



Psychology  
UNIVERSITY OF TORONTO  
SCARBOROUGH

# Introduction to Clinical Psychology

PSYB32

Professor Konstantine K. Zakzanis

[konstantine.zakzanis@utoronto.ca](mailto:konstantine.zakzanis@utoronto.ca)

Office Hours: Please E-mail Me for an Appointment Time

Teaching Assistants:

Angie Sekely: [angie.sekely@mail.utoronto.ca](mailto:angie.sekely@mail.utoronto.ca)

Kyrsten Grimes: [kyrsten.grimes@mail.utoronto.ca](mailto:kyrsten.grimes@mail.utoronto.ca)

Courtney Berezuk: [courtney.berezuk@mail.utoronto.ca](mailto:courtney.berezuk@mail.utoronto.ca)

**Please note this offering of PsyB32 is solely online as a Web Option Course. There are NO in class lectures. If you prefer in class lectures, PsyB32 will be offered in the Summer 2020 Term.**

# Course Overview

Throughout history, whether a person's behavior is labeled abnormal often has depended on the cultural norms for appropriate behavior and the gender and ethnicity of the person. Current definitions of abnormality focus on the person's ability to function in daily life and his or her level of distress and grasp of reality. Many biological and psychological tests are used to assess people's functioning and well-being. The information gathered in these tests is compared to criteria for diagnosing psychological disorders provided in guidebooks such as the DSM. Several modern biological and psychological theories provide different ways of understanding and treating people with psychological disorders. Most disorders appear to be influenced both by biological and psychosocial factors, and theories integrating these factors have proven most useful in understanding and treating abnormality.

The disorders that we will look at in detail involve maladaptive and distressing emotions, thoughts, cognitive deficits and behaviors that are often chronic and pervade every aspect of people's lives. For example, people with anxiety disorders and mood disorders frequently experience extreme emotional distress that severely interferes with their ability to function in life. Biology, stressful experiences, and maladaptive ways of thinking all appear to contribute to the anxiety and mood disorders. Fortunately, there are several effective biological and psychosocial treatments for these disorders. In addition, psychosis is a loss of touch with reality, and is the hallmark of the disorder called schizophrenia. Schizophrenia probably has strong biological roots, but can be influenced by environmental stress. Moreover, people with personality disorders maintain a consistent personality style, but it is a highly maladaptive style for them and for people around them. Substance use disorders similarly involve specific maladaptive behaviors and can have negative effects in many domains of life. Finally, cognitive disorders that are progressive in nature (e.g., Alzheimer's disease, frontotemporal dementia, progressive aphasia, Parkinson's disease, Huntington's disease, progressive supranuclear palsy, and multiple sclerosis) can have crippling effects and are becoming ever more prevalent given the burgeoning elderly population.

After reviewing the aforementioned disorders and understanding the nature of methodology, assessment, diagnosis, and treatment, it is hoped that this course will better able the student to answer the question "what is abnormality?"

## Important Notes:

- Please note that completing this course does **NOT** make you qualified to call yourself a psychologist, conduct therapy/assessments, or provide clinical diagnoses. This is an **introduction** to the field of clinical psychology.

- There will be a handful of persons invited to give brief talks/demonstrations of their work as it relates to course content. To this end, prior to each visit, I will announce the content of the talk/demonstration. These health care professionals and former students will join us to share their experience and understanding of specific course content. There may be some content that some individuals might find offensive—such is the case when our topic is abnormal psychology. Again, these talks/demonstrations are meant to help you answer the question “what is abnormality?”
- Every enrolled student must ensure that they have access to the course website via Quercus. All course related content will be posted here (e.g., lecture slides, supplementary readings, important announcements, and so on). The only format that will be used for all posted documents is Adobe PDF. Free reading software is available at [www.adobe.com](http://www.adobe.com).
- Every effort will be made to post the lecture slides the evening prior to each class (or earlier).
- If a lecture is cancelled because of an unforeseen circumstance (e.g., unexpected illness), students are still responsible for the material that was to be presented in the lecture that day. I will do what I can to cover the missed material the following week as time permits.
- Policies for this course regarding grading, missed term work, and late assignments (also see page 11 of the syllabus): **Late paper submissions will result in a deduction of 10% per day to a maximum of 3 days.**
- Students with diverse learning styles and needs are welcome in this course. In particular, if you have a disability/health consideration that may require accommodations, please feel free to approach me and/or the AccessAbility Services Office as soon as possible. I will work with you and AccessAbility Services to ensure you can achieve your learning goals in this course. Enquiries are confidential. The UTSC AccessAbility Services staff (located in S302) are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations (416) 287-7560 or [ability@utsc.utoronto.ca](mailto:ability@utsc.utoronto.ca).
- For reasons of privacy as well as protection of copyright, unauthorized video or audio recording in classrooms is prohibited. This is outlined in the Provost’s guidelines on *Appropriate Use of Information and Communication Technology*. Note, however, that these guidelines include the provision that students may obtain consent to record lectures and, “in the case of private use by students with disabilities, the instructor’s consent must not be unreasonably withheld.”

- Academic integrity is essential to the pursuit of learning and scholarship in a university, and to ensuring that a degree from the University of Toronto is a strong signal of each student's individual academic achievement. As a result, the University treats cases of cheating and plagiarism very seriously. The University of Toronto's *Code of Behaviour on Academic Matters* (<http://www.governingcouncil.utoronto.ca/policies/behaveac.htm>) outlines the behaviours that constitute academic dishonesty and the processes for addressing academic offences. Potential offences include, but are not limited to:

#### **In papers and assignments:**

- Using someone else's ideas or words without appropriate acknowledgement.
- Submitting your own work in more than one course without the permission of the instructor.
- Making up sources or facts.
- Obtaining or providing unauthorized assistance on any assignment.

#### **On tests and exams:**

- Using or possessing unauthorized aids.
- Looking at someone else's answers during an exam or test.
- Misrepresenting your identity.

#### **In academic work:**

- Falsifying institutional documents or grades.
- Falsifying or altering any documentation required by the University, including (but not limited to) doctor's notes.

All suspected cases of academic dishonesty will be investigated following procedures outlined in the Code of Behaviour on Academic Matters. If you have questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, you are expected to seek out additional information on academic integrity from your instructor or from other institutional resources (see <http://www.utoronto.ca/academicintegrity/>).

#### **Textbook:**

### **Abnormal Psychology (Sixth Canadian Edition)**

By: Davidson, Blankstein, Flett & Neal

- *The study guide and DSM-5 Guide for Students is highly recommended*



- *Note: this is the newest edition. Although some of the content between the new and old editions may be similar, we will NOT be providing any support for the old text. We simply do not have the resources to document the similarities/differences between the two.*

## **Recommended Reading:**

### **Leap – Into the mind of a suicide**

By: Nancy Xia

[https://www.amazon.com/Leap-Into-Suicide-Nancy-Xia/dp/1683484770/ref=sr\\_1\\_1?ie=UTF8&qid=1471550221&sr=8-1&keywords=nancy+xia](https://www.amazon.com/Leap-Into-Suicide-Nancy-Xia/dp/1683484770/ref=sr_1_1?ie=UTF8&qid=1471550221&sr=8-1&keywords=nancy+xia)

## **Grading Scheme:**

### **(1) First Examination worth 30% of your final grade**

- *Your 1<sup>st</sup> examination will consist of 60 multiple-choice questions.*

### **(2) Second Examination worth 30% of your final grade**

- *Your 2<sup>nd</sup> examination will consist of 60 multiple-choice questions.*

### **(3) Final Examination worth 20% of your final grade**

- *Your final examination will consist of 60 multiple-choice questions.*

### **(4) Term Project (5% + 10% + 5% = 20% of your final grade)**

Research indicates that one of the best ways to learn new information is to apply it to what we already know. It is even better when what we learn is meaningful to our lives. This project will allow you to examine what it is like to assess a behaviour, hypothesize about its cause, and develop a plan to “treat” it in keeping with one of the theoretical paradigms taught in this course. You will then have the opportunity to carry out the “treatment.”

You will be asked to complete two questionnaires to assess your study habits. You will write a one-page reflection and devise a two-page “treatment plan” based on what you discovered about yourself through the “assessment.” At the end of the semester, you will be asked to write a one-page reflection on your experience. **All assignments are to be double spaced, using 12-point font and 1-inch margins.** Anything falling outside these limits will not be graded. Detailed instructions are posted on Quercus.

All submissions will go through Quercus. Normally, students will be required to submit their course essays to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the Turnitin.com reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University’s use of the Turnitin.com service is described on the Turnitin.com web site. If you do not wish to submit your assignment through Turnitin.com, please contact your TA *at the beginning of the term* so that alternative arrangements can be made.

**Reflection #1 (worth 5% of your final grade) and the Treatment Plan (worth 10% of your final grade) are due on February 10, 2020 @ 11:55 pm on Quercus.**

**Reflection #2 (worth 5% of your final grade) is due on March 30, 2020 @ 11:55 pm on Quercus.**

**Late submissions will result in a deduction of 10% per day to a maximum of 3 days.**

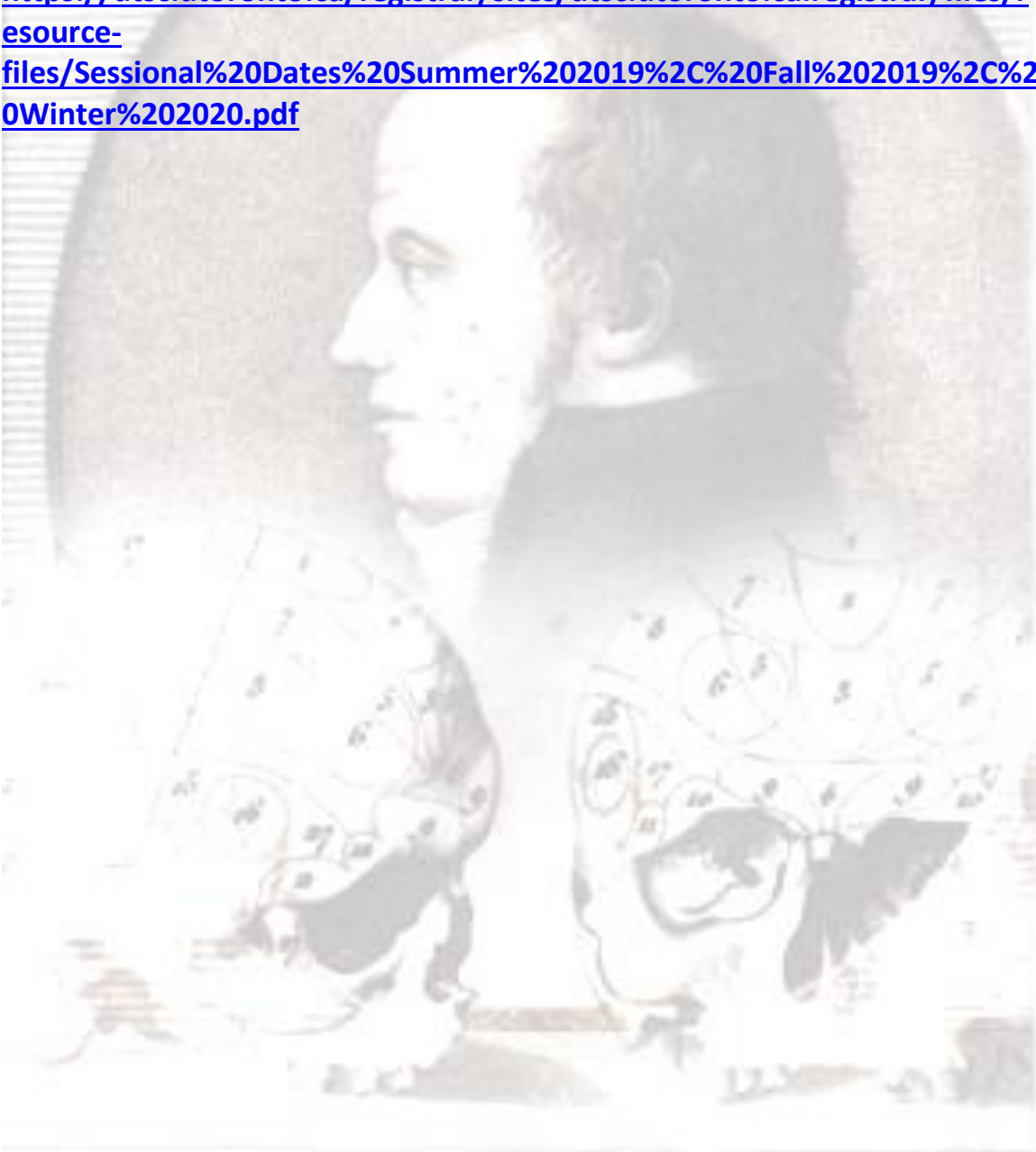
**Academic Dishonesty (AGAIN):**

You may see advertisements for services offering grammar help, essay editing and proof-reading. Be very careful. If these services take a draft of your work and significantly change the content and/or language, you may be committing an academic offence (unauthorized assistance) under the *Code of Behaviour on Academic Matters*. It is much better and safer to take your draft to the Writing Centre as early as you can. They will give you guidance you can trust. Students for whom English is not their first language should go to the English Language Development Centre. If you decide to use these services in spite of this caution, you must keep a draft of your work and any notes you made before you got help and be prepared to give it to your instructor on request.

## Important Dates: 2020 Winter Session

Please visit:

<https://utsc.utoronto.ca/registrar/sites/utsc.utoronto.ca/registrar/files/resource-files/Sessional%20Dates%20Summer%202019%2C%20Fall%202019%2C%20Winter%202020.pdf>



# Lecture Dates, Readings, & Assignments:

## Week of January 6:

Welcome; Course Description and Requirements & Questions Answered

**Readings:** Chapter 1: Introduction, Definitional and Historical Considerations

Guest: Dr. Donald A. Young

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## Week of January 13:

**Readings:** Chapter 2: Current Paradigms and the Integrative Approaches

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## Week of January 20:

**Readings:** Chapter 3: Clinical Assessment, Classification and Diagnosis

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## Week of January 27:

**Readings:** Chapter 4: Research Methods in the Study of Abnormal Behaviour



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### **Week of February 3:**

#### **First Examination worth 30 % of your final grade**

The exam will consist of 60 multiple choice questions from chapters 1-4. Details regarding the date, time, location, and room assignments will be posted on Quercus one week prior.

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### **Week of February 10:**

#### ***Readings:***

Chapter 5: Anxiety Disorders

Chapter 7: Somatic Symptom Disorders and Dissociative Disorders

Guest: Christopher Rodriguez, Gestalt Institute

**Reflection #1 and Treatment Plan due on February 10 at 11:55PM.**

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### **Week of February 17:**

Reading Week (no class)

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**Week of February 24:**

***Readings:*** Chapter 8: Mood Disorders and Suicide

Guest: Nancy

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**Week of March 2:**

***Readings:*** Chapter 10: Eating Disorders

Guest: Candice

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**Week of March 9:**

**Second Examination worth 30% of your final grade**

The exam will consist of 60 multiple choice questions from chapters 5, 7, 8, 10. Details regarding the date, time, location and room assignments will be posted on Quercus one week prior.

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**Week of March 16:**

***Readings:*** Chapter 11: Schizophrenia

Guest: Neil

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**Week of March 23:**

***Readings:*** Chapter 13: Personality Disorders

Guest: Ms. Kyrsten Grimes, M.A.

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**Week of March 30:**

***Readings:*** Chapter 16: Aging and Psychological Disorders

**Reflection #2 due on March 30 at 11:55PM**

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**April 8-25:**

Final Examination Period

**Your Final Examination is worth 20% of your final grade and will consist of 60 multiple-choice questions. You will be tested on material from chapters 11, 13 and 16.**

As soon as they are finalized, examination schedules are posted on the web at: <http://www.utoronto.ca/registrar>

# ***Missed Term Work due to Medical Illness or Other Emergency:***

All students citing a documented reason for missed term work must submit their request for accommodations **within three (3) business days** of the deadline for the missed work.

Students must submit **BOTH** of the following:

- (1.) A completed **Request for Missed Term Work Accommodations form** (<http://uoft.me/PSY-MTW>), and
- (2.) **Appropriate documentation** to verify your illness or emergency, as described below.

## **Appropriate documentation:**

For missed **TERM TESTS** due to **ILLNESS**:

- Submit the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>), along with an **original** copy of the official UTSC Verification of Illness Form ([uoft.me/UTSC-Verification-Of-Illness-Form](http://uoft.me/UTSC-Verification-Of-Illness-Form)) or an **original** copy of the record of visitation to a hospital emergency room. Forms are to be completed in full, clearly indicating the start date, anticipated end date, and severity of illness. The physician's registration number and business stamp are required.
- Note: If an end date of "ongoing" is specified, the medical note will be assumed to cover a period of two weeks. If no end date / an "unknown" end date is specified, the note will be assumed to cover a period of three business days (starting from the midterm date.)

For missed **TERM TESTS** due to **ACCESSABILITY REASONS**:

- Meet with your **AccessAbility consultant** and have them email Keely ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) detailing the accommodations required.

For missed **ASSIGNMENTS** due to **ILLNESS**:

- Submit the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>), along with a **hardcopy** of the Self-Declaration of Student Illness Form ([uoft.me/PSY-self-declare-form](http://uoft.me/PSY-self-declare-form)).

For missed **ASSIGNMENTS** due to **ACCESSABILITY REASONS**:

- If your desired accommodation is **within the scope** of your Accommodation Letter (ex. your letter includes "extensions of up to 7 days" and you need 3 days), submit the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>) and attach a copy of your letter. **Specify how many days extension you are requesting** on the request form.
- If your desired accommodation is **outside the scope** of your Accommodation Letter (ex. your letter includes "extensions of up to 7 days" but you need more time than that) you will need to meet with your **AccessAbility consultant** and have them email Keely ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) detailing the accommodations required.



For missed term tests or assignments in **OTHER CIRCUMSTANCES**:

- Submit the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>), along with:
- In the case of a **death of a family member or friend**, please provide a copy of a death certificate.
- For U of T varsity-level or professional **athletic commitments**, an email from your coach or varsity administrator should be sent directly to Keely Hicks ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) **well in advance** of the missed work, detailing the dates and nature of the commitment.
- For **religious accommodations**, please email ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) **well in advance** of the missed work.
- For circumstances **outside of these guidelines**, please email Keely ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) on the date of the test / assignment deadline to describe your circumstances and ask what documentation would be appropriate

Documents covering the following situations are NOT acceptable: medical prescriptions, personal travel, weddings/personal/work commitments.

**Procedure:**

Submit your (1.) [request form](#) and (2.) [medical/self-declaration](#)/other documents in person **WITHIN 3 BUSINESS DAYS** of the missed term test or assignment.

**Submit to:** Keely Hicks, Room SW420B, Monday – Friday, 9 AM – 4 PM. (Slide forms under door if out of office.)

After submitting your documentation, within approximately one to five business days, you will receive a response from your instructor detailing the accommodations to be made (if any).

**You are responsible for checking your official U of T email and Quercus course announcements daily, as accommodations may be time-critical.**

You should continue to work on your assignments to the best of your ability, as extension accommodations may be as short as one business day, depending on the nature of the illness/emergency.

If an accommodation has been granted but you are unable to meet the conditions of the accommodation (ex. you need a longer extension, or you missed a make-up test), you will need to repeat the missed term work procedure and submit additional forms to request further accommodation. Note that in the case of a missed make-up test, an opportunity to write a second make-up test may not be provided.

Completion of this form does NOT guarantee that accommodations will be made. The course instructor reserves the right to decide what accommodations (if any) will be made. Failure to adhere to any aspect of this policy may result in a denial of your request for accommodation.

**Importance of Three Business Day window:**

If you are unable to submit your documents in-person within the three business day window, **you must email Keely** ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) **within the three business day window** to explain when you will be able to bring your documents in person. Exceptions to the

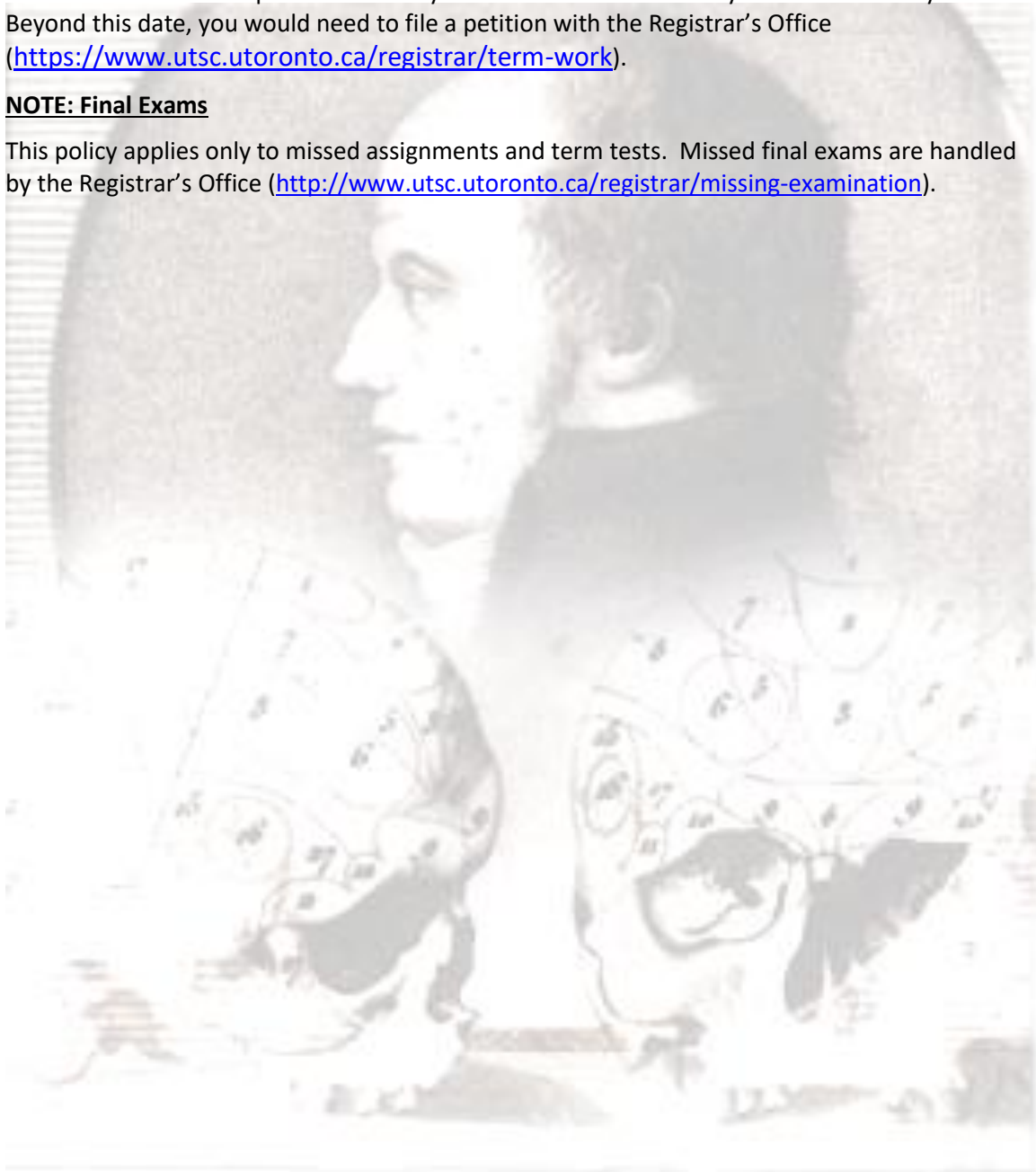
documentation deadline will only be made under **exceptional circumstances**. Attach scans of your documentation, and be prepared to bring your documents to Keely in-person as soon as you are well. Late documents may not be accepted.

**NOTE: Assignments due at end of term**

Instructors cannot accept term work any later than five business days after the last day of class. Beyond this date, you would need to file a petition with the Registrar's Office (<https://www.utsc.utoronto.ca/registrar/term-work>).

**NOTE: Final Exams**

This policy applies only to missed assignments and term tests. Missed final exams are handled by the Registrar's Office (<http://www.utsc.utoronto.ca/registrar/missing-examination>).



## ***Frequently Asked Questions:***

***Q: I missed the midterm. Can I write the makeup?***

**A:** Only those with a [UTSC Verification of Illness Form](#) signed by a licensed physician explaining why you were absent for the midterm ON THE DAY OF THE EXAM will be permitted to write the makeup examination. Carefully read the information located under ***“Missed Term Work due to Medical Illness or Emergency”*** on the previous page.

***Q: I will be outside of the country during the exam. Can I write the makeup?***

**A:** No. As a responsible student, you are expected to plan excursions accordingly. As soon as the registrar sends us a copy of the midterm/final examination schedule, we will post an announcement.

***Q: I don't have all the pre-requisites for this course. Can I still be enrolled?***

**A:** No. Pre-requisites are in place for a reason; many of the concepts build upon the content learned from prior courses. Allowing an exception would be unfair to the other students who took the pre-requisites.

***Q: I am not happy with my mark; is there anything I can do to improve it – like an extracurricular assignment?***

**A:** The best way to improve a mark is to study, study, study. The more you review the material, the more you will be able to ‘speak the language’ of abnormal psychology. Ask us questions – we’re here for you. Sorry, no extracurricular assignments.

***Q: I missed the makeup; can I write another exam, or can I have my marks reweighed?***

**A:** If you have another valid medical reason for missing the makeup, please follow the instructions outlined on the previous page for missed term work.

***Q: I am on academic probation and I need a bump up on my final mark; otherwise, I will be kicked out of school! Can you please bump my mark?***

**A:** This situation is unfortunate and as much as we would like to help, it would be unethical and unfair to the rest of the students to bump a mark for one individual.

***Q: Is the study guide required? What does it contain?***

**A:** The study guide is optional. It contains review and practice questions designed to complement the material from the text.