



Western Technical College

10809159 Abnormal Psychology

Course Outcome Summary

Course Information

Description	The course in Abnormal Psychology surveys the essential features, possible causes, and assessment and treatment of the various types of abnormal behavior from the viewpoint of the major theoretical perspectives in the field of abnormal psychology. Students will be introduced to the diagnosis system of the Diagnostic and Statistical Manual of Mental Disorders. In addition, the history of the psychology of abnormality will be traced. Cultural and social perspectives in understanding and responding to abnormal behavior will be explored as well as current topics and issues within abnormal psychology.
Instructional Level	Associate Degree Courses
Total Credits	3
Total Hours	54

Textbooks

Open Educational Resource: *Fundamentals of Psychological Disorders*. 3rd Edition. Copyright 2022. Bridley, Alexis and Lee W. Daffin Jr. Publisher: Washington State University. <https://opentext.wsu.edu/abnormal-psych/>

Success Abilities

1. Cultivate Passion: Expand a Growth-Mindset
2. Cultivate Passion: Increase Self-Awareness
3. Live Responsibly: Foster Accountability
4. Refine Professionalism: Act Ethically
5. Refine Professionalism: Improve Critical Thinking

Course Competencies

1. Explore the historical and theoretical models of abnormal psychology.

Assessment Strategies

- 1.1. Discussion or Reflection Response
- 1.2. Written, Visual or Oral Product
- 1.3. Written or Oral Evaluation

Criteria

You will know you are successful when

- 1.1. you examine major theoretical perspectives in psychology (including psychodynamic, behavioral, cognitive, biological, humanistic-existential, and socio-cultural).
- 1.2. you articulate the strengths and weaknesses of each theoretical perspective.
- 1.3. you examine the way in which each theoretical perspective defines abnormality.
- 1.4. you explain theoretical perspectives throughout history.

Learning Objectives

- 1.a. Demonstrate an understanding of past and current theories of psychological disorders
- 1.b. Compare theories and treatments

2. Explain research methods as they apply to the field of abnormal psychology.

Assessment Strategies

- 2.1. Discussion or Reflection Response
- 2.2. Written, Visual or Oral Product
- 2.3. Written or Oral Evaluation

Criteria

You will know you are successful when

- 2.1. you examine methods in empirical research.
- 2.2. you describe how methods of empirical research are applied.
- 2.3. you summarize empirical research strategies necessary for sound research practices.

Learning Objectives

- 2.a. Understand how each research method can be used to study human behavior
- 2.b. Review major research relating to diagnosis and treatment

3. Summarize the characteristics of psychological disorders.

Assessment Strategies

- 3.1. Discussion or Reflection Response
- 3.2. Written, Visual or Oral Product
- 3.3. Written or Oral Evaluation
- 3.4. Case Study or Scenario

Criteria

You will know you are successful when

- 3.1. you describe symptoms of major disorders.
- 3.2. you outline criteria for diagnosis of disorders.
- 3.3. you explain the classifications of disorders.

Learning Objectives

- 3.a. Describe the symptoms and signs of each disorder
- 3.b. Understand the differences in presentation of a disorder between people

4. Explore the use of assessment tools and classification systems in diagnosis.

Assessment Strategies

- 4.1. Discussion or Reflection Response
- 4.2. Written, Visual or Oral Product
- 4.3. Written or Oral Evaluation
- 4.4. Case Study or Scenario

Criteria

You will know you are successful when

- 4.1. you describe how the classification system(s) are used in diagnosis.
- 4.2. you describe assessment tools used in diagnosis.
- 4.3. you describe diagnostic criteria for psychological disorders.
- 4.4. you identify appropriate assessment and diagnostic criteria for specific psychological disorders.

Learning Objectives

- 4.a. Understand the function of the DSM and other classification system.
- 4.b. Compare assessment and diagnosis criteria for disorders

5. Examine the potential causes and treatments of psychological disorders.

Assessment Strategies

- 5.1. Discussion or Reflection Response
- 5.2. Written, Visual or Oral Product
- 5.3. Written or Oral Evaluation
- 5.4. Case Study or Scenario

Criteria

You will know you are successful when

- 5.1. you define etiology as it relates to potential causes of psychological disorders.
- 5.2. you identify the relationship between a biological, psychological, and social/environmental framework and etiology.
- 5.3. you explain common treatment methods.
- 5.4. you examine treatment methods for specific psychological disorders.

Learning Objectives

- 5.a. Examine the benefits and detriments to diagnosis whether it is accurate or not.
- 5.b. Examine the social impact of a diagnosis.

6. Identify moral, ethical, and legal considerations in mental health fields.

Assessment Strategies

- 6.1. Discussion or Reflection Response
- 6.2. Written, Visual or Oral Product
- 6.3. Written or Oral Evaluation
- 6.4. Case Study or Scenario

Criteria

You will know you are successful when

- 6.1. you distinguish between moral, ethical, and legal concerns.
- 6.2. you determine potential moral dilemmas in mental health fields.
- 6.3. you determine potential ethical concerns in mental health fields.
- 6.4. you determine potential legal issues in mental health fields.

Learning Objectives

- 6.a. Examine the consequences for the individual, the counselor and society for diagnosis
- 6.b. Examine the implications for inaccurate diagnoses

7. Explore psychological wellness.

Assessment Strategies

- 7.1. Discussion or Reflection Response
- 7.2. Written, Visual or Oral Product
- 7.3. Written or Oral Evaluation

Criteria

You will know you are successful when

- 7.1. you describe wellness based on current research.
- 7.2. you determine individual and socio-cultural influences on psychological wellness

Learning Objectives

- 7.a. Understand the environmental and personal components of wellness
- 7.b. Examine how wellness impacts mental health

8. Investigate mental health resources and possible obstacles to achieving psychological well-being.

Assessment Strategies

- 8.1. Discussion or Reflection Response
- 8.2. Written, Visual or Oral Product
- 8.3. Written or Oral Evaluation

Criteria

You will know you are successful when

- 8.1. you examine myths and facts associated with mental illness.
- 8.2. you identify types of stigmas and their impact.
- 8.3. you determine availability of mental health resources.
- 8.4. you examine cost of services, resources available, and barriers to obtaining mental health care.

Learning Objectives

- 8.a. Examine local mental health resources
- 8.b. Explore impediments to receiving quality mental health care

9. Explore future directions in theory and practice of abnormal psychology.

Assessment Strategies

- 9.1. Discussion or Reflection Response
- 9.2. Written, Visual or Oral Product
- 9.3. Written or Oral Evaluation

Criteria

You will know you are successful when

- 9.1. you recognize psychology as a dynamic, evolving field in the social sciences.
- 9.2. you identify potential directions for future theory and practice in mental health.

Learning Objectives

- 9.a. Examine current research and trends.
- 9.b. Explore how the diagnosis of disorders has changed and might change in the future.