

Course Outline for PSYC 15

PROBLEMS OF CHILDHOOD

Effective: Fall

I. CATALOG DESCRIPTION:

PSYC 15 — PROBLEMS OF CHILDHOOD — 3.00 units

An exploration of the emotional, cognitive, developmental, and behavioral problems of childhood and adolescence. Topics include: common stresses and problems of adjustment; the effects of stress, abuse, and traumas on development; mental retardation, autism and other developmental disabilities; normal and abnormal problems of attention, conduct, mood, anxiety, sleep, eating, sex, learning and speech. Examination of theories of cause of mental health problems in children and adolescents and approaches to treatment. Examination of information and theory for practical application. Students who have completed or are enrolled in Early Childhood Development 15 may not receive credit.

3.00 Units Lecture

Grading Methods:

Optional

Discipline:

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

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

1. describe the fundamental psychological, social, cognitive, and biological processes and milestones of normal development
2. identify, describe, and distinguish between the major psychological, biological, and sociocultural models of mental health
3. identify and describe contemporary methods used in the evaluation, assessment, and diagnosis of children and adolescence
4. describe, discuss, and distinguish between normal problems of development and the mental health disorders of childhood and adolescence
5. identify, describe, and distinguish between the major mental health disorders of childhood and adolescence
6. identify, describe, and discuss the major cognitive and learning disorders of childhood and adolescence
7. identify, describe, and critically evaluate contemporary methods of treatment of the problems of childhood and adolescence

V. CONTENT:

- A. Normal development
 1. An overview of the normal processes of biological, cognitive, and psychosocial development
 2. Identification of the stages and milestones of normal development
- B. Theories of Development
 1. An overview of the major theories of development; including psychodynamic, behavioral, cognitive, biological, and sociocultural theories.
- C. The Role of the Family
 1. An overview of family influences on normal and abnormal behavior in childhood and adolescence
 2. The role of parenting styles and types of discipline on child and adolescent development
 3. The effects of parental psychopathology on child and adolescent development
 4. The effects of childhood and adolescent disorders on the family
- D. Abnormal Development
 1. Differentiation between normal developmental problems and mental health disorders
 2. Identification of the basic criteria for mental health disorders
- E. Assessment and Diagnosis
 1. Methods used in the psychological assessment and diagnosis of children and adolescents. An overview of the current diagnostic system
- F. Developmental Disorders
 1. Classifications and forms of Mental Retardation
 2. The symptoms and characteristics of the Pervasive Developmental Disorders; including Autism, Asperger's Disorder, Rett's Disorder, and Childhood Disintegrative Disorder
 3. The symptoms and characteristics of disorders associated with maternal alcohol/drug ingestion
 4. Theories and research regarding etiology and treatment
- G. The Disabled Child and Adolescent
 1. Children with chronic illnesses and disabilities

2. The effects of identification of a disability on parents and siblings
3. Psychological, cognitive and social effects of having a disability
- H. Stresses and Traumas of Childhood and Adolescence
 1. Common stresses of childhood and adolescence. Normal and abnormal reactions and adaptations of children and adolescents to stress. The effects of divorce and remarriage, birth, illness, or death of a family member. The role of stress in the development of mental health disorders of childhood and adolescence
- I. Child Maltreatment
 1. The effects of abuse and neglect on psychological, cognitive, biological, and social development
- J. Attachment Disorders
 1. The role of attachment in development
 2. Types of attachment and associated behavioral patterns
 3. The symptoms and characteristics of Reactive Attachment Disorder
 4. Theories and research regarding etiology and treatment
- K. Behavioral Disorders
 1. Normal anger and aggression and discipline problems
 2. The symptoms and characteristics of Attention Deficit Disorder (ADD) and
 3. Attention Deficit Disorder with Hyperactivity (ADHD)
 4. The symptoms and characteristics of Oppositional Defiant Disorder (ODD)
 5. The symptoms and characteristics of Conduct Disorder
 6. Theories and research regarding etiology and treatment
- L. Anxiety Disorders of Childhood and Adolescence
 1. Normal anxiety, shyness and fears.
 2. The symptoms and characteristics of Separation Anxiety Disorder
 3. The symptoms and characteristics of Generalized Anxiety Disorder
 4. The symptoms and characteristics of Panic Disorder
 5. The symptoms and characteristics of Phobic Disorders
 6. The symptoms and characteristics of Selective Mutism
 7. The symptoms and characteristics of Obsessive-Compulsive Disorder
 8. Theories and research regarding etiology and treatment
- M. Childhood and Adolescent Mood Disorders
 1. Normal sadness, depression, and mood fluctuations in children and adolescents
 2. The symptoms and characteristics of childhood and adolescent mood disorders. Child and adolescent suicide risks
 3. Theories and research regarding etiology and treatment
- N. Learning and Communication Disorders
 1. The symptoms and characteristics of the major learning disorders; including reading disorder (dyslexia), mathematics disorder (dyscalculia), disorders of written expression (dysgraphia), and non-verbal learning disorders
 2. The symptoms and characteristics of the major communication disorders; including, expressive and receptive language disorders, and stuttering.
 3. Theories and research regarding etiology and treatment
- O. Problems Related to Physical and Mental Health
 1. The symptoms and characteristics of sleep disorders; including the dyssomnias and parasomnias.
 2. The symptoms and characteristics of eating disorders of childhood and adolescence; including anorexia nervosa, bulimia, pica, and rumination disorder of infancy.
 3. The symptoms and characteristics of elimination disorders; including functional encopresis and function enuresis.
 4. Theories and research regarding etiology and treatment
- P. Drug and Alcohol Abuse
 1. An overview of abuse and dependency in childhood and adolescence
 2. Theories and research regarding etiology and treatment
- Q. Sexual Problems and Disorders
 1. Developmentally appropriate sexual behavior and its variants.
 2. Symptoms and characteristics of sexual disorders of childhood and adolescence
 3. Theories and research regarding etiology and treatment
- R. Issues in Mental Health Care of Children and Adolescents
 1. An overview of current trends and controversies in mental health care
 2. Preventive and child advocacy programs

VI. METHODS OF INSTRUCTION:

- A. **Discussion** -
- B. **Audio-visual Activity** - Video
- C. **Lecture** -
- D. **Guest Lecturers** -
- E. **Demonstration** -
- F. **Written exercises and case studies** - Case Studies

VII. TYPICAL ASSIGNMENTS:

A. Lecture 1. "The effects of the identification of a disability on the family." B. Readings 1. "Mental Retardation," Chapter 9 in Mash and Wolfe 2. "Learning Disabilities," handout from Martin, et.al., pg. 141 -185. C. Class Discussion of Significant Issues and Topics 1. "What is child abuse? What is the difference between abuse and discipline?" 2. "Is medication for Attention Deficit Disorder always appropriate?" D. Writing Projects 1. Case Study Essay Report. Read, analyze, and diagnose a case study in child or adolescent behavior. Contrast normal vs. abnormal variations of this behavior. Discuss possible explanations and treatments. And/or: 2. "Research and write a term paper on a specific mental health problem of childhood or adolescence. Provide a critical analysis of controversies, current theories of causation and treatments for this disorder."

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Other:
 - a. Examination on lecture and reading assignments.
 1. Typical multiple-choice examination questions:
 - a. Your client weighs 75 lbs., although her height is 5 feet 10 inches. She does not binge or purge, but eats only sparingly and exercises several times a day. She is overly concerned with gaining weight, and does not feel that she is underweight. How would you diagnose this client, based on the DSM IV?
 - a) Bulimia nervosa, purging type; b) Bulimia nervosa, non-purging type; c) Anorexia nervosa, restricting type; and d) Anorexia nervosa, binge-eating/exercising type.
 - b. Lucas was diagnosed with mental retardation when he was an infant and now at age 29 he lives with his family and uses the city bus system to go to work. His degree of severity is most likely: a)

borderline; b) severe; c) moderate; and d) residual

b. Written Examinations

1. typical essay questions:

- a. Compare and contrast Asperger's disorder with classical autism. What methods of treatment might be most effective for a child diagnosed with Asperger's disorder.
- b. What is cultural-familial retardation and how is it different from "organic" forms of mental retardation? Describe the etiology of cultural-familial retardation.

B. Frequency

1. Minimum of two midterm examinations.
2. Minimum of one term paper and/or case study report
3. One final examination.

IX. TYPICAL TEXTS:

1. Mash, E and D.Wolf *Abnormal Child Psychology.*, -, 1999.
2. Instructor generated collection of readings

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Instructor generated outlines and handouts