

Las Positas College
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Course Outline for PSYC 6

ABNORMAL PSYCHOLOGY

Effective: Fall 2016

I. CATALOG DESCRIPTION:

PSYC 6 — ABNORMAL PSYCHOLOGY — 3.00 units

An introduction to mental health and the major mental health disorders in adults and children; includes anxiety, mood, personality, sexual, and psychotic disorders. The course will include the study of the major psychological, biological, and sociocultural models of mental health disorders and their treatment.

3.00 Units Lecture

Grading Methods:

Letter or P/NP

Discipline:

	<u>MIN</u>
Lecture Hours:	54.00
Total Hours:	54.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

1. describe the historical background and the sociocultural considerations to the study of abnormal behavior
2. describe and discuss contemporary attitudes toward mental health disorders including ethical principles for the study and treatment of disorders
3. describe and discuss the major psychological, biological, sociocultural models of mental health
4. identify and describe the current diagnostic system
5. identify and describe the major mental health disorders of children and adults
6. identify and describe current theories and research on the etiology of each mental health disorder
7. identify and describe contemporary methods of mental health treatment
8. describe specific research methods and the ethical principles for the study and treatment of psychopathology.

V. CONTENT:

- A. Defining mental health and abnormal behavior
 1. A critical analysis and discussion of mental health (historical, cultural, social, scientific, and ethical considerations)
 2. Differentiation of problems of daily living from mental health disorders
 3. Identification of basic criteria for mental health disorders
- B. Assessment and diagnosis
 1. An overview of methods of psychological assessment and diagnoses
 2. An overview of the current diagnostic system (DSM-V)
 3. A discussion of prevalence and incidence of mental health disorders
- C. Research and theories of abnormal behavior
 1. Psychodynamic, behavioral, cognitive, humanistic, sociocultural and biological approaches to abnormal behavior
 2. An overview of the role of stress in abnormal behavior
 3. Research methods in abnormal behavior (descriptive, epidemiological, experimental and single-subject research designs)
- D. Anxiety disorders
 1. Normal versus abnormal anxiety
 2. An overview of the symptom patterns associated with the anxiety disorders
 3. A discussion of etiology and treatment
- E. Somatoform and dissociative disorders
 1. An overview of the symptom patterns associated with somatoform and dissociative disorders
 2. A discussion of etiology and treatment
 3. A discussion of the issues and controversies regarding dissociative disorders
- F. Mood disorders
 1. An overview of mood and mood disorders
 2. An overview of the signs and symptoms associated with unipolar mood disorders
 3. A discussion of the etiology and treatment of unipolar mood disorders
 4. A discussion of etiology and treatment
- G. Personality disorders
 1. An overview of personality and personality disorders

2. An overview of the symptom patterns associated with personality disorders
3. A discussion of the etiology and treatment
- H. Substance use and addictive disorders
 1. An overview of abuse and dependency
 2. A discussion of etiology and treatment
- I. Sexual disorders
 1. An overview of the symptom patterns associated with sexual dysfunction disorders
 2. An overview of the symptom patterns associated with paraphilia
 3. A discussion of etiology and treatment
- J. Schizophrenia spectrum and other psychotic disorders
 1. Symptoms of schizophrenia and associated disorders
 2. Symptom patterns associated with the delusional disorders
 3. Symptom patterns associated with the schizophrenias
 4. A discussion of etiology and treatment
- K. Neurodevelopmental disorders
 1. An overview of the symptom patterns associated with neurodevelopmental disorders
 2. A discussion of etiology and treatment
- L. Eating disorders
 1. Symptom patterns associated with eating disorders
 2. A discussion of etiology and treatment
- M. Organic mental disorders and dementia
 1. Symptom patterns associated with organic mental disorders
 2. A discussion of etiology and treatment
- N. Issues in mental health and prevention of abnormal behavior
 1. Legal issues in mental health care
 2. Current trends in mental health care

VI. METHODS OF INSTRUCTION:

- A. **Guest Lecturers** - Clinicians or experts in the field of mental health to discuss real-world examples of material
- B. **Audio-visual Activity** - Video
- C. **Discussion** -
- D. **Written exercises and case studies** - Case studies
- E. **Lecture** -
- F. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

- A. Lecture
 1. "The role of stress in the development of panic and agoraphobia."
- B. Readings
 1. "Mood Disorders," Chapter 8, Comer, pp. 269-298
 2. "Treatment for Abnormal Psychological Functioning," Chapter 3, Comer, pp. 69-90
- C. Class discussion of significant issues and topics
 1. What is abnormal behavior?
 2. Discussion of attitudes and stereotypes regarding abnormal behavior
- D. Writing projects
 1. Case study reports. Discuss and describe a diagnosis of case. Describe possible explanations for the behavior and treatment approaches.
 2. Research and write a paper on a specific mental health disorder

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Quizzes
3. Research Projects
4. Class Participation
5. Other:
Written Case Study Report

B. **Frequency**

1. Two to three midterm examinations
2. Weekly quizzes
3. One final examination or research project
4. Daily attendance and/or participation
5. Four to six case study reports

IX. TYPICAL TEXTS:

1. Oltmanns, Thomas, Michele Martin, John Neale, and Gerald Davison. *Case Studies in Abnormal Psychology*. 10 ed., Wiley, 2014.
2. Butcher, James, Susan Mineka, and Jill Hooley. *Abnormal Psychology*. 16 ed., Pearson, 2013.
3. Comer, Ronald. *Abnormal Psychology*. 9 ed., Worth Publishers, 2015.
4. Sue, David, Derald Sue, Stanley Sue, and Diane Sue. *Understanding Abnormal Behavior*. 11 ed., Wadsworth Publishing, 2015.

X. OTHER MATERIALS REQUIRED OF STUDENTS: