CS19: Cinematherapy: Movies and Mental Health
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Movies play a powerful role in the lives of most students. Broadly, the goal of this class will be to examine the psychological impact of film as a medium (introspection effect) and as a potent force of cultural exchange (empathy effect). Specifically, the class will survey how psychological concepts, theories, and practices are portrayed in contemporary cinema. Topics covered will include: the historical development of psychology; early clinical practice; the thwarting and healing nature of relationships; the complex challenge of interpreting human behavior; and the critical analysis of movie characters using psychological criteria. Ultimately students will be encouraged to monitor and examine their cathartic responses to a series of movies. This introspective contemplation will serve as the focus for greater self-awareness and as the basis for honing critical assessment skills. These skills will be further fostered through the reading of pertinent, scholarly articles (paired with the required films); and weekly classroom lectures and discussions. Students are required to attend class sessions; engage in weekly discussions referencing required readings and assigned films; and to make a final individual presentation to the class on a topic they have discerned from the course materials.

SYLLABUS

Week One: Introductions. Discussion of the scope and methodology of the course. Student introductions and their hopes for what they want to get from the class. Dissemination of materials (written and lecture) pertinent to the second week’s class. (Note: Each week, students are only required to watch the first, italicized film listed for each week. The other films are listed for reference.)

Week Two: The Psyche Before Psychology
*Beauty and the Beast (live version)*; Maleficent; The Dark Tower; Sleepy Hallow; Quills; The Madness of King George; A Monster Calls; The Ornithologist; Alpha

Week Three: Diagnosis
*Arrival*; The Danish Girl; A Single Man; Babadook; The Sixth Sense; The Rite; Hysteria; Blade Runner 2049; Doctor Strange; Get Out: Logan; Phantom Thread; The Happy Prince

Week Four: Toxic Environments
*Get Out*; Mad Max: Fury Road; Phoenix; Europa, Europa; Bernie; Precious; It; Birth of a Nation; Loving; Moonlight; Fences; Baby Driver; Sing; Silence; Three Billboards Outside Ebbing Missouri; Lady Bird; I, Tonya; The Shape of Water; Ready Player One; The Rider

Week Five: People in Recovery
*Manchester by the Sea*; Inside/Out; About Time; Silver Linings Play List; The Perks of Being a Wall Flower; The Eagle Huntress; Toni Erdmann; Wonder

Week Six: Personality Disorders
*Whiplash*; Black Mass; The Dark Knight; Lock, Stock, and Two Smoking Barrels; The Girl with the Dragon Tattoo; The Accountant; Split; The Killing of the Sacred Deer; Silence of the Lambs
**Cinematherapy**

**Week Seven: Biological Conditions**
*Logan; Concussion; Still Alice; Mr. Holmes; Lucy; Alien: Covenant; War for the Planet of the Apes; Incredibles 2*

**Week Eight: Multicultural Perspectives**
*Coco; The Ornithologist; The Book of Life; Straight Outta Compton; What We Do in the Shadows; A Single Man; Moana; Tanna; Embrace of the Serpent; The Eagle Huntress; Victoria and Abdul*

**Week Nine: Therapeutic Relationships**
*Ready Player One; Room; Lars and the Real Girl; Big Fish; Little Miss Sunshine; Toni Erdmann; St Vincent*

**Week Ten: Final Student Presentations**