	<p><b>Psychology/College of Natural and Social Sciences</b></p> <p><b>Abnormal Psychology (PSY 3021-3) Number of Units: 3</b></p>
<p>Fall 2022</p>	

<b>Meeting days: Tuesday/Thursday</b>	<b>Instructor title and name: Dr. Kristen Bonwell</b> <b>Pronouns: she, her, hers</b>
<b>Meeting times: 8:30 – 9:45 am</b>	<b>Phone:</b>
<b>Meeting location: Liberty Station Conference Center (LSCC), Room 207</b>	<b>Email: <a href="mailto:kbonwell@pointloma.edu">kbonwell@pointloma.edu</a></b>
<b>Final Exam: 12/15/22</b> via Canvas; exam open for 24 hrs.	<b>Office location and hours:</b> only by appointment
<b>Additional info:</b>	<b>Additional info:</b>



**PLNU Mission** ★

**To Teach ~ To Shape ~ To Send**

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

**Foundational Explorations Mission** ★

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of

knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

## COURSE DESCRIPTION ★

This course will provide you with an introduction to the field of abnormal psychology. We will explore abnormality within historical, social, and cultural contexts, as well as the various predominating theoretical

Rev 6.21.22

perspectives. Major disorders (as outlined in the Diagnostic and Statistical Manual), etiology, symptoms, and preferred treatment strategy will be examined, using case material to supplement the chapter text. Throughout the course, we will look at major research issues as they relate to both the causal factors of each disorder and the efficacy of current treatments and interventions. Additionally, we will apply the course content to our personal experiences and the environment in which we live.

## COURSE LEARNING OUTCOMES ★

By the end of this course, you will be able to...

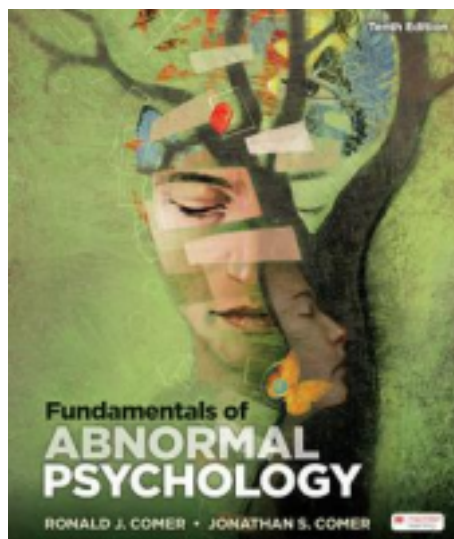
1. Assess case studies and accurately identify the **diagnosis** as listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-V).
2. Evaluate the possible **causes** of mental disorders based on the psychodynamic, behavioral, cognitive, humanistic/existential and biological perspectives, and appraise the best explanation for each disorder.
3. Evaluate the major **treatment** approaches of the psychodynamic, behavioral, cognitive humanistic/existential and biological perspectives, and appraise the best treatment for each disorder.
4. Describe major **ethical and legal issues** in the field of psychology.
5. Differentiate between fad **terminology** (e.g., co-dependency, nervous breakdown) and terminology of the DSM-V.
6. Illustrate understanding of **diverse/cultural variables** and their involvement with mental health disorders.
7. Report one **current issue** in the field of abnormal psychology.

## FOUNDATIONAL EXPLORATIONS LEARNING OUTCOMES ★

### REQUIRED TEXTBOOK

Comer, R. J. & Comer, R. S. (2022). Fundamentals of abnormal psychology (10<sup>th</sup> ed). New York, Worth.

ISBN-13: 978-1-319-24721-8



Rev 6.21.22

## THE PURPOSE OF THE CLASSROOM

As you are aware, college students are expected to learn a large proportion of the content of the course from study of the textbook. Therefore, most students are expected to study a minimum of two hours per class to achieve a “C” in the course. Therefore, the purpose of class time is not to help those who do not have enough time to study by lecturing directly from the textbook. This would only bore those students who have studied the reading assignment for the day. Below are what I view as the purpose of the classroom experience:

1. A relationship exists between the professor and student in the classroom. It is my job to make the information as practical as possible. I can only do this by listening to your questions, practical applications, etc.
2. I will use the lecture method to help make practical seemingly impractical information.
3. We will use the discussion method to help you clarify your viewpoints by getting into depth on an issue.
4. We will use the classroom to hear how others are integrating the concepts of psychology into their lives.

## COURSE CREDIT HOUR INFORMATION ★

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3-unit class delivered over 16 weeks. To meet the credit hour for direct instruction, case studies have been added to the course. At various points throughout the semester, students will be asked to read a case and perform a diagnostic assessment. Students may use the textbook, notes, and other references to help with your assessment. The goal of this activity is to increase students’ ability to apply diagnostic criteria. These will be completed individually on canvas. Additional details about how the class meets the credit hour requirement can be provided upon request.

## ASSESSMENT AND GRADING ★

Grades will be based on the following:

**Course Grade Scale Based on Percentages**

A	B	C	D	F
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A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

### **COURSE GRADE COMPOSITION & PERCENTAGES**

In-Class Participation	15%
Weekly Content Quick Check Quizzes (via Canvas; drop lowest score)	10%
Abnormal Psychology in the Environment Journal & In-Class Small Group Discussions	20%
Case Studies (4 via Canvas)	12%
Written & Oral Case Presentation	10%
Assignments (via Canvas)	10%
Exams (via Canvas; drop lowest of 4 exams)	20%
Final Assessment	3%

Rev 6.21.22

### **SPIRITUAL CARE**

PLNU strives to be a place where students grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If you have questions, a desire to meet with the chaplain, or if you have prayer requests, you can contact the [Office of Student Life and Formation](#).

### **STATE AUTHORIZATION ☼**

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

### **INCOMPLETES AND LATE ASSIGNMENTS**

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Your professor offers two programs to help you when “life happens” and due dates are not met. Please read more about “Oooops! Tickets” and “Excused Assignment Tickets”.



**Late Work:** Weekly module assignments and other course assignments are considered late if they are not submitted by the deadline set in Canvas. Assignments not submitted by the deadline will receive a zero. You have been granted **four** “Oooops! Tickets” which allow you to submit an assignment late without a late penalty. Anything due during the first half of the course (between weeks 1 and 8 for a 16-week course) must be submitted with an “Oooops! Ticket” by the end of the week at the half-way mark. [I allow an extra week for missing work from week 8 (16-week course) and week 4 (8-week course).] Anything due during the second half of the course (between weeks 9 and 16 for a 16-week course) must be submitted with an “Oooops! Ticket” by the end of week 16. **Important note:** There are some course requirements that are exempt from “Oooops Tickets”: projects, quizzes, exams, papers, and partner and group work.

Work that is exempt from “Oooops! Tickets” is subject to the following:

Quizzes and exams – **There are no make-up quizzes or exams.** Your lowest exam score will be dropped. Thus, if you miss an exam, your score will be zero and it will be dropped as your lowest score. Subsequent missed exams will earn a zero and will count toward your course grade. Your lowest weekly content quick check score will be dropped as well.

Rev 6.21.22

Papers, partner, and group work – If these assignments are not submitted by the due date set in Canvas, they will not be accepted. Although, students may apply their Excused Assignment Tickets. Further, no late work will be accepted after the final day of class.



Every student is allowed **two** “Excused Assignment Tickets” (EATs) AKA “Free Passes” which may be applied to a weekly assignment (e.g., a mini-essay, reflection, and others). Bigger assignments (e.g., in their own category separate from assignments in the grading policy, worth a larger percentage of course grade), for example case presentations, papers, projects, and presentations are exempt.

### **How do students use an Oooops! Ticket or an EAT AKA a Free Pass?**

When/if you decide to use an Oooops! Ticket (OT) for a missing assignment or an EAT or Free Pass for a missing or upcoming assignment, the first step is to contact Dr. Bonwell via the Canvas Conversations (Inbox) tool to make the request. Please use the following subject line format: Oooops! Ticket Request for (assignment number/name). For example, to request an Oooops! Ticket be applied to assignment 2.5a, type: “Oooops! Ticket Request for 2.5a Stress, Burnout and Self-Care Assignment.” For an EAT, type EAT in the subject line instead of OT. This subject line step is very helpful in tracking your request and assuring you have access to all

your OTs and EATs making it equitable. Lastly, Dr. B. will apply your ticket to the assignment and record it in the Oooops! Tickets/EATs tracker in Canvas.

## **PLNU COPYRIGHT POLICY ☼**

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

## **PLNU ACADEMIC HONESTY POLICY ☼**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY ☼**

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) or 619-849-2486). Once a student's

Rev 6.21.22

eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

As your psychology professor, it is very important to me to ensure your accommodations are provided in our class. Please see me ASAP to inform me of any accommodations.

## **SEXUAL MISCONDUCT AND DISCRIMINATION**

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the Title IX Office at [pointloma.edu/Title-IX](http://pointloma.edu/Title-IX). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at [counselingservices@pointloma.edu](mailto:counselingservices@pointloma.edu) or find a list of campus pastors at [pointloma.edu/title-ix](http://pointloma.edu/title-ix)

## **PLNU ATTENDANCE AND PARTICIPATION POLICY ☼**

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (28 class sessions; 3 absences), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent (6 absences), the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.

## **USE OF TECHNOLOGY ☼**

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams require a computer with a camera (tablets are not compatible) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

## **FINAL EXAM POLICY**

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site and noted on the class schedule below. No requests for early examinations or alternative days will be approved.

## **CLASS REQUIREMENTS**

**1. Read and Study the Textbook** - To expedite the amount and quality of in-class activity, you will be expected to read and understand the material from the textbook at the beginning of each module, so that students may spend time discussing, analyzing, and synthesizing information. Again, lecture is designed to be a supplement to your reading. When you need extra support in understanding the information, you may schedule a “Coffee Break with Dr. B” to review the material together.

Rev 6.21.22

**2. In-Class Participation (15% of course grade):** Class activities - These activities will not always be announced beforehand. It is your responsibility to attend class. Activities will vary and points will be incorporated into the “participation” component of your grade. If you miss class, you may make up the in-class participation work for one day maximum. Interactive class exercises cannot be made up outside of class.

**3. Weekly Content Quick Check Quizzes (10% of course grade):** The purpose of the quizzes is to improve your ability to identify diagnostic criteria, theoretical explanations, and treatments for mental

disorders. You will be given an online quiz for each chapter of the book which will be comprised of 5 questions pulled from a test bank. You can take the quizzes multiple times, but each time the questions will be pulled randomly from the test bank. Your highest score on a quiz will be kept as your final score.

- 4. Abnormal Psychology in the Environment Journal & In-Class Small Group Discussions (20% of course grade):** Journal writing assignments can benefit students by enhancing reflection, facilitating critical thought, expressing feelings, and writing focused arguments. Additionally, journaling about examples from your personal life experiences is shown to deepen learning, helping you remember it easier and for a longer period. Journal instructions, rubric, and due dates will be noted on the journal entry assignment in the corresponding module. The written portion of this assignment will be completed individually and submitted via Canvas before the in-class discussion with your small group.
- 5. Case Studies (20% of course grade):** At various points throughout the semester students will be asked to read a case and perform a diagnostic assessment. You are allowed to use your book, notes, and other references to help you with your assessment. The goal of this activity is to increase your ability to apply diagnostic criteria. These will be completed individually on canvas.
- 6. Written & Oral Case Presentation (10% of course grade):** You (or you and a partner) will create and present cases demonstrating your understanding and application of the course material. Instructions and grading criteria will be presented in class.
- 7. Assignments (10% of course grade):** Throughout the semester, students will complete various assignments either in class or via Canvas. Examples of such assignments include comparing two personality disorders or describing major ethical and legal issues in the field of psychology.
- 8. Exams (20% of course grade):** There will be four non-cumulative tests for the course. Each exam will consist of 50 multiple-choice questions and will cover all assigned reading, lecture material, and other material presented in class (e.g., discussions, videos, and films). Your highest three test scores (of the four tests) will count towards your final grade (the lowest will automatically be dropped). The four tests will be held during regular class periods. The date and time of the cumulative final examination is noted below. If a student does not attend class and take an exam on the scheduled day, that exam will be dropped. If this occurs on a second occasion, the exam score will be zero, and so on. Make-up exams are not allowed.
- 9. Final Assessment (3% of course grade):** At the end of the course, your final assessment will be a written reflection.

### **Course Caveat**

Class exercises may bring you in touch with strong emotions and/or troubling thoughts because they are related to abnormal psychology and sensitive mental health issues. Please see me privately if you are emotionally vulnerable so we can discuss options for the course.

You have access to free counseling/therapy services on campus. You can address and resolve your own personal issues if such issues arise as a consequence of participating in class exercises.

Rev 6.21.22

### **PLNU Wellness Center**

Location: Bottom floor of Nichols and Commons

Phone: 619-849-2574

Hours: 8 am - 4 pm, some evening hours on Wednesdays and Thursdays



**In an emergency call 911 or Campus Police 24-Hour Emergency: (619) 849-2525**

**If we are closed or unavailable please refer to the following resources:**

**Access & Crisis 24 Hour Hotline (SD County) 1-888-724-7240** Provides mental health crisis intervention and suicide prevention. Information and referral to mental health services in San Diego County can be provided. Additionally, this line provides drug and alcohol information.

**National Suicide Prevention Line 1-800-273-TALK (8255)** You will be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7. If calling locally you will be connected to the Access & Crisis 24 Hour Hotline. You can also call this line anywhere in the nation.

**Warm Line 1-800-930-9276 (3:30 PM-11:00 PM)** A friendly telephone support line which listens to concerns, offers referrals and provides understanding to the caller's perspectives for non-crisis/non emergent cases.

**211 Resource Line** Dial 211 from anywhere in the U.S. for information on local resources for food, housing, job support, health, human trafficking or disaster assistance. We can also provide assistance during personal crisis.

**Sexual Assault Crisis Line & Referral number is 1 (888) 385-4657.** Highly trained advocates are available 24/7 to talk confidentially with anyone who has been assaulted, wants to report assault, is experiencing domestic violence, is seeking resource information, or questioning unhealthy aspects of their relationship."

**Mandated Reporting:** As a mandated reporter, your professor, Dr. Bonwell, must abide by the legal requirements of CA Penal Code § 11166.5 as well as the CA Board of Psychology.

Child Abuse and Neglect Law (Penal Code § 11166.5) Definitions: The following situations involving individuals under the age of 18 years of age are reportable child abuse and neglect conditions:

- 1) Physical Abuse
- 2) Sexual Abuse
- 3) Child exploitation, child pornography and child prostitution
- 4) Severe or general neglect
- 5) Extreme corporal punishment resulting in injury
- 6) Willful cruelty or unjustifiable punishment
- 7) Abuse or neglect in out-of-home care

Dr. Bonwell is also required to report suspected elder abuse, risk of harm to self (e.g., suicidality) or others (e.g., homicidality), and instances in which an individual is gravely disabled.

Rev 6.21.22

### **Possible Hints to Successful Performance**

Many students do poorly in this class because they have memorized the basics of the important concepts but they have not learned how to accurately use these concepts to solve problems. The best way to understand a concept is to **think of examples to illustrate the concept**. Of course, your example needs to be accurate.

Feel free to give your example to the professor to discuss in class.

Another dilemma frequently experienced by students who do poorly on the tests is a difficulty utilizing problem solving skills. Specifically, they do not know how to approach solving a multiple choice question. Students pursuing graduate studies will likely encounter (important) multiple-choice exams for the next 5-10 years of their lives, so this skill will be a valuable one to acquire.

Reviewing tests is often a useful learning strategy and will likely help student performance on the final cumulative exam. Tests will be reviewed in class during the class meeting following the exam. Further, tests will be available to look at by appointment for a period of up to one week following the examination. Contact the professor to review your test. Then, try to pinpoint one or two things that you can improve upon for the next test.

### **Classroom Philosophy**

The classroom experience will be good for you if you come ready to work. Your work is to pay attention, think, and ask questions.

The classroom experience is invaluable because:

1. You have the opportunity to learn directly from someone who has quite a bit of formal training and experiences.
2. You have the opportunity to learn directly from someone whose faith has been challenged by her formal education, but someone who still genuinely believes in Christ.
3. You have the opportunity to ask questions about things you do not understand in class or from your readings, especially as it relates to your Christian faith.
4. You have the opportunity to hear comments and questions from other fine individuals.

**Welcome to what I hope will be an exciting and memorable**

**experience! (Scroll down to see the course schedule.)**



## **COURSE SCHEDULE**

This is a *tentative* course calendar and is subject to revision depending on class progress and needs. You will be informed of any of changes if they are to occur. Lecture material will tie into topics associated with your assigned readings but will primarily be a supplement to these readings. Please read assigned chapter before participation in discussions and activities.

<u><b>Week#</b></u>	<u><b>Class Meetings</b></u> <b>T/R – 8:30 – 9:45 am</b>	<u><b>Module/Class Meeting Topic</b></u>	<u><b>Required Textbook Reading</b></u>
1	(No mtg T, 8/30 bc Mon sched) R, 9/1 1 <sup>st</sup> day	<b>GS:</b> Getting Started <b>1:</b> Abnormal Psychology: Past and Present	Ch. 1
2	T, 9/6 R, 9/8	<b>2:</b> Models of Abnormality	Ch. 2
3	T, 9/13 R, 9/15	<b>3:</b> Clinical Assessment, Diagnosis, and Treatment	Ch. 3
4	T, 9/20 R, 9/22	<b>4:</b> Anxiety, Obsessive-Compulsive, and Related Disorders <b>EXAM 1 via Canvas (Chs. 1-4; Closes Sunday, 9/25 @ 11:59 pm)</b> <b>EXAM 1; Case Study 1 (CLO #1)</b>	Ch. 4
5	T, 9,27 R, 9/29	<b>5:</b> Disorders of Trauma and Stress	Ch. 5
6	T, 10/4 R, 10/6	<b>6:</b> Depressive and Bipolar Disorders	Ch. 6
7	T, 10/11 R, 10/13	<b>7:</b> Suicide	Ch. 7
8	(No mtg T, 10/18 bc Advising, asynchronous work via Canvas) R, 10/20	<b>8: Eating Disorders</b> <b>EXAM 2 via Canvas (Chs. 5-7 &amp; 9; Closes Sunday, 10/22 @ 11:59 pm)</b>	Ch. 9 Please note: Skip Chapter 8; Module 8 corresponds w/ Chapter 9
9	T, 10/25 R, 10/27	<b>9: Substance Abuse and Addictive Disorders</b>	Ch. 10 Please note: Module 9 corresponds w/ Chapter 10
10	T, 11/1 R, 11/3	<b>10: Sexual Disorders and Gender Variations</b>	Ch. 11 Please note: Module 10 corresponds

			w/ Chapter 11
11	T, 11/8 R, 11/10	11: Schizophrenia and Related Disorders	Ch. 12 Please note: Module 11 corresponds w/ Chapter 12
12	T, 11/15	12: Personality Disorders	Ch. 13

Rev 6.21.22

	R, 11/17	EXAM 3 via Canvas (Chs. 10-13; Closes Sunday, 11/20 @ 11:59 pm)	Please note: Module 12 corresponds w/ Chapter 13
13	T, 11/22 (No mtg R, 11/24)	13: Law, Society and the Mental Health Profession (CLO #4) CASE PRESENTATION DUE (soon) Have a blessed Thanksgiving!	Ch. 16 Please note: Module 13 corresponds w/ Chapter 16
14	T, 11/29 R, 12/1	14: Disorders Common Among Children and Adolescents	Ch. 14
15	T, 12/6 R, 12/8 – Last class meeting	15: Disorders of Aging and Cognition Final Assessment via Canvas: Written Course Reflection Due 12/11 @ 11:59 pm	Ch. 15
16 Finals Week	(No class mtg; Final Exam Day/Time TBA; Will be asynchronous via Canvas, open for 24 hrs.)	Final Exam (EXAM 4) via Canvas on Thursday 12/15 (Chs. 14 - 16; Opens at 12am 12/15 & CLOSES on 12/15 @ 11:59 pm)	

Rev 6.21.22