

**Syllabus for PSY 214 Abnormal Psychology**  
**Spring 2009 CRN 11309 Tuesday 1:10 – 3:40 p.m. E5 527**

Description: This course will provide an overview of the field of abnormal psychology, including theoretical approaches, classifications, diagnoses, and treatments.

Instructor: Rita Flattley, M.Ed Email: [rflattley@pima.edu](mailto:rflattley@pima.edu) Office Hours: O1 162

Mon/Wed 8:45 – 9:45 am & Tue/Thurs 9 – 10 am Phone: 206-7634 days, 573-0783 h.

Text: Abnormal Psychology, 4<sup>th</sup> edition, by Susan Nolen-Hoeksema

Attendance:

Regular attendance is important in any college class, and is positively correlated with student success. If you miss classes but intend to remain in the class, it is your responsibility to notify the instructor and make up any missing work. Some test items will be taken from films or guest speakers presented in class. Because the course only meets once a week, missed classes add up to missed information very quickly.

Participation:

Class participation will also contribute to your grade. Student presentations and discussions are key elements of interactive learning. Plan to be an active participant!

Goals:

My goals for this class include sharing current research on the diagnosis and treatment of a wide range of neurological and psychological disorders, as well as sharing discussions of the societal impact of mental illness and the funding and resources available for treatment and prevention.

**Important Dates for Spring 2009**

Classes Start Tuesday, January 20  
Registration / Add Period Jan. 20 – 26  
Refund Deadline Monday, February 2  
Graduation Application Deadline Wednesday, February 25  
Rodeo Days Thursday & Friday, Feb. 26 – 27  
Spring Break March 15 – 22  
Withdrawal Deadline Thursday, April 9  
Finals Week May 13 – 19

**Note:** Students are held responsible for knowing and following the PCC Code of Conduct and maintaining academic integrity in the course of their studies. **Students who do not attend regularly may be withdrawn from the class roster or may fail the class. Students who do not attend regularly may be withdrawn or may fail.**

Arizona state law requires that any information given to the instructor regarding any abuse of a minor must be reported to a police officer and may be investigated by campus police.

**Class Schedule** (Subject to minor changes as announced in class)

Week #1 January 20 Introduction to course and review of syllabus. READ Ch. 1. Definitions of abnormality, historical and modern perspectives on mental health issues, causes, and cures.

Week #2 January 27 Research Methods READ Ch. 3 Research in the mental health field - its basic methods, ethical and practical issues.

Week #3 February 3 Assessment and Diagnosis. READ Ch. 4. Clients are assessment and diagnosis, intake procedures, using DSM IV-TR criteria.

Week #4 February 10 Stress Disorders and Health Psychology. READ Ch. 6. The mind/body connection, the role of personality traits and social support, post traumatic stress disorder.

**First case study or research article due Week 4 – submit in person, not email.**

Week #5 February 17 Theories and Treatments. READ Ch. 2 and 5. Theoretical perspectives and the treatment modalities associated with them. Treatment efficacy and combining methods.

Week #6 February 24 Anxiety Disorders. READ Ch. 7. Panic disorder, phobias, obsessive-compulsive disorder. Comparing medication and cognitive-behavior approaches.

Week #7 March 3 **First Test on Chapters 1 – 7 Can use 2 page sides notes.**  
READ Ch 10 Suicide. Suicide rates and possible causes. Suicide prevention.

Week #8 March 10 READ Ch 8 Somatoform and dissociative disorders. Munchausen's Syndrome by proxy. Psychodynamic ideas, culture and body image disorders, psychogenic amnesias and trauma.

**Happy St. Patrick's Day March 17<sup>th</sup> – Spring Break, no class!**

Week #9 March 24 Mood Disorders READ Ch. 9. Depression and bipolar disorder. Biological predisposition, negative belief systems, culture and gender, medications and cognitive therapies.

Week # 10 March 31 Schizophrenia. READ Ch. 11. Description of symptoms and etiology. Biological and sociocultural causes and treatments. Myths and realities, new research.

**Second case study or research article due Week 10 – submit in person, not email.**

Week #11 April 7 Personality Disorders READ Ch. 12. The three clusters of personality disorders in the DSM, and problems with categorization. Self-harm and harm of others.

Week # 12 April 14 **Second Test on Chapters 8 – 12 Can use 2 page sides notes**  
Cognitive Disorders and Life Span Issues. READ Ch. 14 Dementia, neurological diseases, issues of aging.

Week # 13 April 21 Childhood Disorders. READ Ch. 13. Developmental disorders, the autism spectrum, ADD, conduct disorders, learning disorders, retardation.

Week # 14 April 28 Eating Disorders READ Ch. 15 Anorexia, bulimia, Culture and gender, social pressures and biological factors.. Sexual Disorders. READ Ch. 16. Sexual identity, sexual dysfunctions, paraphilias. Sex therapy, sensate focus, treatment of sex offenders.

**Book Review Due Week 14**

Week # 15 May 5 Substance Abuse and Mental Health & Law READ Ch. 17 & 18. Types of abused substances and treatment methods. Insanity pleas, civil rights & responsibilities. Law and public policy and the mental health system.

Week # 16 May 12 **Last Test and last class session. Check on grades next week.**

Pima Community College is an equal opportunity, affirmative action employer and educational institution committed to excellence through diversity. Reasonable accommodations will be made for individuals with disabilities when a minimum of 5 working days advance notice is given. Contact Disabled Student Resources in L-231 or call 206-7600 for more information.

**Writing Assignments:**

All writing assignments must be typed, in a standard 12 point font, with at least one inch margins, preferably with 1.5 or double spacing. Make sure that your full name, as it appears on the class list, is at the top as well as the class in which you are enrolled. Article reviews should include a brief summary of the material and your conclusions or comments, and should be about one to two pages in length. Be sure to put the reference at the end, as shown below.

**How to reference your source material – put references at the end of the paper.**

Write citations in APA Style: The Publication Style of the American Psychological Association. Print materials are listed alphabetically by author's last name. If the material is given in an official document from an organization without a person's name, the organization is the author.

**Examples: For information in print :**

<u>Author</u>	<u>Date</u>	<u>Title of article</u>	<u>Publication information</u>
American Psychological Association	(1992).	Ethical principles of psychologists and code of conduct.	<i>American Psychologist</i> , 47, 1597-1611.
Loftus, Elizabeth F.	(1993).	The reality of repressed memories.	<i>American Psychologist</i> , 48,518-537.

**Examples - For information from the Internet:**

<u>Author</u>	<u>Date</u>	<u>Title of article</u>	<u>Publication information</u>
National Institute of Mental Health	(2004).	Brain's Reward Circuitry Revealed in Procrastinating Primates.	<a href="http://www.nimh.nih.gov/press/prworkaholicmonkey.cfm">http://www.nimh.nih.gov/press/prworkaholicmonkey.cfm</a> (18 Aug. 2004)
Tilton, J.	(1995).	Composing good HTML.	<a href="http://www.cs.cmu.edu/~tilt/cgh/">http://www.cs.cmu.edu/~tilt/cgh/</a> (1 Dec. 1996)

**Important: Do NOT copy papers in whole or in part from the Internet without using quotation marks around the verbatim material (quotations should be brief.) This is defined as plagiarism and is a violation of the Student Code of Conduct. Write your own original work and always cite your sources.**

### **Grading Policy and Point Assignments**

Attendance: Max. 25 pts.  
Three Quizzes @ 50 pts. each: Max. 150 pts.

Book Review: Max 50 pts.

Read a book written by a person with a psychological disorder or one by a mental health professional providing treatment for a person or people with a disorder. Write a brief essay on what you learned from getting an “up close and personal” view of mental and/or neurological illness. The instructor will share a list of possible books.

One Review of a Case Study and One Review of a Journal Articles @ 25 pts. Each Max. 50 pts. There are books of case studies on reserve in the library, and some copies of the Journal of Abnormal Psychology are also on reserve. You may also locate them on the Internet or in a Pima Library database. Journals or web pages must be peer reviewed by other scientists.

Extra credit opportunities may be announced occasionally in class as opportunities arise. Students are encouraged to bring in current information to share with the class on such topics as new research developments or current events that relate to the field of abnormal psychology. Test questions may cover information provided in class through videos or guest speakers.

### **Point Conversion to Letter Grade**

90 – 100% = 247 – 275 = A

80 – 89% = 218 – 246 = B

70 – 79% = 189 – 217 = C

60 – 69% = 160 – 188 = D

### **Web Sites for Abnormal Psychology**

American Psychiatric Association [www.psych.org](http://www.psych.org)

The National Alliance for the Mentally Ill [www.nami.org](http://www.nami.org)

The National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov)

The American Psychological Association [www.apa.org](http://www.apa.org)

Neuropsychology Central [www.neuropsychologycentral.com/index.html](http://www.neuropsychologycentral.com/index.html)

The Whole Brain Atlas from Harvard Medical School

[www.med.harvard.edu/AANLIB/home.html](http://www.med.harvard.edu/AANLIB/home.html)

The Internet Mental Health Page [www.mentalhealth.com/](http://www.mentalhealth.com/)

Psychopharmacology Tips and search [www.dr-bob.org/tips/](http://www.dr-bob.org/tips/)

Info from professional psychiatric associates [www.baltimorepsych.com/index.htm](http://www.baltimorepsych.com/index.htm)

General Health Research News [www.medpagetoday.com/](http://www.medpagetoday.com/)