

Abnormal Psychology  
PSYC 3140 3.0 B (Fall)  
2019-20

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: Friday noon-1:00, BSB 143

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

Required Readings:

(available at York U. bookstore)

1. Flett, G. L., Kocovski, N. L., Davison, G. C., Neale, J. M., & Blankstein, K. R. (2017). *Abnormal Psychology, Sixth Canadian edition*. Toronto: John Wiley.
2. Muller, R. T. (2018). *Trauma and the Struggle to Open Up: From Avoidance to Recovery and Growth*. New York: W. W. Norton.
3. Muller, R. T. (2010). *Trauma and the Avoidant Client: Attachment-Based Strategies for Healing*. New York: W. W. Norton.

(all available at York U. bookstore)

(also available at the link below).

<http://www.amazon.com/Robert-T.-Muller/e/B0033AFO5A>

Meeting Time and Location:

Fridays 8:30-11:30  
Lassonde Bldg. 106

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. In this section, there is a particular emphasis on the assessment and treatment of psychological trauma.

### Evaluation:

There will be three equally weighted exams through the semester.

- 1/3 Exam one (Flett chapters: 1, 2, 3, 5, 10, 15 + classes).
- 1/3 Exam two (Flett chapters: 4, 11, 8, 13 + classes).
- 1/3 Final exam (Flett chapters: 9, 12 + both Muller books + classes).

### Exam Dates:

Exam one: October 4th

Exam two: November 8th

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 mostly of multiple choice questions, and some short answer questions. Grades will be posted by the T.A.

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](http://www.yorku.ca/rmuller)

### Dr. Muller's Webpage on Mental Health

*The Trauma & Mental Health Report* [www.trauma.blog.yorku.ca/](http://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) September 6  
Topic: Course overview  
DSM: issues in gender and sexuality.  
Readings: Flett chapters: 1 & 2
- 2) September 13  
Topic: Introduction to psychopathology and the developmental context.  
Readings: Flett chapters: 3
- 3) September 20  
Topic: Adolescence, family problems, eating disorders.  
Readings: Flett chapter: 10 & 15
- 4) September 27  
Topic: Anxiety disorders.

Readings: Flett chapter: 5

- 5) October 4  
EXAM ONE.
- 6) October 11  
Topic: Schizophrenia.  
Readings: Flett chapter: 4, 11

--October 18<sup>th</sup> is Fall reading week...no class--

- 7) October 25  
Topic: Prior to Treatment: Assessing psychological functioning  
Readings: Flett chapter: 8
- 8) November 1  
Topic: Psychotherapy, principles and paradigms.  
Readings: Flett chapter: 13
- 9) November 8  
EXAM TWO.
- 10) November 15  
Topic: Brief psychotherapies.  
Readings: Flett chapter: 9 & 12
- 11) November 22  
Topic: Trauma therapy: Helping challenging trauma clients to open up.  
Readings: Muller's *Trauma & the Struggle to Open Up* (entire book).
- 12) November 29  
Topic: Trauma & avoidance in psychotherapy  
Readings: Muller's *Trauma & the Avoidant Client* (entire book).