

# Introduction to Clinical Psychology

PSYB32

Web Option Asynchronous Lectures

&

Synchronous Remote Supplement Lectures

(5:00pm to 6:00pm on Thursdays during lecture  
weeks)

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Office Hours: by remote platform and appointment only

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# Course Overview

Throughout history, whether a person's behavior is labeled impaired often has depended on the cultural norms for appropriate behavior and the gender and ethnicity of the person. Current definitions of impairment 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. As well, cognitive disorders that are progressive in nature (e.g., Alzheimer's disease, frontotemporal dementia) can have crippling effects and are becoming ever more prevalent given the burgeoning elderly population.

After reviewing the aforementioned disorders, and more, and understanding the nature of methodology, assessment, diagnosis, and treatment, it is hoped that this course will introduce the student to the field of clinical psychology.

## 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.
- There will be a handful of persons invited to give brief presentations as it relates to course content. To this end, please review the course outline carefully. 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 clinical psychology. Again, these presentations are meant to introduce you to the field.
- For reasons of privacy as well as protection of copyright, unauthorized video or audio recording in classrooms or via remote delivery is strictly 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."

# Department of Psychology Policies

## Quercus

This course uses the University's learning management system, Quercus, to post information about the course. This may include materials required to complete activities and assignments, as well as important announcements. New information and resources will be posted regularly as we move through the term, so please make it a habit to log in to the site on a regular, even daily, basis. To access the course website, go to the U of T Quercus log-in page at <https://q.utoronto.ca>. Once you have logged in to Quercus using your UTORid and password, you should see the link or "card" for this course. There are Quercus help guides for students that you can access by clicking on the "?" icon in the left side column.

## Disability-Related Accommodations

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 contact the [AccessAbility Services Office](#) as soon as possible.

AccessAbility Services staff (located in Rm AA142, Arts and Administration Building) are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations. Please contact 416-287-7560 (tel/TTY) or email [ability.uts@utoronto.ca](mailto:ability.uts@utoronto.ca) for more information. The sooner you let us know your needs the quicker we can assist you in achieving your learning goals in this course.

## Academic Integrity

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 in papers and assignments include 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 cheating includes using or possessing unauthorized aids, looking at someone else's answers during an exam or test, misrepresenting your

identity, or falsifying or altering any documentation required by the University, including (but not limited to) doctor's notes.

## Religious Accommodations

The University has a commitment concerning accommodation for religious observances. I will make every reasonable effort to avoid scheduling tests, examinations, or other compulsory activities on religious holy days not captured by statutory holidays. According to University Policy, if you anticipate being absent from class or missing a major course activity (like a test, or in-class assignment) due to a religious observance, please let me know as early in the course as possible, and with sufficient notice (at least two to three weeks), so that we can work together to make alternate arrangements.

## Equity, Diversity, Inclusion

The University of Toronto is committed to equity, human rights and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect where all members of our community can express themselves, engage with each other, and respect one another's differences. U of T does not condone discrimination or harassment against any persons or communities.

## Department of Psychology Missed Term Work Policy

For missed term work (assignments and term tests) due to illness, emergency, or other mitigating circumstances, please follow the procedure outlined below.

### Procedure:

1. Complete the [Request for Missed Term Work Accommodations Form](#) ("MTW Form").
2. Email **BOTH** your MTW Form and Supporting Documentation to **<course email>** according to the instructions specified below.

### Supporting Documentation Requirements and Deadlines:

| Reason for Missed Work | Documentation required for a <b>first absence</b> in the term | Documentation required for <b>subsequent absences</b> in the term | Deadline for submitting MTW form and supporting documentation |
|------------------------|---|---|---|
| Illness or Injury      | <a href="#">ACORN</a> Absence Declaration                     | <a href="#">UofT Verification of Illness Form</a>                 | <b><u>WITHIN 2 BUSINESS DAYS</u></b> of the missed work       |
| Bereavement            | <a href="#">ACORN</a> Absence Declaration                     | A death certificate or funeral                                    | <b><u>WITHIN 2 BUSINESS DAYS</u></b> of the missed            |

|   |   |  |  |
|---|---|--|--|
|   |   | announcement   | work   |
| University-sponsored athletic or artistic obligation at the varsity/provincial/national level | <a href="#">ACORN</a> Absence Declaration   | A note from a university staff member (advisor, coach, residence staff, etc.) who can substantiate the obligation, sent directly to the course email | <b><u>10 BUSINESS DAYS IN ADVANCE</u></b> of the missed deadline               |
| Disability-related reasons for students registered with AccessAbility Services                | <p>For missed <b>TERM TESTS</b>,</p> <ul style="list-style-type: none"> <li>- <b>Contact your AccessAbility consultant</b> and have them write to the course email detailing the accommodations needed.</li> </ul> <p>For missed <b>ASSIGNMENTS</b>,</p> <ul style="list-style-type: none"> <li>- If your desired accommodation is <b>within the scope</b> of your Accommodation Letter (e.g. your letter includes “extensions of up to 7 days” and you need 3 days), send your <b>Accommodation Letter</b> to the course email and specify how many days extension you are requesting.</li> <li>- If your desired accommodation is <b>outside the scope</b> of your Accommodation Letter (e.g. your letter includes “extensions of up to 7 days” but you need more time than that), <b>contact your AccessAbility consultant</b> and have them write to the course email detailing the accommodations needed.</li> </ul> |  | <b><u>PREFERABLY IN ADVANCE OF THE MISSED WORK, OR AS SOON AS POSSIBLE</u></b> |
| Academic Conflict (e.g. two midterms at the same time)  | Screenshot from Quercus demonstrating the conflict.   |  | <b><u>10 BUSINESS DAYS IN ADVANCE</u></b> of the missed work                   |
| Religious Conflict  | None required   |  |  |

**Notes:**

- The following reasons are not considered sufficient for missed term work: social activities, recreational travel, technological issues, avoidance of assessments or deadlines, work commitments
- [Missed Final Exams](#) are handled by the Registrar's Office and should be declared on eService.
- For ACORN absence declarations, the date you declare the absence is required to fall within the seven-day declaration period (i.e.) the absence cannot be submitted proactively or retroactively.
- Instructors cannot accept term work any later than five business days after the last day of class. Beyond this date, accommodations are only possible via the Registrar's Office [petition process](#).
- If you are unable to submit your request within the specified number of business days, you must still email your instructor within that window to explain the nature of the delay. Exceptions to the deadlines are made only under exceptional circumstances.
- Multiple assignments due on the same day are not considered academic conflicts. Students are expected to manage their time effectively to meet assignment deadlines.
- Back-to-back tests/quizzes are not considered academic conflicts. Only overlapping activities are conflicts.
- Students are responsible for keeping their course timetables conflict-free. Students who register in two courses with overlapping lecture/tutorial/lab schedules will not be accommodated.

### **Next Steps:**

After submitting your documentation, you will receive a response from your instructor or TA. The course instructor reserves the right to decide what accommodations will be made. Failure to adhere to any aspect of this policy may result in a denial of your request. **You are responsible for checking your official U of T email and Quercus course announcements daily**, as accommodations may be time-critical.

For missed assignments, **do not wait for the instructor's response to resume work on your assignment**. Extensions may be as short as one business day, depending on the nature of the illness/emergency. Complete your assignment as soon as you're able, and email it to your instructor.

If an accommodation is granted but a continued illness/emergency prevents you from meeting its requirements, you must repeat the missed term work procedure to request additional accommodations. **Please make it clear in your subject line that you are requesting a second accommodation**. Examples: If you were granted an extension for a paper but are still unable to meet the new deadline, or if you miss a make-up term test, you must submit *another* MTW form and supply documentation according to the "subsequent absences" column in the chart above.

\*Note: In the case of a missed make-up test, an opportunity to write a second make-up test may not necessarily be provided.

The email address to submit missed term work accommodation requests in  
[PSYB32UTSC@gmail.com](mailto:PSYB32UTSC@gmail.com)

## Textbook:

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

By: Davidson, Blankstein, Flett & Neal

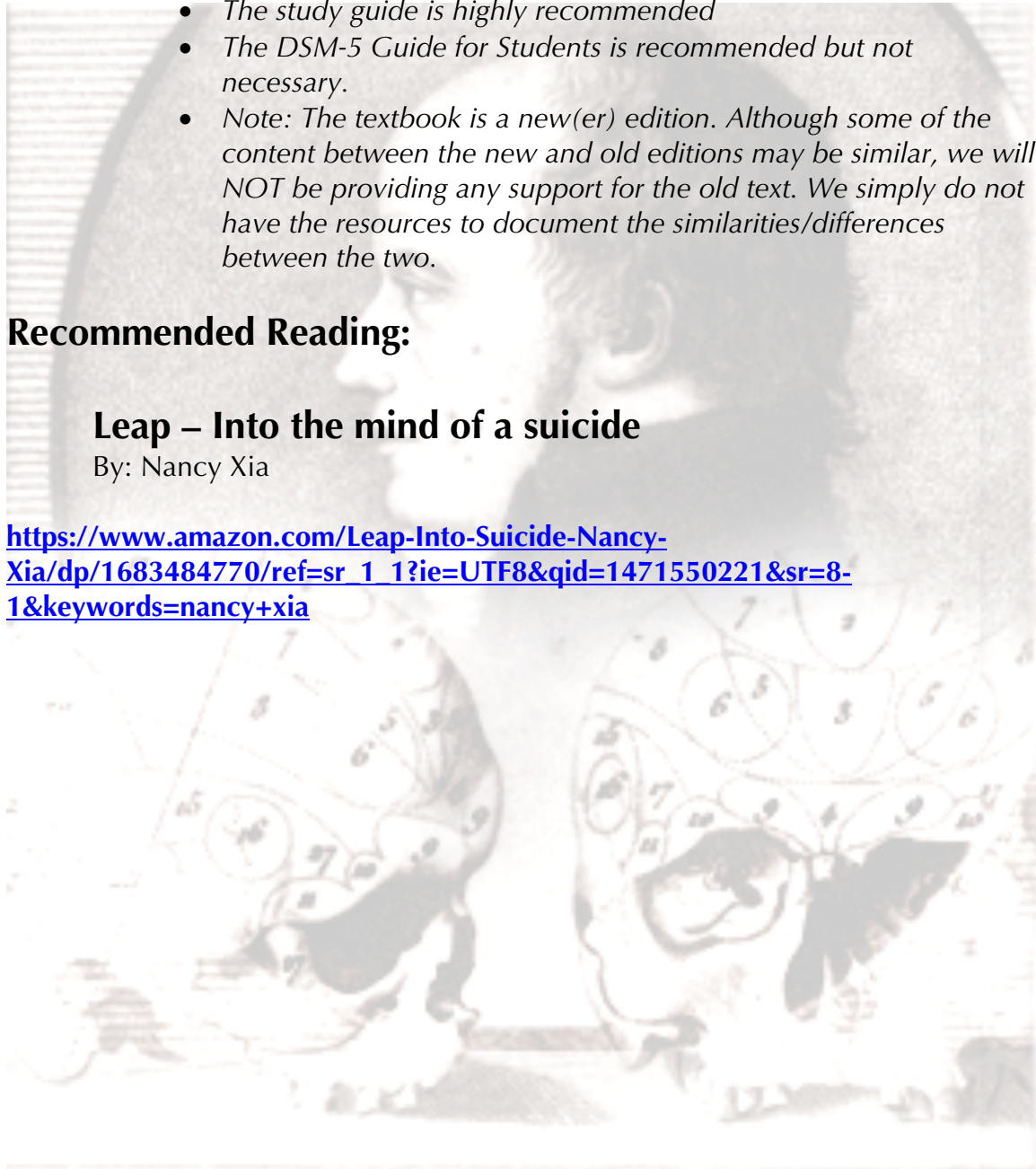
- *The study guide is highly recommended*
- *The DSM-5 Guide for Students is recommended but not necessary.*
- *Note: The textbook is a new(er) edition. Although some of the content between the new and old editions may be similar, we will NOT be providing any support for the old text. We simply do not 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 45 multiple-choice questions and will be held remotely via Quercus quizzes*

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

- *Your 2<sup>nd</sup> examination will consist of 45 multiple-choice questions and will be held remotely via Quercus quizzes*

### (3) Final Examination worth 40% of your final grade

- *Your final examination will consist of 45 multiple-choice questions and two short-answer questions and will be held remotely via Quercus quizzes*

**Note:** 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: 2024 Summer Session**

Please visit:

<https://www.utsc.utoronto.ca/registrar/fall-2023-winter-2024-academic-dates>

## Lecture Dates and Readings:

- Lectures will be posted every Monday at 9:00AM EST (Except for lecture 1 which will be released **after** the first supplemental lecture.
- The “live” remote supplementary lectures will be held on Thursdays (only on weeks we have a lecture). The information to join the supplemental lectures will be provided in a course announcement and can be found on the last page of the syllabus.
  - Please be sure to join each week for our remote (i.e., via Zoom) synchronous supplement lectures where Dr. Zakzanis will reflect on the material from lecture and engage the class in further discussion and answer questions. Supplementary lectures are recommended but are not testable material.
  - These occur every week there is a lecture on Thursday, 5:00PM until November 30, 2023, 10 occurrence(s).

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### Week of September 4, 2023:

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 September 11, 2023:

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

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### Week of September 18, 2023

***Readings:***

Chapter 3: Clinical Assessment, Classification and Diagnosis

**Week of September 25, 2023:**

***Readings:***

Chapter 4: Research Methods in the Study of Abnormal Behaviour

**Week of October 2, 2023:**

***Readings:***

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

Guest: Christopher Rodriguez, Gestalt Institute

**Week of October 9, 2023**

Reading Week (no class)

**Week of October 16, 2023:**

**First Examination worth 30% of your final grade (October 18<sup>th</sup>)**

The exam will consist of 45 multiple choice questions from chapters 1-4. Details regarding the time and exam itself will be posted on Quercus one week prior.

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**Week of October 23, 2023:**

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

Guest: Nancy

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**Week of October 30, 2023:**

**Readings:** Chapter 10: Eating Disorders

Guest: Candice

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**Week of November 6, 2023:**

**Readings:** Chapter 11: Schizophrenia

Guest: Neil

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**Week of November 13, 2023**

**Second Examination worth 30% of your final grade (November 18<sup>th</sup>)**

The exam will consist of 45 multiple choice questions from chapters 5, 7, 8, 10. Details regarding the time and the exam itself will be posted on Quercus one week prior.

**Week of November 20, 2023:**

**Readings:** Chapter 13: Personality Disorders

Guest: Dr. Kyrsten Grimes.

**Week of November 27, 2023:**

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

**December 7 to 20:**

Final Examination Period

**Your Final Examination is worth 40% of your final grade and will consist of 45 multiple-choice questions and two short answer questions. The multiple-choice questions will focus on material from**

chapters 11, 13 and 16. The short answer questions will cover content from all lectures (i.e., chapters 1-5, 7, 8, 10, 11, 13, and 16).

**The registrar is responsible for scheduling final exams. You will be notified of the date and time as soon as it becomes available.**

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

## Frequently Asked Questions:

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

***A:*** Carefully read the information located under “*Missed Term Work due to Medical Illness or Emergency*” above.

***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 clinical 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 this type of request.

## **Zoom Link for Supplementary Lectures:**

Topic: PsyB32 Clinical Psychology Synchronous Supplementary Lecture with Professor Zakzanis

Time: Sep 7, 2023 05:00 PM Montreal

Every week on Thu, until Nov 30, 2023, 10 occurrence(s)

Sep 7, 2023 05:00 PM

Sep 14, 2023 05:00 PM

Sep 21, 2023 05:00 PM

Sep 28, 2023 05:00 PM

Oct 19, 2023 05:00 PM

Oct 26, 2023 05:00 PM

Nov 2, 2023 05:00 PM

Nov 16, 2023 05:00 PM

Nov 23, 2023 05:00 PM

Nov 30, 2023 05:00 PM

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: [https://utoronto.zoom.us/meeting/tZwkde-prD8jGtGijPEvalEhHbNFgc\\_sXwjm/ics?icsToken=98tyKuGgpzksG9aRuRmCRpw-HYjoM-vzpilEjbd6IRXVJjZSbib-HuBsFLV8L8vo](https://utoronto.zoom.us/meeting/tZwkde-prD8jGtGijPEvalEhHbNFgc_sXwjm/ics?icsToken=98tyKuGgpzksG9aRuRmCRpw-HYjoM-vzpilEjbd6IRXVJjZSbib-HuBsFLV8L8vo)

Join Zoom Meeting

<https://utoronto.zoom.us/j/88926124905>

Meeting ID: 889 2612 4905

Passcode: 553196

