Or other books by this author)</p>	-



# SAMPLE SYLLABUS – SUBJECT TO CHANGE

Session/Date	Topic	Reading	Assignment Due
Session 11:	<b>Treatments and their efficacy: Psychodynamic therapies</b>	<p><b>Essential reading:</b> Hooley et al, chapter 16 (psychodynamic therapy section)</p> <p><b>Supplementary reading</b> select from</p> <p><sup>c</sup> Freud: Case Histories 1: Dora</p> <p><sup>c</sup> Barnes &amp; Berke: <i>Mary Barnes</i></p> <p><sup>c</sup> Taylor: <i>The Last Asylum: A Memoir of Madness in Out Times..</i></p> <p>Freud Life &amp; Work: <a href="http://www.freudfile.org/">http://www.freudfile.org/</a> <i>This website is a convenient source of basic Freudian psychoanalytic concepts for those who would like an introduction or overview.</i></p>	-
Session 12:	<b>Treatments and their efficacy: CBT, positive psychology and other approaches.</b>	<p><b>Essential reading:</b> Butcher et al, chapter16 (Therapy)</p> <p>Or Davey: chapter 4 (Treating psychopathology)</p> <p><b>Supplementary reading.</b> Select from</p> <p>Byron: <i>The Skeleton Cupboard: The making of a Clinical Psychologist.</i></p> <p>Seligman, M. &amp; Csikszentmihalyi, M. Positive Psychology (use link:)</p> <p><a href="http://www.msu.edu/~dwong/CEP991/CEP991Resources/Seligman-PositivePsych.doc">http://www.msu.edu/~dwong/CEP991/CEP991Resources/Seligman-PositivePsych.doc</a></p> <p>Authentic happiness websites for tests, examples, training (use links):</p> <p><a href="http://www.authentichappiness.sas.upenn.edu/Default.aspx">http://www.authentichappiness.sas.upenn.edu/Default.aspx</a></p> <p><a href="http://www.coachingtowardhappiness.com/">http://www.coachingtowardhappiness.com/</a></p>	-
Session 13:	<b>Religious and spiritual coping.</b>	<p><b>Essential Reading:</b></p> <p>Dein, S. (2018) Against the stream: religion and mental health – the case for the inclusion of religion and spirituality into psychiatric care. <i>British Journal of Psychiatry</i>, 42, 127-129. <a href="https://doi.org/10.1192/bjb.2017.13">https://doi.org/10.1192/bjb.2017.13</a></p> <p><b>Supplementary reading:</b> select from:</p>	-

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

Session/Date	Topic	Reading	Assignment Due
		<p>Loewenthal, K. &amp; Lewis, C. (2011) Mental health, religion and culture. <i>The Psychologist</i>, 24, 256-259.</p> <p><a href="https://thepsychologist.bps.org.uk/volume-24/edition-4/mental-health-religion-and-culture">https://thepsychologist.bps.org.uk/volume-24/edition-4/mental-health-religion-and-culture</a></p> <p>Loewenthal chapter 4 pp 60-67.</p> <p>Hill, P. &amp; Pargament, K. (2003) Advances in the Conceptualization and Measurement of Religion and Spirituality: Implications for Physical and Mental Health Research  <a href="http://www.psychology.hku.hk/ftbcstudies/refbase/docs/hill/2003/29_Hill+Pargament2003.pdf">http://www.psychology.hku.hk/ftbcstudies/refbase/docs/hill/2003/29_Hill+Pargament2003.pdf</a></p> <p>Tepper, L. et al (2001) The Prevalence of Religious Coping Among Persons With Persistent Mental Illness.  <a href="http://ps.psychiatryonline.org/article.aspx?Volume=52&amp;page=660&amp;journalID=18">http://ps.psychiatryonline.org/article.aspx?Volume=52&amp;page=660&amp;journalID=18</a></p> <p>© Rollins, J. Wounded Child.  <a href="http://members.tripod.com/Jmae">http://members.tripod.com/Jmae</a> Look at the links “Our story”, and “God and MPD”</p> <p>© Davison, Jean: <i>The Dark Threads</i>. Bedlinog, Wales: Accent Press, 2009.</p>	
Session 14:	<b>Presentations. Exam Preparation</b>	<p>Presentations.</p> <p>Preparation for the exam.</p>	Essay, or printed copy of presentation
Final Assessment:	<b>Examination</b>	Examination.	

## Co-Curricular Activities

It will be understood that there are significant ethical problems involved with groups of students entering and observing psychiatric treatment facilities, so unfortunately such visits cannot be arranged. Illustrative video material will be shown in class, and (optionally) you might wish to look at YouTube which can be a valuable source of personal accounts.

You will be advised of relevant exhibitions, seminars etc. These will be optional.

## Classroom Etiquette

Toilet breaks should be taken before or after class or during class breaks.

Food & drink, including gum, are not to be consumed in class.

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

Mobile phones should be set on silent and should not be used in class unless in emergencies.

Laptops, iPads and Tablets are only to be used with the express permission of the teacher.

Please kindly dispose of rubbish in the bins provided.

## NYUL Academic Policies

### Attendance and Tardiness

- Key information on NYU London's absence policy, how to report absences, and what kinds of absences can be excused can be found on our [website](http://www.nyu.edu/london/academics/attendance-policy.html) (<http://www.nyu.edu/london/academics/attendance-policy.html>)

### Assignments, Plagiarism, and Late Work

- You can find details on these topics and more on this section of our NYUL [website](https://www.nyu.edu/london/academics/academic-policies.html) (<https://www.nyu.edu/london/academics/academic-policies.html>) and on [the Policies and Procedures section of the NYU website](https://www.nyu.edu/academics/studying-abroad/upperclassmen-semester-academic-year-study-away/academic-resources/policies-and-procedures.html) for students studying away at global sites (<https://www.nyu.edu/academics/studying-abroad/upperclassmen-semester-academic-year-study-away/academic-resources/policies-and-procedures.html>).

### Classroom Conduct

Academic communities exist to facilitate the process of acquiring and exchanging knowledge and understanding, to enhance the personal and intellectual development of its members, and to advance the interests of society. Essential to this mission is that all members of the University Community are safe and free to engage in a civil process of teaching and learning through their experiences both inside and outside the classroom. Accordingly, no student should engage in any form of behaviour that interferes with the academic or educational process, compromises the personal safety or well-being of another, or disrupts the administration of University programs or services. Please refer to the [NYU Disruptive Student Behavior Policy](#) for examples of disruptive behavior and guidelines for response and enforcement.

### Disability Disclosure Statement

Academic accommodations are available for students with disabilities. Please contact the Moses Center for Students with Disabilities (212-998-4980 or [mosescsd@nyu.edu](mailto:mosescsd@nyu.edu)) for further information. Students who are requesting academic accommodations are advised to reach out to the Moses Center as early as possible in the semester for assistance.

### Instructor Bio

Kate Loewenthal: Kate taught psychology at Royal Holloway (formerly Bedford College) for over thirty years, and has also taught in the University of Wales at Bangor, the City University, and Kings College London. She is currently Emeritus Professor of Psychology

# SAMPLE SYLLABUS – SUBJECT TO CHANGE

# **SAMPLE SYLLABUS – SUBJECT TO CHANGE**

at Royal Holloway, London University, Visiting Professor at Glyndwr University (Wales), and here – NYU in London! Her research has focused on social factors in mental health, particularly how religious and cultural factors can affect mental health. She has been involved a range of community work and has recently become more involved in psychotherapy and EMDR. She has published several books (for example *Religion, Culture and Mental Health*: Cambridge University Press) and numerous articles, edits the journal *Mental Health, Religion and Culture*, and is frequently invited to speak at conferences and professional training sessions.