

Teaching Psychology through Popular Film: A Curriculum

By

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Abstract

An undergraduate course, "Psychology and Film," was developed as an honors elective. Each week students and the instructor viewed a feature film depicting a psychological disorder or related issue such as family dysfunction, resilience, or death and dying. Accompanying assigned readings featured first person accounts of mental health problems and psychotherapy as well as articles on using film as an adjunct to psychological treatment. The class was further structured by brief lectures on the condition depicted in the week's film as well as focused discussion questions about each film. Both qualitative and quantitative reviews of the course were positive.