

# PSY 342: *Abnormal* Psychology,

• Summer 2009 • Section 002 • 4:00-6:30 pm on Tue/Thur • 177 TLRB

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Instructor: Sarah Christian  
Office: 283 TLRB

Email: sjchristian\_18@yahoo.com  
Office Hours: By appointment

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## Course Description

This class is designed to provide basic understanding of the history, classification, assessment, diagnosis, causes (etiology), course, prognosis, and treatment of mental disorders. Our focus will be limited to gaining a general understanding of the current issues being faced in the field of mental health care.

## Course Objectives

- To develop knowledge and skills in conceptualizing abnormal behavior
- To gain familiarity with the major categorization system and theories of abnormal behavior used in the profession of clinical psychology
- To gain a general understanding of features associated with diagnosed disorders (causation, symptoms, treatments)
- To gain a better appreciation and empathy for what it is like to experience symptoms associated with mental disorders via class discussion and exposure
- Develop skills in critical thinking by evaluating the concepts covered in class. Such critical thinking may include, but not limited to, comparing and contrasting ideas, exploring the values and assumptions underlying the concepts covered in the course, and evaluating how these concepts agree/disagree with religious doctrine.

## Required Textbook

Comer, R. J. (2006). *Abnormal psychology* (6th ed). New York: Worth Publishers.

## Course Requirements

Each student is expected to fulfill the following:

"Diagnosing your celebrity" Case Report: You are to write a 4-5 pages, single spaced, 12 point font paper about someone famous such as a musician, movie star, politician, historical figure, or criminal. Specifically, the required components include (a) reason for referral, (b) mental status examination, (c) history of present complaint, social and psychiatric history, (d) diagnosis (e) reason for diagnosis and other diagnosis that were ruled out, and (f) treatment recommendations. You will need to gather real data about the individual, symptoms, and treatments from a variety of sources (at least three) which may include books, popular magazines, scholarly journal articles, internet sites or television interviews. Must also include references.

A sample paper template and detailed rubric will be posted on Blackboard to aid you when writing this paper. This paper is to be handed in at the beginning of class on July 30, 2009. Remember, no late papers will be accepted.

Celebrity / Axis Assignment: You will be required to turn: (1) the name of the Star, (2) a brief description of them (3-5 sentences), and (3) fill out diagnostic considerations for the person (the five Axis). This assignment will help you to start preparing for your paper early in the semester and will give you the opportunity for the Instructor to “ok” your topic and diagnosis to ensure you are on the right track. The assignment is worth five points as it is designed to be an aid in helping you on the final paper. This paper is to be handed in at the beginning of class on July 14, 2009.

Exams: There will be three exams during the semester which will be held at the Testing Center. Exams will test material covered in assigned readings and class lectures/discussions. The exams will include multiple-choice, short answers and essay question. These exams follow the same format and are not comprehensive.

In- Class & Homework Assignments: Assignments will include a variety of activities designed to help students process and apply concepts addressed in this course, which may include individual writing assignments, discussions, group problem-solving activities, role plays, and other forms of learning activities.

Participation: It is important to facilitate class discussion every class period in order to help you learn the material better, prepare you for graduate school, and professional life in general. I know it is easy to get into the habit of having a few students do all the talking, so I want you to work hard to either (1) provide others the opportunity to talk if you find yourself speaking a lot, or (2) setting the goal to make (at least) one comment each month if you are more quiet.

Volunteer Experience: BYU students in all Psychology 342 courses are required to volunteer at a setting that provides mental health services to people in our community. You are required to complete a total of **13** hours worth of work. If you happen to work in a similar setting, you may count **6** hours of this time towards your volunteer hours, however this needs to be discussed and approved by the instructor. It is your responsibility to organize and complete the required number of volunteer hours. Students often find this to be one of the highlights of the course and an integral part of the Mission of BYU. In terms of points for your volunteer hours, you will receive two points for every hour of service you completed (e.g. if you completed 10 hours you'd receive 20 points). You will need to turn in a log of your hours. You will also need to have your supervisor sign/verify these hours.

In addition to completing the hours, you should submit a two page, double spaced, 12 point font reflection paper. In this paper you will express changes in your feelings and attitudes towards mental illness, including a summary of your particular experience at your volunteer site. Points will be awarded based on the thoughtfulness of your response. This paper and log of yours hours is to be handed in at the beginning of class on August 6<sup>th</sup>, 2009. *Remember, no late papers will be accepted.*

### **Utah State Hospital Orientation Schedule**

The orientations for Summer Term will be held **Monday, June 29th at 10 a.m. and 7 p.m.** at the State Hospital. If you want to volunteer here, you must attend one of these two mandatory volunteer orientations. More information is located later in the syllabus.

In Closing: It is possible (or even likely) that one or more of the students in our class suffer from a condition we'll discuss. Surely each one of us is acquainted with at least one person who has been diagnosed with mental illness. Thus, respect is of the utmost importance. We will discuss mental disorders frankly, but always keep in mind the fact that someone sitting next to you may be closely related to someone who suffers from the disorder being discussed – or they may suffer from it personally.

This class will include topics such as cutting, drug abuse, and eating disorders. Some may find the images and other material included in this course to be disturbing. Others may experience feeling “triggered” by these topics. If you have any concerns about our upcoming lectures, please let us know if there are any accommodations you require.

## Course Grading Criteria and Guidelines

### Possible Points:

“Diagnosing your celebrity” Paper	80
Celebrity/ Axis Assignment	10
Exams (each exam is worth 60 points each)	180
Volunteer experience (4 pts=1 hr, 18 pts for paper)	70
In-class & HW assignments	20
Participation	20
<b>Total Points Possible:</b>	<b>380</b>

### Grading Chart:

A = 94% - 100%  
 A- = 90% - 93.9%  
 B+ = 87% - 89.9%  
 B = 84% - 86.9%  
 B- = 80% - 83.9%  
 C+ = 77% - 79.9%

C = 74% - 76.9%  
 C- = 70% - 73.9%  
 D+ = 67%-69.9%  
 D = 64% - 66.9%  
 D- = 60% - 63.9%

## BYU Policies and Announcements

Learning Outcomes: Each program at BYU has developed a set of expected student learning outcomes. These will help you understand the objectives of the curriculum in the program, including this class. To learn the expected student outcomes for the programs in the psychology department and college go to <http://learningoutcomes.byu.edu> and click on the College of Family, Home and Social Sciences and then the psychology department. We welcome feedback on the expected student learning outcomes. Any comments or suggestions you have can be sent to <[FHSS@byu.edu](mailto:FHSS@byu.edu)>.

Honor Code Standards: In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the

Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and my own expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

**Preventing Sexual Discrimination or Harassment:** Sexual discrimination or harassment (including student-to-student harassment) is prohibited both by the law and by Brigham Young University policy. If you feel you are being subjected to sexual discrimination or harassment, please bring your concerns to the professor. Alternatively, you may lodge a complaint with the Equal Employment Office (D-240C ASB) or with the Honor Code Office (4440).

**Students with Disabilities:** If you have a disability that may affect your performance in this course, you should get in touch with the office of Services for Students with Disabilities (1520 WSC). This office can evaluate your disability and assist the professor in arranging for reasonable accommodations.

## **More information for Volunteer Experience**

Utah State Hospital (801-344-4400; 1300 E Center St, Provo, UT 84606) has provided you with the unique opportunity to serve as volunteers in their various programs. Shawna Peterson, USH Director of Volunteer Services (344-4254, speterson@utah.gov), will offer an orientation meeting at the times listed on the schedule above in the Heninger Building, 1300 East Center Street, Provo, classroom 21. The orientations for Summer Term will be held **Monday, June 29th at 10 a.m. and 7 p.m.** at the State Hospital. It is important that you be in attendance at one of these sessions. This is the only way in which you will be permitted to volunteer. At this orientation, you will have the opportunity to view a fascinating slide presentation depicting the history of Utah State Hospital, which largely parallels the recent history of mental illness in the world. You will also receive information regarding the various possible assignments and be given the chance to sign up for a volunteer setting that meshes with your own personal interests. PLEASE BRING A COPY OF YOUR DRIVER'S LICENSE OR OTHER PICTURE ID WITH YOU TO THE ORIENTATION. A new volunteer tracking system is being implemented, requiring that you "check-in" and "check-out" at kiosks located at various locations throughout the hospital.

It is now required that you provide documentation of TB testing within the last 8 months in order to serve as a volunteer at USH. These tuberculin skin tests (Mantoux - PPD) can be obtained for \$9-\$15 through the BYU Student Health Center (appointment required, 8:00-3:00 M-F, 422-5156, 9<sup>th</sup> East and University Parkway, BYU Student ID) or for \$14-\$20 through the Utah County Health Department (walk in 8:00-4:30 MTF; 8:00-7:00 W; 9:00-4:30 Th; 851-7044, 151 South University Avenue, Room 1900, payment by cash, in-state check, Visa or MasterCard). For the BYU Student Health Center, you must return to have the results read 72 hours later. For that reason, no tests are given on Thursdays there. However, the Utah County Health Department will read the results between 48-72 hours after the test. Volunteers must submit their Tuberculosis Skin Test results prior to beginning their volunteer work on the units. This means that Shawna Peterson must receive your test results along with a copy of your driver's license for the background check prior to the individual area orientations; these will be held the week following the general orientation and can be attended only by those who have completed the main orientation and submitted their test results along with a copy of their ID.

You will learn at the orientation meeting how to clock your hours on the automated system. I will receive a list of your names and hours completed. You should complete your hours prior to the day the completion report is due. The hospital has requested that you fulfill this requirement throughout the term (not in the last few weeks). Incidentally, if you go to the hospital with a specific appointment to see an individual or engage in an activity and for some reason the person/group is unavailable, you may still count 1 hour toward your required number of hours because of the time you spent trying to meet your commitment. On the other hand, you cannot get credit for one hour's service if you simply show up at the hospital and are unsuccessful in making contact with patients.

## Tentative Class Schedule

The schedule and procedures in this course and syllabus may to change. Such changes will be announced in class if made. If you miss a class, check with your classmates or on Blackboard to see if a change was announced in the class you missed.

DATE	LECTURE/READING	ASSIGNMENT DUE
June 23 (Tue)	What is Abnormal?	--
June 25 (Thur)	Abnormal Psych: Past and Present;	Chapter 1
June 29 (Mon)	Utah State Hospital Orientation	
June 30 (Tue)	Models of Abnormality, Clinical Assessment, Diagnosis and Treatment	Chapter 3,4
July 2 (Thur)	Anxiety Disorders	Chapter 5
July 7 (Tue)	Stress Disorders	Chapter 6
<b>July 7-11</b>	<b>Exam #1 at the Testing Center (Tue - Sun)</b>	
July 9 (Thur)	Somatoform and Dissociative Disorders	Chapter 7
July 14 (Tue)	Mood Disorders; Treatments for Mood Disorders	Chapter 8, 9 <i>Celebrity Axis Assignment due</i>
July 16 (Thur)	Suicide; Substance-Related Disorders	Chapter 10, 12
July 21 (Tue)	Eating Disorders	Chapter 11
July 23 (Thur)	Sexual Disorders and Gender Identity Disorders	Chapter 13
<b>July 23-27</b>	<b>Exam #2 at Testing Center (Thursday-Monday)</b>	
July 28 (Tue)	Personality Disorders	Chapter 16
July 30 (Thur)	Disorders of Childhood and Adolescence	Chapter 17
August 4 (Tue)	Schizophrenia; Treatments for Schizophrenia and Other Severe Mental Disorders	Chapter 14 Chapter 15 <i>Celebrity paper due</i>
August 6 (Thur)	Law, Society, and Mental Health Profession;	Chapter 19 <i>Service learning due</i>
<b>August 7-12</b>	<b>Exam #3 at the Testing Center (Friday-Wednesday)</b>	