



Psychology
UNIVERSITY OF TORONTO
SCARBOROUGH

Introduction to Clinical Psychology

PSYB32 Summer 2020

Web Option Only

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Teaching Assistants:

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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?"

Learning Outcomes:

- 1. An understanding of various psychological disorders**
- 2. An understanding of methods used to help determine the cause of psychological disorders**
- 3. An understanding of how to assess and diagnose psychological disorders**

4. An understanding of treatment options for psychological disorders
5. And most importantly, to understand and assimilate the principles of empathy and unconditional positive regard in our approach to all beings, human or otherwise.

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.
- Please be forewarned that in the field of clinical psychology, there exists often disturbing subject matter that you might find unprepared and uncomfortable with. Please think carefully about your emotional readiness and preparedness to view and study this material before continuing in this course.
- This course is being delivered via WEB OPTION only. If you were expecting an in-class room lecture with the professor, this course is not for you. It is amazing to us that students will enroll in a WEB OPTION only course and at course end, complain that there were no in-class lectures. Please don't be one of these students!
- 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 the UTSC Qurecus Portal. 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.
- 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.
- If a student is absent from a midterm examination due to illness or other extenuating circumstance, they must follow the protocol outlined in the syllabus for missed term work (see page 13).
- 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.
- 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 is highly recommended*
- *The DSM-5 Guide for Students is recommended for the writing assignments*
- *Note: this is a new 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

Grading Scheme:

(1) First Examination worth 40% of your final grade

- *Your first examination will consist of 45 multiple-choice questions*

(2) Second Examination worth 40% of your final grade

- *Your second examination will consist of 45 multiple-choice questions*

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

- *Your final examination will consist of 45 multiple-choice questions*

Note: These exams will be administered ONLINE via Quercus. This is not an open-book exam. Absolutely NO aids are allowed. All submitted answers must be your own work. You must NOT work in groups in person or online. **You WILL be charged with an academic offence if you are found to be sharing exam questions and/or answers.**

Also note that these lectures were pre-recorded. You may hear references to written assignments in the lectures. This does **NOT** apply to you. Your performance will be evaluated by midterm 1, midterm 2, and the final exam, as described above. There are **NO** written assignments this term.

Important Dates: 2020 Summer Session

Please visit:

<https://www.utoronto.ca/registrar/sites/utoronto.ca/registrar/files/resource-files/Revised%20Sessional%20Dates%202020%20Summer.pdf>

Lecture Dates, Readings, & Assignments:

Week of May 11:

Welcome; Course Description and Requirements & Questions Answered

Readings: Chapter 1: Introduction, Definitional and Historical Considerations

Guest: Dr. Donald A. Young

Week of May 18:

Readings: Chapter 2: Current Paradigms and the Integrative Approaches

Week of May 25:

Readings: Chapter 3: Clinical Assessment, Classification and Diagnosis

Week of June 1:

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

Week of June 8:

Chapter 5: Anxiety Disorders
Chapter 7: Somatic Symptom Disorders and Dissociative Disorders

Guest: Christopher Rodriguez, Gestalt Institute

Week of June 15:

First Examination worth 40 % of your final grade

The exam will consist of 45 multiple choice questions from chapters 1-5 and 7. Details regarding access to the online exam, as well as the exact time and date will be posted on Quercus one week prior.

Week of June 22:

Reading Week (no class)

Week of June 29:

Readings: Chapter 8: Mood Disorders and Suicide

Guest: Nancy

Week of July 6:

Readings: Chapter 10: Eating Disorders

Guest: Candice

Week of July 13:

Readings: Chapter 11: Schizophrenia

Guest: Neil

Week of July 20:

Second Examination worth 40% of your final grade

The exam will consist of 45 multiple choice questions from chapters 8, 10, and 11 but will also test the core concepts learned in previous chapters. Details regarding access to the online exam, as well as the exact time and date will be posted on Quercus one week prior.

Week of July 27:

Readings: Chapter 13: Personality Disorders

Guest: Ms. Kyrsten Grimes, M.A.

Week of August 3:

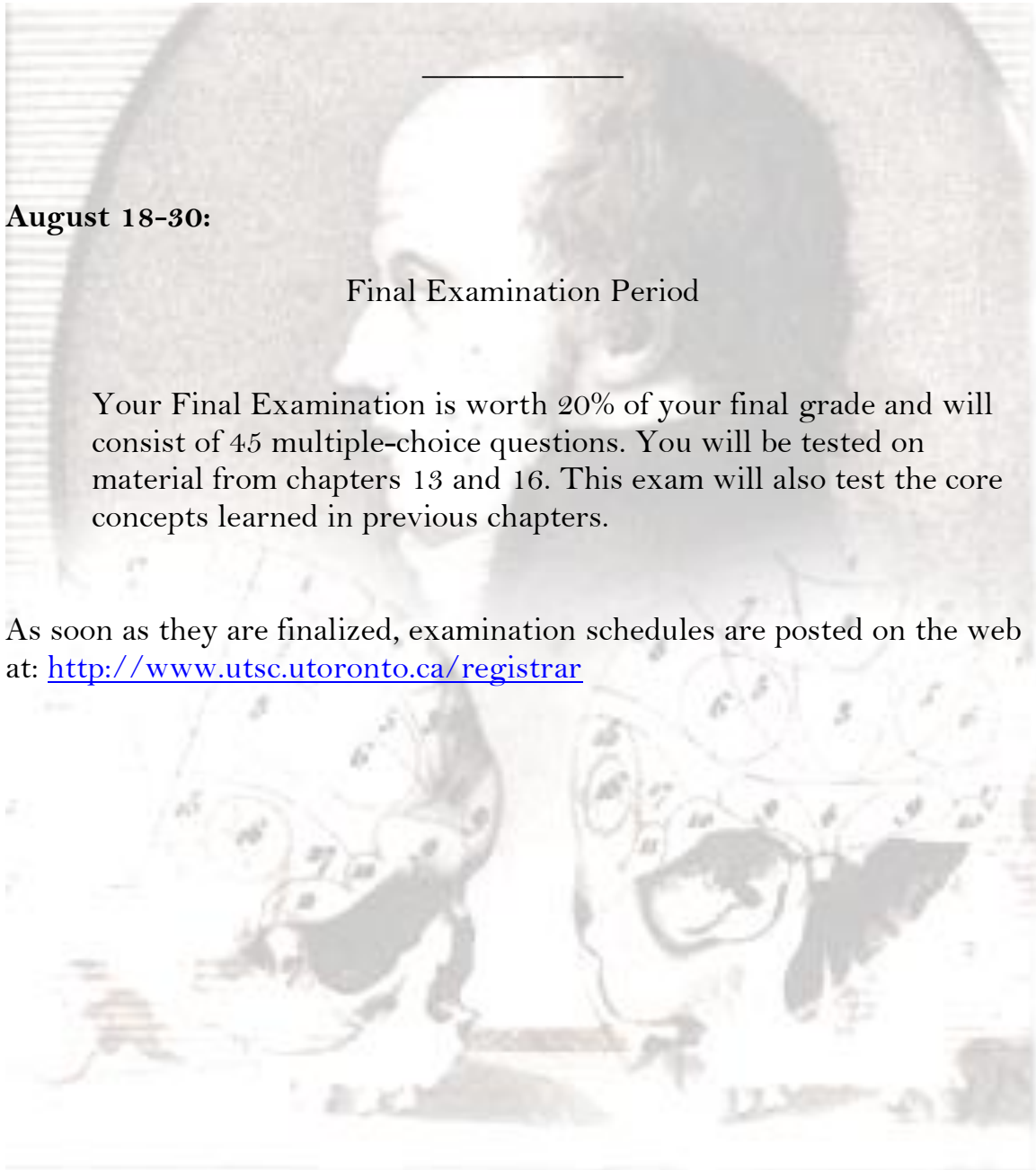
Readings: Chapter 16: Aging and Psychological Disorders

August 18-30:

Final Examination Period

Your Final Examination is worth 20% of your final grade and will consist of 45 multiple-choice questions. You will be tested on material from chapters 13 and 16. This exam will also test the core concepts learned in previous chapters.

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

Submit via email to: Keely Hicks, Departmental Assistant, keely.hicks@utoronto.ca

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 **ASSIGNMENTS** or **TERM TESTS** due to **FLU-LIKE SYMPTOMS** or **SELF-ISOLATION REQUIREMENTS:**

- Email the Request for Missed Term Work Accommodations form (uoft.me/PSY-MTW) to Keely (keely.hicks@utoronto.ca), and
- **Declare** your absence on **ACORN** (Profile & Settings > Absence Declaration)

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

- Email the Request for Missed Term Work Accommodations form (uoft.me/PSY-MTW) to Keely (keely.hicks@utoronto.ca), along with the Self-Declaration of Student Illness Form (uoft.me/PSY-self-declare-form).

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

- Email the Request for Missed Term Work Accommodations form (uoft.me/PSY-MTW) to Keely (keely.hicks@utoronto.ca), along with a scan/photo of the **original** copy of the official UTSC Verification of Illness Form (uoft.me/UTSC-Verification-Of-Illness-Form) or an **original** copy of the record of visitation to a hospital ER.
- Forms are to be completed in full, clearly indicating the start date, anticipated end date, and severity of illness. The physician's registration # 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 illness start date.)*

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

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

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 1-7 more days), email the Request for Missed Term Work Accommodations form (uoft.me/PSY-MTW) to Keely

(keely.hicks@utoronto.ca), and attach a **copy of your letter**. Specify how many days extension you are requesting in your email.

- 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) detailing the accommodations required.

For missed **ASSIGNMENTS** or **TERM TESTS** in **OTHER CIRCUMSTANCES**:

Email the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>) form to Keely (keely.hicks@utoronto.ca), along with:

- For the **death of a family member/friend**, provide a copy of the 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 (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 (keely.hicks@utoronto.ca) **well in advance** of the missed work.
- For circumstances **outside of these guidelines**, please email Keely (keely.hicks@utoronto.ca) **on or before the date of the test / assignment deadline** to describe your circumstances and determine appropriate documentation.

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

As stated above, your documents must be submitted **within three (3) business days** of the deadline for the missed work.

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.

Missed Accommodations

If an accommodation is granted but a continued illness/emergency prevents you from meeting the requirements of your accommodation, you must repeat the missed term work procedure to request additional accommodations.

(E.g.) If you miss a make-up midterm, you would need to submit another Request for Missed Term Work Accommodations form. If your original medical note / documentation included the date of the make-up midterm, then only the Request form is required. If the date of the make-up midterm fell outside of the dates indicated on your original medical note/other documentation, then a new medical note/other appropriate documentation must also be submitted.

Importance of Three Business Day window:

If you are unable to submit your documents within the three business day window, **you must email Keely** (keely.hicks@utoronto.ca) **within the three business day window** to explain the nature of the delay, and when you will be able to provide your documents. Exceptions to the documentation deadline will only be made under exceptional circumstances.

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: Please read the information located under “Missed Term Work due to Medical Illness or Other Emergency” on the previous page.

Q: I will be outside of the country during the test. 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 to bump up 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 an individual. Please do not email us with such requests.

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.