

# PSYC A255: ABNORMAL PSYCHOLOGY

Item	Value
Curriculum Committee Approval Date	10/07/2020
Top Code	200100 - Psychology, General
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Social/Economic Institutions - AA (OD2) • OC Behavioral Science - AA (OD3)
Associate Science Local General Education (GE)	• OCC Humanities - AS (OSC2) • OCC Social/Behavioral Sci - AS (OSD)
California General Education Transfer Curriculum (Cal-GETC)	• Cal-GETC 4 Social & Behavioral Sciences (4)
Intersegmental General Education Transfer Curriculum (IGETC)	• IGETC 4 Social&Behavioral Sci (4)
California State University General Education Breadth (CSU GE-Breadth)	• CSU D Soc Politic Econ Inst (D)

## Course Description

A survey of abnormal psychology, models of abnormal behavior, assessment and classification of psychological disorders, etiology and treatment, and legal and ethical issues. This course emphasizes a critical thinking approach for understanding content in the context of a culturally diverse society. **PREREQUISITE:** PSYC C1000 or PSYC C1000H. **ADVISORY:** ENGL C1000. Transfer Credit: CSU; UC. **C-ID:** PSY 120.

## Course Level Student Learning Outcome(s)

1. Students will be able to critically evaluate theoretical perspectives, research, and applications in abnormal psychology.

## Course Objectives

- 1. Define psychopathology and describe the following associated functions: description, explanation, prediction, and treatment.
- 2. Describe the history of abnormal psychology, perspectives, and contemporary trends.
- 3. Differentiate models of abnormal psychology and explain the value of an integrated biopsychosocial approach.

- 4. Discuss the process of research used to understand abnormal psychology, differentiate nonexperimental and experimental research, compare and contrast research strategies, identify ethical concerns, and demonstrate critical thinking skills.
- 5. Explain the assessment and classification of psychological disorders in the context of diverse/multicultural societies, including: reliability and validity, assessment techniques, the current diagnostic system, and concerns associated with labeling, stigmatization, prejudice, and discrimination.
- 6. Describe, differentiate, and explain the nature of various psychological disorders, including: symptom patterns and classification, etiology, cultural conceptualizations, course of the disorder, treatments, and prognosis.
- 7. Compare and contrast various therapeutic techniques, explain empirically validated treatments, and demonstrate understanding the value of appropriately synthesizing therapeutic interventions.
- 8. Identify and explain legal and ethical issues in abnormal psychology, including: criminal commitment, civil commitment, deinstitutionalization, therapist-client relationships (e.g., confidentiality, duty-to-warn principle, relationships with clients), and cultural competency in mental health professions.

## Lecture Content

Understanding Abnormal Behavior Defining, describing, explaining, predicting, and treating abnormal behavior Historical perspectives and contemporary trends Research methods and psychopathology Clinical Assessment and Diagnosis Contemporary assessment techniques Classification of abnormal behavior Cultural diversity considerations for appropriate and accurate assessments and diagnosis(es) Issues regarding understanding labeling, stigmatization, prejudice, and discrimination Models of Abnormal Behavior Biological models Psychodynamic models Behavioral models Cognitive models Humanistic and existential models Family-systems models Multicultural perspectives Integrative approaches Neurodevelopmental Disorders Intellectual disabilities Autism Spectrum disorder Attention-Deficit/Hyperactivity disorder Specific learning disorder Communication and motor disorders Elimination disorders Etiology and treatment of neurodevelopmental disorders Schizophrenia Spectrum and Other Psychotic Disorders History and nature of schizophrenia spectrum and other psychotic disorders Negative and positive symptom patterns Other psychotic disorders Etiology and treatment of schizophrenia-spectrum disorders Depressive, Bipolar and Related Disorders, and Suicide Depression and mania Classification of mood disorders Etiology and treatment of mood disorders Suicide: facts, etiology, prevention, and coping Anxiety Disorders, Obsessive-Compulsive and Related Disorders, Trauma and Stressor-Related Disorders Anxiety disorders Obsessive-compulsive and related disorders Stress-related disorders Etiology and treatment of anxiety disorders, obsessive-compulsive and related disorders, trauma and stressor-related disorders Dissociative, Somatic Symptom, and Related Disorders Dissociative disorders Somatic symptom and related disorders Malingering Factitious disorders Etiology and treatment of dissociative disorders Etiology and treatment of somatic symptom and related disorders Feeding, Eating, and Sleep Disorders Anorexia nervosa Bulimia nervosa Binge eating disorder Society and eating disorders Etiology and treatment of feeding and eating disorders Sleep-wake disorders Etiology and treatment of sleep-wake disorders Sexual and Gender Related Disorders Defining and describing "normal" sexual behavior Sexual response cycle Sexual orientation Sexual dysfunctions Paraphiliac disorders Gender dysphoria

Etiology of treatment of sexual and gender related disorders Disruptive, Impulse-Control, and Conduct Disorders Oppositional defiant disorder Conduct disorder Impulse-control disorders Etiology and treatment of disruptive, impulse-control, and related disorders Substance-Related and Addictive Disorders Substance-related disorders Addictive-related disorders Substances: depressants, stimulants, hallucinogens, and other abused substances Societal implications Etiology, interventions, and integrative treatment of substance-related and addictive disorders Personality Disorders Disorders characterized by odd or eccentric behaviors Disorders characterized by dramatic, emotional, or erratic behaviors Disorders characterized by anxious or fearful behaviors Etiology and treatment of personality disorders Neurocognitive Disorders Delirium Neurocognitive disorders Neurocognitive disorders related to specific conditions or diseases Etiology and treatment of neurocognitive disorders Psychological Factors Affecting Medical Conditions Models for understanding the relationship between mind and body Psychosocial factors and physical health Treatment of disorders related to psychophysiology Prevention strategies and promoting health Therapeutic Interventions Biological-based treatment techniques Psychotherapy Cognitive and insight-oriented approaches to individual psychotherapy Behavioral and action-oriented approaches to individual psychotherapy Treatment outcome evaluations Group, family, and couples therapy Eclecticism and integrative approaches Cultural diversity and psychotherapy Community psychology Legal and Ethical Issues in Abnormal Psychology Civil commitment Criminal commitment Deinstitutionalization Therapist-client roles and relationships Patient rights Professional responsibility Understanding cultural diversity (e.g., gender, race, ethnicity, personal orientations, SES) and establishing competence Contemporary issues in abnormal psychology

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

## Instructional Techniques

Lectures presented using any of the following methods: PowerPoint, computer-assisted learning, web-based learning (e.g., Internet, online instructional websites), overhead transparencies, dry-erase boards, demonstrations of course content (e.g., individual and classroom activities, guest speakers, case study film clips), and audio-visual aids. Textbook and other written materials. Ongoing student learning outcome assessment using any of the following methodologies: classroom activities, discussions, group projects, student presentations, verbal and written feedback, demonstrated critical thinking skills based on performance on written assignments, and exam preparation and post-exam reviews. Online or hybrid class - Instructors will use live and/or pre-recorded online audio and/or video resources (e.g. Canvas, ConferZoom, Big Blue Button, Powerpoint) for lectures and labs. Students will have access to lecture slides on Canvas. Instructors will also communicate with students using announcements, chat rooms, and email. Online office hours will be held weekly and the syllabus and schedule will be posted daily throughout the entire semester. Engagement with students: Discussions will be uploaded on Discussion boards where students can interact with other classmates and the instructor. Instructors will provide timely feedback to students on assignments and papers using the comment tool on Canvas. Exams will take place online and instructors will provide feedback after exams are graded.

## Reading Assignments

2 hours per week reading from the assigned textbook and supplementary materials Reading assignments may include: Textbook(s). Supplemental resources (e.g., handouts). Online resources (e.g., research articles). Outside resources (e.g., library reserves).

## Writing Assignments

2 hours per week writing paper analyzing topics in abnormal psychology Written assignments may include: A paper explaining the nature of abnormal psychology. A paper emphasizing a specific model used in understanding the etiology and treatment of psychological disorders. A paper explaining a specific disorder in abnormal psychology, including: assessment and classification, course of the disorder, etiology, treatment, and outcome. Essay questions. Individual or group writing assignments/projects.

## Out-of-class Assignments

2 hours per week completing out-of-class homework assignments Out of class assignments may include: Readings. Papers. Essay questions. Critical thinking exercises (e.g., case conceptualizations). Problem-solving activities (e.g., complex treatment plans). Multicultural awareness projects (e.g., readings and analysis for appropriate understanding and application). Practice problems to assess understanding and develop skills. Group projects (e.g., treatment team planning).

## Demonstration of Critical Thinking

Minimum of three exams consisting of any of the following question formats: true-false, multiple choice, short answer, matching, and/or essay. Participation in small group and in-class discussions. Written assignments

## Required Writing, Problem Solving, Skills Demonstration

1. A paper explaining the nature of abnormal psychology. 2. A paper emphasizing a specific model used in understanding the etiology and treatment of psychological disorders. 3. A paper explaining a specific disorder in abnormal psychology, including: assessment and classification, course of the disorder, etiology, treatment, and outcome. 4. Essay questions. 5. Individual or group writing assignments/projects.

## Eligible Disciplines

Psychology: Masters degree in psychology OR bachelors degree in psychology AND masters degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Masters degree required.

## Textbooks Resources

1. Required Durand, V. M., and Barlow, D. H. Essentials of Abnormal Psychology, 8th ed. Belmont: Wadsworth, Cengage Learning, 2019 Legacy Textbook Transfer Data: - 2. Required David, S., Derald, S.W., and Stanley, S. Understanding Abnormal Behavior, 11 ed. Belmont: Wadsworth Cengage Learning, 2016 3. Required Comer, R. J.. Fundamentals of Abnormal Psychology, 9th. ed. New York: Worth, 2019