

Abnormal Psychology
PSYC 3140 3.0 M (Winter)
2015-2016

Course Instructor

Dr. Rob Muller
Department of Psychology
Office location: 120 BSB

Teaching Assistants (T.A.):

Sara Rependa

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Office hour & location: Mondays 5:45-6:45; BSB 143

Kris Cordeiro

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Office hour & location: Thursdays 1:00-2:00; BSB 364

Please direct course-related questions to the TA's before emailing the professor.

Required Readings:

(available at York U. bookstore)

1. Davison, G. C., Blankstein, K. R., Flett, G. L., & Neale, J. M. (2014). *Abnormal Psychology, fifth Canadian edition*. Etobicoke: John Wiley.

(available as e-book from York U. bookstore. Go to York U. bookstore website, and order as an e-book. Some hardcopies available at York U. bookstore as well).

2. Muller, R. T. (2010). *Trauma and the Avoidant Client: Attachment-Based Strategies for Healing*. New York: W. W. Norton.

(available in hardcopy at York U. bookstore).

(also available at the link below).

<http://www.amazon.com/Robert-T.-Muller/e/B0033AF05A>

Meeting Time and Location:

Mondays, 2:30-5:30
Vari Hall B

Course Purpose:

This course is an introduction to the important concepts and diagnostic categories currently used by clinical psychologists and psychiatrists. There is a significant developmental focus such that abnormal behaviour is examined across the lifespan. Diagnostic and assessment issues are discussed. Treatment of psychological disorders is presented along with case examples of psychopathology occurring in adults, children, and families.

Evaluation:

There will be three equally weighted exams through the semester.

- 1/3 Exam one (Davison chapters: 1, 2, 5, 6, 13 + classes).
- 1/3 Exam two (Davison chapters: 7, 11, 15, 10, 3, 4 + classes).
- 1/3 Final exam (Davison chapters: 8, 12, 17 + Muller entire book + classes).

Exam Dates:

Exam one: January 25th

Exam two: February 29th

Final exam to take place during the scheduled examination period.

Issues Regarding Exams:

The exams will consist of material from the readings and from class instruction. Most of the material from the readings will not be covered in class, and most of the material from the class will not be covered in the readings. So you really need to study both in order to perform well.

On some weeks, the readings are lighter, but on some weeks, the readings are heavier. I strongly recommend that you look over the syllabus, and manage your time carefully. Please read ahead of lectures.

Class material includes what is covered in formal lecture, but also what is covered through student questions and comments, as well as case studies and any videos that will be presented.

The exams will consist of approximately 100 multiple choice questions, and three short answer (brief essay) questions. Grades will be posted outside one of the T.A.'s offices.

Make-up exams are available only if the T.A. or course instructor is notified within 24 hours of the examination and a medical statement or similar documentation is submitted. Requests to take make-up examinations will only be granted in extremely unusual circumstances. Such requests are not often granted. And when they are granted,

there is only one single possible time that the make-up is offered for all students who missed the exam; if you can't make it at that time, you will definitely receive a zero for that exam.

Issues Regarding Using Cellphones and Checking Social Media in Class:

Texting, email, Facebook, twitter, and all other social media are not allowed in class. They are *highly* distracting to you and to others. Research on "multi-tasking" has been showing for the past several years that it greatly *reduces* performance. Performance is much better if you just listen, concentrate, and focus.

If you'd like to use these social media, then please excuse yourself and do so outside. You are not allowed to use these social media during class time. Again, if you need to use your cellphone or check email, then please go into the hall and use your phone or laptop there.

Webpage Address for Professor Muller:

www.yorku.ca/rmuller

Dr. Muller's Webpage on Mental Health

The Trauma & Mental Health Report www.trauma.blog.yorku.ca/

Class Topics and Readings:

The classes will be broken down into the following topics and reading assignments. Note that reading assignments do not necessarily correspond to the topic covered in the lecture. That is why you will need to attend lectures and do the readings in order to be exposed to all the course materials.

- 1) January 4
Topic: Course overview.
Introduction to psychopathology: Basic concepts and the developmental context.
Readings: Davison chapters: 1, 2
- 2) January 11
Topic: Anxiety disorders.
Readings: Davison chapters: 5, 6
- 3) January 18
Topic: Disturbed personality organization: "Neurotic styles."
Readings: Davison chapters: 13

- 4) January 25
EXAM ONE.
- 5) February 1
Topic: Schizophrenia.
Readings: Davison chapters: 7, 11
- 6) February 8
Topic: Adolescence, family problems, eating disorders.
Readings: Davison chapters: 15, 10

--February 15th is Family Day...no class--

- 7) February 22
Topic: Prior to Treatment: Assessing psychological functioning
Readings: Davison chapters: 3, 4
- 8) February 29
EXAM TWO.
- 9) March 7
Topic: Substance Use
Readings: Davison chapters: 8, 12
- 10) March 14
Topic: Psychotherapy, principles and paradigms.
Readings: Davison chapter: 17
Muller introduction
- 11) March 21
Topic: Brief psychotherapies.
Readings: Muller chapters 1-4
- 12) March 28
Topic: Trauma & avoidance in psychotherapy
Readings: Muller chapters 5-8 & epilogue