

**University of Waterloo  
Department of Psychology**

**Fall Term 2006  
Psychology 257  
Psychopathology  
Office Hours: By appointment**

**Professor: Dr. Kristin Trotter  
E-mail: kristin\_trotter@rogers.com  
Time: Tuesday 2:30-3:50  
Thursday 2:30-3:50  
Room: Davis Centre 1350**

**Tutorial Assistants:**

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**Course Description and Objectives**

**Calendar Description:** This course will survey various categories of abnormal behaviour such as schizophrenia, anxiety, somatoform, mood, and dissociative disorders. Clinical methods including assessment, diagnosis, interventions, and treatment outcomes will also be considered.

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Learning to think critically about human psychopathology, diagnosis and treatment is an important aspect of this course. An effort will be made to highlight issues of diversity such as gender, race, disability, culture, and sexual orientation and the relationship to diagnosis and definitions of psychopathology.

Moreover, all diagnosis and treatment are based on theoretical foundations. This course will emphasize a biopsychosocial orientation to mental health and illness, and fundamentals of theory will be both infused throughout the course and be the subject of one class.

**\* Please Note: I encourage students with disabilities or special needs to contact the Office for Persons with Disabilities regarding its services and resources.**

### **Learning Objectives**

1. To develop a basic understanding of psychological disorders and to explore various diagnostic categories such as schizophrenia, depression, and anxiety as well as examine treatment options;
2. To develop a familiarity with the Diagnostic and Statistical Manual of Mental Disorders (DSM IV-TR);
3. To provide an opportunity to gain insight into the experience of human psychological dysfunction;
4. To become familiar with various models of psychopathology and the relationship to treatment of major mental illness;
5. To begin to develop an informed critical rationale for a concept of psychopathology, attending to both its uses and usefulness and its misuses and abuses as well as explore the construct of mental illness through diversity lenses (i.e. race, class, gender, sexual orientation, culture).

### **Course Format**

This course will combine large group lectures with large and small group discussion. Information and case material will be provided through films, case studies and guest speakers.

### **Learning Contract**

A learning contract will be co-created during the first week. Further, the study of psychopathology necessitates the use of case studies. Some of the case material used in this course is derived from more than two decades of practice. When discussing case material, no identifying information will be used and situations will be redefined in a composite manner. Guest speakers, however, will disclose information about their lives and their struggle with debilitating disorders and the stigma that entails. Confidentiality of personal and case material must be respected. This will augment the safety of the learning environment as will abiding by rules of clear and direct communication and respecting the communications of others, as well as individual differences and diversity among class members.

### **Readings**

**Required Text:** Sue, D., Sue, D.W., & Sue, S. (2006). Understanding Abnormal Behavior (8<sup>th</sup> Ed.) New York: Houghton Mifflin Company.

The text includes a study guide and a small **course package** will be available the first day of class.

### **Course Evaluation**

Your grade for the course will be based on two term tests and one final exam:

**Term Test 1** October 5, 2006 (In class test – 30%)

**Term Test 2** November 2, 2006 (In class test – 30%)

**Final Exam** TBA (40%)

**Make-ups or rewrites will not be considered in the absence of a documented medical, religious, or compassionate (i.e. family emergency) reason, submitted within a week of the test date. The instructor maintains full discretion in assessing whether reasons qualify as compassionate or not.**

Due to the size of the class, all tests and exams will be multiple choice exams.

## Class Schedule

### **September 12/14: Introduction**

Introduction to the course (course outline)  
Course outline: Structure, content, requirements  
Learning and fears, concerns, and anxieties contracts  
Psychopathology: An Introduction

#### **Reading:**

**Text** – Chapter 1, pp. 2-33

### **September 19/21: Theories of Psychopathology**

Biological Models  
Psychodynamic Models  
Behavioural Models  
Cognitive Models  
Humanistic and Existential Models  
Family Systems Models  
Multicultural Models  
A Biopsychosocial Model

#### **Reading:**

**Text** – Chapter 2, (pp. 34-71)

### **September 26/28: Diagnosis, Classification, and Research**

Introduction to the DSM-IV-TR (Diagnostic and Statistical Manual of Mental Disorders, 4<sup>th</sup> Ed. Text Revision  
Multiaxial Assessment: Axis I, II, III, IV, V  
Decision Trees for Diagnosis  
Case Studies – Diagnosing and Classifying a Disorder

#### **Readings:**

**Text** – Chapter 3, (pp. 73-103)

**Text** – Chapter 4, (pp.105-129)

**Course Package** – Diagnostic and Statistical Manual of Mental Disorders (Fourth Edition, Text Revision) (2000). DSM-IV-TR, Washington, DC: American Psychiatric Association. pp. 1-37; pp. 745-757; pp. 814-818.

### **October 3: Guest Speaker – Susan Hardy, PhD (ABD)**

The Stigma of Major Mental Illness

**Readings:**

**Course Package:** Arboleda-Florez, J. (2003) Considerations on the stigma of mental illness. *Canadian Journal of Psychiatry*, 48(10): pp.645-653.

Angell, B., Cooke, A., & Kovac, K. (2004). First-person accounts of stigma. In Corrigan, P.W. (Ed.) *On the stigma of mental illness: Practical strategies for research and social change*. American Psychological Association, pp. 69-98.

Maier, G. (2005). Bringing Grandma home. *Psychiatric Services*, 56(4): pp. 416-417.

**October 5: In Class Test (30%)**

**October 10: Anxiety Disorders**

Post Traumatic Stress Disorder  
The biology of trauma  
The trauma of abuse and the trauma of war

**Readings:**

**Text** – Chapter 5, (pp. 130-169)

**Course Package** – Wilson, J. (2001). An overview of clinical considerations and principles in the treatment of PTSD. In Wilson, J., Friedman, M., Lindy, J. *Treating Psychological Trauma & PTSD*. pp. 59-93.

**October 12: Anxiety Disorders (continued)**

Panic Disorder  
Generalized Anxiety Disorder

**Readings:**

**Course Package:** Athan, J., Huppert, D., Alley, A. (2004). The clinical application of emotion research in Generalized Anxiety Disorder: Some proposed procedures. *Cognitive and Behavioral Practice*, 11(4): pp.387-392.

Riskind, J. (2005). Cognitive Mechanisms in Generalized Anxiety Disorder: A second generation of theoretical perspectives. *Cognitive Therapy and Research* 29(1), pp.1-5.

**October 17: Dissociative and Somatoform Disorders**

Dissociative Identity Disorder  
Somatization Disorder

**Readings:**

**Text** – Chapter 6, (pp. 170-201)

### **October 19: Guest Speaker**

John Starzynski, Director, Mood Disorders Association of Ontario:  
President of the Mood Disorders Society of Canada

John practiced law for 14 years before being diagnosed with bipolar disorder. The decline from successful lawyer to mental health patient was severe and pervasive. He now speaks to other lawyers about mental illness, mental health, and self-care.

### **October 24: Mood Disorders**

Depressive Disorder

Bipolar Disorder

#### **Reading:**

**Text** – Chapter 11, (pp. 352-387)

**Course Package** - Tolman, A. (2005). General information about depression. In *Depression in Adults: The latest assessment and treatment strategies*. (3<sup>rd</sup> Ed). Kansas City: pp. 1-6.

### **October 26: Suicide**

Understanding Suicide

#### **Readings:**

**Text** – Chapter 12 (pp. 388-417)

**Course Package** – Tolman, A. (2005). Managing suicide risk in depressed patients. In *Depression in Adults: The latest assessment and treatment strategies*. (3<sup>rd</sup> Ed). Kansas City: pp. 23-34.

### **October 31: Personality Disorders**

Disorders Characterized by Odd or Eccentric Behaviours

Paranoid Personality Disorder

Schizoid Personality Disorder

Schizotypal Personality Disorder

Disorders Characterized by Dramatic, Emotional, or Erratic Behaviours

Histrionic Personality Disorder

Narcissistic Personality Disorder

Antisocial Personality Disorder

Borderline Personality Disorder

Disorders Characterized by Anxious or Fearful Behaviour

Avoidant Personality Disorder

Dependent Personality Disorder

Obsessive-Compulsive Personality Disorder

**Reading:**

**Text** – Chapter 8, (pp. 234-267)

**November 2: In Class Test (30%)**

**November 7: Schizophrenia**

Diagnosis and Aetiology

Schizophrenia and the Family

**Readings:**

**Text** – Chapter 13 (pp. 418-457)

**Course Package** – Corrigan, P. & Miller F. (2004). Shame, blame, and contamination: A review of the impact of mental illness on family members. *Journal of Mental Health, 13*(6): pp. 537-548.

**November 9: Guest Speaker (t.b.a.)**

**Schizophrenia Society of Ontario**

**November 14/16: Substance Related Disorders**

**Drugs, Booze, Sex, and Addiction**

**Reading:**

**Text** – Chapter 9, (pp. 268-305)

**November 21: Childhood Disorders**

**ADD and ADHD**

**Autism**

**Reading:**

**Text** – Chapter 15, (pp. 494-525)

**November 23: Eating Disorders**

**Anorexia Nervosa**

**Bulimia Nervosa**

**Reading:**

**Text** – Chapter 16, (pp. 526-557)

**Course Package** – Collier, D. & Treasure, J. (2004). The aetiology of eating disorders. *The British Journal of Psychiatry, 185*: pp. 363-365.

Schneer, A. (2002). Eating Disorders: A disorder of in and out. *Eating Disorders, 10*: pp.161-176.

**November 28: Multicultural Psychiatry**

DSM-IV-TR and multiculturalism  
Consciousness around culture

**Readings:**

**Course Package** – Watters, C. (2001). Emerging paradigms in the mental health care of refugees. *Social Science & Medicine*, 52: pp. 1709-1718.

Reid, T.P. (2001). Multicultural Psychology: Bringing together gender and ethnicity. *Cultural Diversity and Ethnic Minority Psychology*, 8(2): pp.103-114.

Diagnostic and Statistical Manual of Mental Disorders (Fourth Edition, Text Revision) (2000). DSM-IV-TR: Washington, DC: American Psychiatric Association. pp. 897-903.

Kress, V., Eriksen, K., Rayle, A., & Ford, S., (2005). The DSM-IV-TR and culture: Considerations for counselors. *Journal of Counseling and Development*, 83(1): pp. 97-105.

**November 30: Sexual Disorders and Gender Identity Disorder**

**The Burgeoning Field of Psychoneuroimmunology**

**Readings:**

**Text** – Chapter 10, (pp. 306-351)

**Text** – Chapter 7, (pp. 204-233)

**December 5: The Burgeoning Field of Psychoneuroimmunology (continued)**

**Review and Evaluation**

**What to keep;**

**What to pitch;**

**What to add;**

**What to alter.**

**Final Exam date: To be announced**