

PSY 424  
**ABNORMAL PSYCHOLOGY**  
**SUMMER 1999**

Instructor:	Marie J Burhardt, MSCP	Time:	<u>Mondays</u> 5:30 - 9:30
		Place:	Schofield Barracks
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Textbook: Carson, R. C., Butcher, J. N., Mineka, S. (1998) *Abnormal Psychology and Modern Life* 10<sup>th</sup> ed. Longman.

Course description: This course is an examination of the defining characteristics, causes, and treatments of abnormal or maladaptive behaviors and psychopathology. This course is an introduction to the biological, psychosocial, and sociocultural influences on the individual and their role in producing and maintaining various psychological disorders. The course also examines the therapeutic strategies that can be used in treating these disorders. This course is designed to help the student obtain a broadened factual knowledge and conceptual understanding of abnormal psychology. At the same time, it will be emphasized that "people are not their pathologies." In the course we will explore scientific answers to questions such as:

- What makes a behavior "abnormal?"
- How do professionals decide if someone "has" a disorder?
- What are the major psychological disorders?
- What causes psychological disorders?
- What sorts of treatments are effective?
- How does culture influence the experience of psychological disorders?

Along with exploring the complex causes, manifestations, and treatment of common behavior disorders, this course introduces abnormal behavior in the context of psychological well-being to show these behaviors along a continuum from functional to dysfunctional. Interviews with patients and analysis by therapists and other mental health professionals provide students with invaluable perspectives on the suffering of behavioral disorders as well as the multiple approaches to treatment.

Abnormal psychology incorporates a wide variety of behavioral problems that arise from physiological and sociocultural mechanisms. Because these problems are so ubiquitous, we see them in many aspects of our society including novels, movies, and TV as well as self-help books. A course in abnormal psychology helps make the student better aware of what encompasses abnormal behavior and as such makes them more knowledgeable consumers of abnormal behavior as it is portrayed by the popular press in our society. In addition, a course in abnormal psychology helps the student better understand how different types of behavior can occur even within the "normal" limits of human behavior.

## Course Objectives:

1. Student will demonstrate an understanding of the historical & social factors surrounding the treatment & study of psychological disorders.
2. Student will demonstrate an understanding of defining abnormality.
3. Student will demonstrate an understanding of the models of psychological disorders.
4. Student will demonstrate an understanding of research methodology related to psychological disorders.
5. Student will demonstrate an understanding clinical assessment, & clinical treatments of psychological disorders.
6. Student will demonstrate an understanding of the importance of the DSM-IV in the diagnosis of psychological disorders.
7. Student will demonstrate an understanding of the major categories of psychological disorders and their treatments.
8. Student will demonstrate the ability to critically analyze the issues of research, psychological disorders, treatment, & society with regard to abnormal psychology.
9. Student will demonstrate an understanding of the Bio-psycho-social approach to abnormal behavior.
10. Student will demonstrate an understanding of the role law plays in the mental health profession.



**Class Participation/Activities (10 ptS):** Attendance is important and will be taken on a regular basis. *Students are expected to take an active role in class.* Research suggests that people learn better when they tackle material actively rather than passively. Therefore, be ready to think critically, question openly, and participate!



**Exams (100 pts each):** There will be 2 non-cumulative exams containing a mixture of structured questions (multiple choice, short answer, etc.) and essay questions. Exams will cover readings, lectures, videos, and class activities. Keep in mind that topics will be covered in class that are not covered in the text and vice versa. You will do best if you both read and attend class. There is a certain amount of memorization inherent in this course as you master the basic concepts and facts. Exams will provide you with an opportunity to demonstrate this knowledge base and to apply basic information. Written assignments and group activities (described elsewhere) will allow you to demonstrate your ability to analyze and synthesize important issues.

**Written Exercises (3 at 25 pts each):** Three papers (about 2-3 pages each) will be due during the semester. These exercises are designed to help you think more critically and creatively about the concepts we are covering. In submitting your written exercises, please:

Type, double-space, and staple. No *folders*; *please*.

Turn in your work at the beginning of class on the due date.

Talk to me in advance if you will be unable to follow these guidelines.

## Late Papers and Make-Up Exams

Late Paper Policy: It is your responsibility to stay current with assignments and due dates. Copies of assignments will be available outside my office on the day they are

assigned and for a couple of days following. Late papers will be accepted; however, points will be deducted for each day past the due date (3 pts per day). Points will not be deducted if a doctor's excuse or evidence of a similar emergency is provided. If you anticipate problems with deadlines, talk with me in advance.

**Make-Up Exam Policy:** Exam dates are listed on the class schedule. You may reschedule an exam only under extraordinary circumstances. If you anticipate being unable to take an exam on its scheduled date, speak to me as soon as possible, *at least one week in advance*. In the case of a missed exam, it is the student's responsibility to contact the instructor and provide a doctor's excuse or evidence of a similar emergency.

## Plagiarism Policy

Plagiarism is one of the most serious offenses in the academic community. Plagiarism is the use of the words or ideas of others (whether published authors or fellow students) without giving proper credit to those individuals. If this occurs, no credit will be given for the assignment or exam and more serious penalties may result. If you have questions about whether you may be plagiarizing, don't hesitate to ask.

## Grading Policy

<u>Activity</u>	<u>Points</u>
Exams	200 pts (100 each)
Exercises	75 is 25 each
<u>Participation/Group Activities</u>	<b>25 is</b>
Extra Credit	<b>5 is max</b>
<b>TOTAL POINTS</b>	300

A	<b>270-300</b>
B	<b>239-269</b>
C	<b>209-238</b>
D	<b>179-208</b>
F	> 179

Tentative Class Schedule

WEEK	TOPIC	READING
1	Defining abnormality Historical views Causal factors and viewpoints Theoretical <u>Perspectives</u>	Chaps. 1, 2, 3, 15, 16, 17
2	Theoretical Perspectives (cont.) Stress and Adjustment Disorders Panic, Anxiety Disorders <u>EXERCISE # 1 DUE</u>	Chaps. 4, 5, 15, 16, 17
3	Mood Disorders Somatoform and Dissociative Disorders	Chaps. 6, 7
4	Psychological disorders and physical illness <u>Personality Disorders</u>	Chaps. 8, 9
5	MIDTERM EXAM	
6	Substance-Related Disorders Sexual Variants, Abuse, and Dysfunctions <u>EXERCISE # 2 DUE</u>	Chaps. 10, 11
7	Schizophrenia and Delusional Disorders Brain Disorders and Other Cognitive <u>Impairments</u>	Chaps. 12, 13
8	Disorders of Childhood and Adolescence	<u>Chap. 14</u>
9	Contemporary Issues in Abnormal Psychology <u>EXERCISE # 3 DUE</u>	Chap. 18
10	<u>FINAL EXAM</u>	