

Fall 2019

Meeting days: Tuesday, Thursday

Meeting times: 9:00AM-10:15AM

Meeting location: LBRT 202

Final Exam: 12/19/19, 9:00AM

Instructor: William C. Hochberger, Ph.D.

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Office location and hours: By appointment

PLNU's 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.

Course Description and Goals:

The primary objective of this course is to introduce students to the field of abnormal psychology, including the etiology, assessment, diagnosis, and treatment of psychological disorders. Special focus will be on those disorders found in the Diagnostic and Statistical Manual of the American Psychiatric Association (DSM), as well as the discussion of historical and contemporary theory around these disorders. Classroom time will be a mixture of lecture, discussion, and experiential activities aimed at assisting students in understanding and appreciating the major forms of psychopathology.

Learning Outcomes:

Upon completion of this course, students will be able to...

1. Demonstrate an understanding of the primary categories of psychological disorders that constitute the field of abnormal psychology and are contained in the DSM.
2. Be able to articulate the primary symptoms, etiology, and treatments for the major categories of psychopathology.
3. Critically evaluate and incorporate theory and research in order to facilitate a better understanding of psychopathology.
4. Increase their own self-awareness regarding their own mental health and beliefs regarding mental health, and how it influences their relationships, behaviors, thinking, and future vocation.
5. Engage and appreciate the intersection of the field of abnormal psychology with their own faith.

Required Texts:

1. Comer, R.J. (2016). Fundamentals of abnormal psychology (8th ed.). New York, Worth.
2. Stanford, Matthew S. (2012). Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness. Downers Grove, IL: InterVarsity Press.

Recommended Resources:

1. American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition*. Washington, D.C.: the American Psychiatric Association.

Assignments:

Scheduled Readings

- The reading assignments in the schedule form the basis of the lectures and discussions and should be read prior to the lecture date. All chapters listed refer to those in *Fundamentals of Abnormal Psychology* (Comer, 2016).

Psychological Disorder Essay

- Students will write a comprehensive review of a psychological disorder of their own choosing (i.e., any disorder found in the primary categories of the DSM-5). This review will discuss the clinical features/symptoms of the disorder, epidemiology, the major theories regarding the disorder and its etiology (e.g., biochemical, psychological, sociocultural), contemporary treatment methodologies, and anything else relevant to understanding the condition from a contemporary perspective. The goal of this paper is to foster a deeper understanding of a specific psychological disorder. The textbook for this course (Comer, 2016), the DSM-5, and lecture notes, should be used as resources as well as a general outline for important domains to cover in the essay. Sources from peer-reviewed journal articles, professional textbooks, or other forms of professional and evidence-based online resources are also encouraged. Students are encouraged to reach out to the professor to discuss their desired topic, for any assistance in vetting references, and ensuring the essay is of appropriate and sufficient scope. This paper should be written in APA style with the body being approximately 8 pages long.

Christianity and Abnormal Psychology Essay

- Students will write a paper exploring the intersection of Christianity and the field of abnormal psychology. This will consist of both 1) a response to the content and themes presented in *Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness*, and 2) an exploration of their own thoughts and connection to their own personal faith. This paper is an opportunity for students to freely explore a variety of topics, including, but not limited to: the existence of suffering due to mental illness, spiritual conceptualizations of mental illness, and the implications of psychological disorders leading people towards/away from God. Given the very broad nature of the second half of this assignment, I will be open and available to meet with students in order to help choose and/or refine their topics of exploration. Further, credit for this assignment will be very generous as long as it demonstrates a meaningful and genuine exploration of the above topics. A full lecture period devoted to an open discussion of the content of this assignment will immediately follow when the assignment is collected. This paper should be written in APA style with the body being approximately 8 pages long.

Exams:

There will be four (4) exams spaced evenly across the semester. Each exam will include information derived from a combination of assigned readings and lecture material, and will consist of a combination of multiple choice and short-response style questions. In each exam, heavy emphasis will be placed on the students' ability to analyze clinical case examples. Exam #1 will consist of information covered from Weeks 1-3, Exam #2 Weeks 4-7, and Exam #3 Weeks 8-11. The final exam (Exam #4) will be cumulative (covering Weeks 1-15) but weighted towards information covered from Week 12-15. Performance distributions of these exams will be evaluated and adjusted at the discretion of the professor.

Grading Criterion and Scale:

<i>Letter Grade</i>	<i>Percentage Score</i>
A	>93%
A -	90-92%
B +	88-89%
B	84-87%
B -	80-83%
C +	77-79%
C	70-76%
C -	65-69%
D +	62-64%
D	55-61%
D -	50-54%
F	<50%

<i>Assignment</i>	<i>Percent of Total Grade</i>
Exams #1	15%
Exam #2	15%
Exam #3	15%
Exam #4	25%
Christianity and Abnormal Psychology Essay	15%
Psychological Disorder Essay	15%

Official PLNU Policies:

Final Examinations

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. No requests for early examinations or alternative days will be approved.

Copyright

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.

Academic Honesty

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.

Academic Accommodations

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. (DRC@pointloma.edu or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses. If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

Attendance and Participation

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, 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.

Office Hours and Availability:

I am able and willing to meet with students by request. In addition to addressing lecture materials, assignments, and/or course performance, I am happy to meet with students in order to discuss anything and everything related to the practice of psychology, and to provide whatever support or assistance I can.

Tentative Schedule and Course Outline:

Week	Date	Topic	Readings	Exams/Assignments
1	9/5	Course Introduction and DSM-5 Basics		
2	9/10	Models of Psychopathology I	Chapters 2-3	<i>Independent Review of Pre-recorded Lectures*</i>
	9/12	Models of Psychopathology II		
3	9/17	Basics of Clinical Assessment	Chapter 3	<i>Week 2 Lectures Assignment Due**</i>
	9/19	Neurodevelopmental Disorders and Disorders of Childhood	Chapter 14	
4	9/24			<i>Exam #1</i>
	9/26	Gender, Sexual Dysfunctions, and Paraphilic Disorders	Chapter 11	
5	10/1	Personality Disorders I	Chapter 13	
	10/3	Personality Disorders II		
6	10/8	Schizophrenia Spectrum Disorders I	Chapter 12	
	10/10	Schizophrenia Spectrum Disorders II		
7	10/15	Depressive and Bipolar Disorders I	Chapter 6	
	10/17	Depressive and Bipolar Disorders II		
8	10/22			<i>Exam #2</i>
	10/24	<i>Christianity and Abnormal Psychology Discussion</i>		<i>Christianity and Abnormal Psychology Essay Due</i>
9	10/29	Suicide	Chapter 7	
	10/31	Somatic Symptom and Related Disorders	Chapter 8	
10	11/5	Anxiety Disorders I	Chapter 4	
	11/7	Anxiety Disorders II		
11	11/12	Trauma and Stressor-Related Disorders; Dissociative Disorders I	Chapter 5	
	11/14	Trauma and Stressor-Related Disorders; Dissociative Disorders II		
12	11/19			<i>Exam #3</i>
	11/21	Substance-Related and Addictive Disorders	Chapter 10	
13	11/26	Feeding and Eating Disorders	Chapter 9	
	11/28	<i>Thanksgiving Break – No Class</i>		
14	12/3	Obsessive-Compulsive and Related Disorders I	Chapter 4	
	12/5	Obsessive-Compulsive and Related Disorders II		
15	12/10	Neurocognitive Disorders and Aging	Chapter 15	
	12/12	Culturally-Bound Syndromes and Other Disorders Not Covered Elsewhere	Handouts	
16	12/17	<i>Review Session for Exam #4 (optional but highly encouraged)</i>		<i>Psychological Disorder Essay Due</i>
	12/19			<i>Exam #4</i>

*Recorded lecture slides will be available for download through Canvas

**Assignment will be discussed in detail on 9/5 and posted to Canvas at the end of class