

# LIT2000



## *Literature & Mental Health*

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*USF Tampa Campus*

Sigmund Freud famously turned to literary characters to develop his theory of psychoanalysis. How is literature uniquely poised to teach us about mental health? In this course we will examine how literary forms reveal mental health conditions—for instance, how narratives reveal the signs of PTSD—as well as what literature can teach us about the historical and cultural treatment of such conditions. In the process, we will learn how reading literature can function as a tool both for cultivating empathy for others and for coping with mental health issues.

**Course texts include:**

*Jane Eyre, Wide Sargasso Sea, A Streetcar Named Desire, Water By The Spoonful*