

COURSE OUTLINE **Abnormal Psychology**

Course Description

BS 212 Abnormal Psychology. 3 hours credit. Prerequisite: BS 160 with a C or better. This course will enable the student to engage in more meaningful interactions with others through the evaluation of disordered behaviors with emphasis placed on the etiology and treatment. The student will examine the history, diagnosis and classification of mental disorders.

Course Relevance

The concepts learned in this course will give the student skills that will enhance his/her ability to think analytically and critically about behavioral disorders.

Required Materials

Halgin, R. P. (2008) *Abnormal Psychology* (5th ed.) McGraw Hill

Learning Outcomes:

The intention is for the student to be able to:

1. Identify the abnormal psychological disorders and the treatments of these disorders.
2. Develop critical thinking skills regarding human behavioral disorders.
3. Identify the legal aspects which are influential in regard to abnormal psychology.

Learning PACT Skills that will be DEVELOPED and/or documented in the course:

Through involvement in this course, the student will develop ability in the following PACT skills area(s):

Personal Development Skills

1. Interpersonal interaction
 - Through activities conducted in class, the student will develop knowledge about personal bias and a variety of perspectives

Analytical Thinking Skills

1. Critical thinking
 - Through written assignments and other activities conducted in class, the student will develop critical and analytical skills

Communication Skills

1. Reception and interpretation of messages
 - Identify and summarize the meaning, content and validity of the material.

Major Summative Assessment Task(s)

These learning outcome(s) and the Learning PACT skill(s) will be demonstrated by:

1. Completion of a journal assignment over first course material
2. Students will read an article that includes an abnormal psychological perspective and apply that perspective to their own life experience

Course Content

- I. Skills – Actions that are essential to achieve the course outcomes:
 - A. Writing
 - B. Reading
 - C. Utilizing computer skills
 - D. Thinking analytically
 - E. Comparing and contrasting
 - F. Memorization of terms
 - G. Application of concepts

Learning Units

- I. Introduction to abnormal psychology
 - A. Definition of psychological abnormality
 - B. Types of treatment
 - C. Abnormality in the historical past and present
- II. Research in abnormal psychology
 - A. Case study variations
 - B. Correlation methods and the experimental methods
 - C. Alternative experimental designs
- III. The basic models of abnormality
 - A. Biological model
 - B. Psychodynamic model
 - C. Behavior model
 - D. Cognitive model
 - E. Humanistic-existential model
 - F. Sociocultural model
 - G. Integration model
- IV. Clinical assessment, diagnosis, and treatment
 - A. Characteristics of assessment tools
 - B. Diagnosis
 - C. Treatment
- V. Anxiety disorders
 - A. Generalized anxiety
 - B. Phobias
 - C. Panic disorders
 - D. Obsessive compulsive
 - E. Diathesis stress
- VI. Stress disorders
 - A. Stress arousal
 - B. Acute and posttraumatic stress
 - C. Physical stress

- VII. Somatoform and dissociative disorders
 - A. The causes
 - B. The treatments

- VIII. Mood disorders
 - A. Unipolar depression
 - B. Bipolar disorders

- IX. Treatment for mood disorders
 - A. Psychological approaches
 - B. Sociocultural approaches
 - C. Biological approaches
 - D. Drug approaches

- X. Suicide
 - A. Patterns and statistics
 - B. Causes of suicide
 - C. Causes and treatment

- XI. The characteristics of eating disorders
 - A. Anorexia nervosa
 - B. Bulimia nervosa
 - C. Causes and treatment

- XII. The dimensions of substance related disorders
 - A. Depressants
 - B. Stimulants
 - C. Hallucinogens, cannabis and combination of substances
 - D. Causes and treatment

- XIII. Sexual disorders and gender identity disorder
 - A. Sexual dysfunctions
 - B. Treatment for sexual dysfunctions
 - C. Paraphilias
 - D. Gender identity

- XIV. The clinical picture of schizophrenia
 - A. Symptoms and diagnosis
 - B. Theoretical views of schizophrenia

- XV. The main treatments for schizophrenia
 - A. Institutional care
 - B. Antipsychotic drugs
 - C. Psychotherapy
 - D. Community approach

XVI. Personality disorders

- A. Paranoid
- B. Schizoid
- C. Schizotypal
- D. Antisocial
- E. Borderline
- F. Histrionic
- G. Narcissistic
- H. Avoidant
- I. Dependent
- J. Obsessive compulsive

XVII. Evaluate and differentiate the disorders of childhood and adolescence

- A. Anxiety disorders
- B. Depression
- C. Disruptive behavior
- D. Attention deficit/hyperactivity
- E. Autism and mental retardation

XVIII. Disorders of aging and cognition

- A. Stress
- B. Depression
- C. Substance abuse
- D. Psychotic behavior
- E. Delirium, dementia, and Alzheimer's
- F. Other forms

XIX. The psychology in law, society, and the mental profession

- A. Criminal justice system
- B. Legislative and judicial influence in mental care
- C. Clinical and legal interaction
- D. Ethical guide lines for mental health professionals
- E. Mental health, business, and economics

Learning Activities

Lecture, instructor-led class discussions, group study, field trips, library research, various audio/visual aids, case studies, guest speakers, and student presentations. The student will be required to examine professional journals in this course.

Grade Determination

The student will be graded on assessment tasks, research papers, tests, daily work, class participation, out-of-class assignments, and other methods of valuation at the discretion of the instructor.