Abnormal Behavior (S2620)
Columbia University
Course Syllabus, Summer Session 2015

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Office Hours: By appointment
Class Hours: TTH 6:15-9:25 pm

Course Description

This course presents an introduction to the study, diagnosis and treatment of pathological behavioral, cognitive and emotional patterns. Specifically, we will review psychopathology as presented in the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5). The course is comprehensive in scope and will incorporate diverse theoretical perspectives, scientific research and socio-cultural issues which inform the conceptualization and treatment of psychological/psychiatric disorders.

Course Format

Introductory class sessions will provide students with a foundation in significant historical and contemporary issues including: a discussion of definitions of abnormality, descriptions of theoretical orientations and a critical analysis of the categorical assumptions inherent in DSM-IV TR contrasted with the more recent, DSM-5. In this initial phase, students will also be introduced to the process of clinical assessment, diagnosis and empirical approaches to psychopathology and psychotherapy. In the following lectures/discussions the major categories of psychological disorders will be reviewed in depth. Each class session will begin with a Case presentation. A patient’s presenting symptoms will be described and the course of treatment reviewed. This clinical picture will serve to personalize the disorder and familiarize students with presenting symptoms. In addition, students will gain an appreciation for the complex and often subjective components of diagnosis. An overview of the core symptoms and current theory and research related to etiology, course and treatment interventions will then be provided. The Biopsychosocial Model will guide our understanding. Psychopathology in the adult is the central focus; however, child and adolescent disorders will be integrated throughout the course.

Course Readings

Three books are required for the course. Each may be purchased at the Columbia Bookstore or Online.


Additional readings will be distributed in class and/or posted on the Courseworks website. Listed below is a sampling of the texts from which readings will be taken.


**Course Requirements**

**Examinations**

Each student will be required to complete two midterms and a final examination. The final exam is cumulative. If a student is unable to take an exam due to illness or emergency, documentation from a physician or college dean must be provided before the exam. A make-up exam may be taken only under these conditions. A zero grade for the missed exam will be calculated in the final average without such documentation.

**Book Reviews**

In an effort to better comprehend the subjective experience of mental disorders two memoirs have been assigned. Students are required to submit two reviews on these memoirs. The details of this assignment will be discussed further in class.

Book Reviews must be submitted by the following deadlines, no late papers will be accepted. Hard copies must be submitted in class for the first Book Review

Book Review 1 (The Unquiet Mind): June 18th
Book Review 2 (The Quiet Room): July 2nd

Your final average will be calculated as follows:

- Midterm 1 (25%)
- Midterm 2 (25%)
- Final Examination (30%)
- Book Reviews (10% each, 20% total)

**Classroom Etiquette**

Laptops are permitted ONLY if you are taking notes on the ppts. If you prefer to surf, FACEBOOK, Gchat, etc. please do not attend class. I have received consistent feedback from students that this is distracting for all and I agree! Also, if you need to respond to a text, please do this outside of the classroom. I find texting during lecture EXTREMELY distracting. We will take a break midway through class lecture so that you may catch up on your outside world. Sincere thanks for respecting this policy.
Course Support/Extra Help

I am available for extra help during office hours. Please do not hesitate to ask for assistance if you are experiencing difficulty with the course material. I thoroughly enjoy talking with students about life at Barnard and Columbia and/or future career interests. Feel free to contact me for any advice, guidance or support you may need.

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<tr>
<th>DATE</th>
<th>DISCUSSION TOPIC</th>
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<tbody>
<tr>
<td>Tuesday, May 26</td>
<td>Welcome to the Course! Introduction and Course Overview</td>
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<tr>
<td>Thursday, May 28</td>
<td>Conceptualization of Abnormality</td>
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Reading Assignment:
Butcher, Chapter 1: Abnormal Psychology: An Overview

Etiological Perspectives and Theoretical Orientation

Reading Assignment:
Butcher, Chapter 3: Causal Factors and Viewpoints

Tuesday, June 2

The Psychotherapeutic Process: Assessment, Diagnosis and Treatment

Reading Assignment:
Butcher, Chapter 4: Clinical Assessment and Diagnosis
Butcher, Chapter 16: Therapy (We will refer to this chapter throughout the course)
DSM-IV TR: Chapter on Multi-Axial Diagnosis (Courseworks)

Spotlight: Assessment and Diagnosis, Case Conceptualization Exercise

Thursday, June 4

Anxiety Disorders

Reading Assignment:
Butcher, Chapter 6: Panic, Anxiety, Obsessions and Their Disorders

Spotlight Theoretical Conceptualization and Treatment Approach:
Cognitive Behavioral therapy for Anxiety Disorders
Cognitive Behavioral Therapy for Obsessive Compulsive Disorder
Tuesday, June 9  EXAMINATION ONE (First Half of Class)
Chapters 1, 3, 4, 6

Trauma and Stress Related Disorders

Reading Assignment:
Butcher, Chapter 5: Stress and Physical and Mental Health

Thursday, June 11  Mood Disorders

Reading Assignment:
Butcher, Chapter 7: Mood Disorders and Suicide

Spotlight Theoretical Conceptualization and Treatment Interventions:
Psychopharmacology for Mood Disorders and Cognitive Therapy for Depression

Tuesday, June 16  Somatic Symptom and Dissociative Disorders

Reading Assignment:
Butcher, Chapter 8: Somatic Symptom and Dissociative Disorders

Thursday, June 18  Personality Disorders

Reading Assignment:

Required:
Butcher, Chapter 10: Personality Disorders

Supplemental:

McWilliams, Nancy (2011).  Excerpts from Psychoanalytic Diagnosis.

Dialectical Behavioral Therapy (DBT) for Borderline Personality Disorder
Psychoanalytic Theory and Personality Structure

BOOK REVIEW 1 DUE-An Unquiet Mind

Tuesday, June 23  EXAMINATION TWO (First Half of Class)
Chapters 5, 7, 8, 10

Eating Disorders (Second Half of Class)
Reading Assignment:
Butcher, Chapter 9: Eating Disorders and Obesity

Thursday, June 25     Schizophrenia and Other Psychotic Disorders

Reading Assignment:
Butcher, Chapter 13: Schizophrenia and Other Psychotic Disorders

Tuesday, June 30     Substance-Related Disorders

Reading Assignment:
Butcher, Chapter 11: Substance-Related Disorders

Thursday, July 1     FINAL EXAMINATION (Cumulative)

Friday, July 2       BOOK REVIEW 2 DUE-The Quiet Room
                     (UPLOAD to DROPBOX ON COURSEWORKS)

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“How we conceive of psychopathology and related terms has wide-ranging implications for
individual, medical and mental health professionals, government agencies and programs, and
society at large.”


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WELCOME TO ABNORMAL BEHAVIOR!!!!!!