



## Course Syllabus

**Course Number | Name:** PSY275NT Abnormal Psychology

**Course Credits:** 3

**Course Duration:** 8 weeks

**Course Description:** This course is an overview of some basic approaches to the integration of psychological science with Christian truth. The two do not always correspond. This interdisciplinary integration is explored through various models that scholars have attempted to use. Students will engage in thoughtful discussion on difficult integrative topics and develop their own perspectives and convictions regarding integration. Requires Senior status.

### Psychology Program Learning Outcomes (PLOs\*):

<b>1</b>	Apply basic research methods, including research design, data analysis, and interpretation.
<b>2</b>	Demonstrate critical and creative thinking, skeptical inquiry, and a scientific approach to applying psychological principles to personal, social, ethical, religious, and organizational issues informed by a biblical worldview.
<b>3</b>	Develop insight into their own and others' behavior and mental processes and apply effective strategies for self-management, self-improvement, and self-care, as well as apply psychological principles to individual, interpersonal, group, and societal issues.
<b>4</b>	Identify and apply basic knowledge of major concepts, theoretical perspectives, empirical findings, and historical trends in psychology and to evaluate them from a Christian worldview.
<b>5</b>	Analyze empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.
<b>6</b>	Communicate effectively in a professional and diverse global environment.
<b>7</b>	Demonstrate digital literacy throughout their program.

**\*Every psychology course must include assessments of some, but not all of the PLOs. The highlighted ones are assessed in this course.**

## Course Learning Outcomes (CLOs):

#	CLOs	Bloom's*	PLO(s)~
1	Define the classification of mental disorders.	1	1,2,3
2	Identify the mental conditions and behaviors classified as "abnormal," their evident etiology, premorbid factors, influencing onset/prognosis, and treatment options.	2	1,2,4
3	Demonstrate knowledge of methods used in psychological research in the field of abnormal psychology.	3	1,4,6,7
4	Assess the validity and reliability of psychological sources.	4	1,2
5	Articulate the important psychological theories related to psychological conditions defined as abnormal.	5	1,4,6,7
6	Investigate how a biblical worldview can and should inform the search in abnormal psychology.	5	2,4,6,7

\*Indicates Bloom's Taxonomy cognitive domain level.

~Indicates which PLO(s) are aligned with the SLO.

### Biblical Worldview Integration Plan:

Students will integrate their individual understanding and internalization of the Christian worldview into the following assignments: Weekly Online Discussion Posts, Case Study Papers, and the Holistic Approach to Recovery – Case Study Paper.

The mental health field espouses the use of evidence-based interventions (EBIs). The evidence for these interventions is informed by philosophies and worldviews that may or may not be compatible with the Christian worldview. Students will be given the opportunity to reflect on and develop possible strategies for how to be effective in the field of mental health, using evidence-based interventions while remaining faithful to the Christian worldview.

### Required Media:

Bridley, A., Daffin, L. (2022) *Fundamentals of Psychological Disorders*. Washington State University. Open Source.

Stanford, M. (2017). *Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness*. InterVarsity Press. ISBN-13: 9780830845071

## Grading Grid:

<b>Assessments (# in parentheses) - # pts. each if &gt; 1</b>	<b>Total Points</b>
Weekly Discussions (8) – 25 pts each	<b>200</b>
Case Study Papers (5) – 60 pts each	<b>300</b>
Holistic Approach to Recovery – Case Study	<b>350</b>
Mid-Term Exam	<b>50</b>
Final Exam	<b>100</b>
<b>Total Points:</b>	<b>1,000</b>

## Course Schedule:

### Week 1

Media:

1. Bridley, Part I: Module 2 – Models of Abnormal Psychology
2. Stanford, Chapters 1 - Fearfully and Wonderfully Made, Chapter 2 – The Adversary
3. Key Terms for Abnormal Psychology Video
4. Psychopathology is relatable Video
5. "Where is Mental Health in the Bible?" Lecture 1 - Mental Health and the Bible Series" Matthew Stanford, PhD Video
6. NAMI\_Impact\_RippleEffect\_2020\_FINAL.pdf

Assignments:

1. Wk1 Discussion - See Instructions in the course.

## **Week 2**

Media:

1. Bridley, Part II: Module 5 – Trauma and Stressor-Related Disorders
2. Stanford, Chapters 2, 3, and 15
3. Stolorow, R (2008) The Contextuality and Existentiality of Emotional Trauma Article
4. Dr. Bruce Perry – Early Brain Development: Reducing the Effects of Trauma Video

Assignments:

1. 2-1 Case Study Paper - See Instructions in the course.
2. Wk2 Discussion - See Instructions in the course.

## **Week 3**

Media:

1. Bridley, Part II: Module 4 – Mood Disorders
2. Stanford, Chapter6 – Tormented: Bipolar and Related Disorders
3. ScienceDaily Article
4. Depressive and Bipolar Disorders: Crash Course Psychology #30 Video
5. Psychological Disorders: Crash Course Psychology #28 Video

Assignments:

1. 3-1 Case Study Paper - See Instructions in the course.
2. Wk3 Discussion - See Instructions in the course.

## **Week 4**

Media:

1. Bridley, Part III: Module 7 – Anxiety Disorders
2. Stanford, Chapter8 – Overwhelmed: Anxiety Disorders
3. 30 Grounding Techniques to Quiet Distressing Thoughts Article
4. OCD and Anxiety Disorders: Crash Course Psychology #29 Video

Assignments:

1. 4-1 Case Study Paper - See Instructions in the course.
2. 4-2 Midterm Exam
3. Wk4 Discussion - See Instructions in the course.

## **Week 5**

Media:

1. Bridley, Part III: Module 9 – Obsessive Compulsive & Related Disorders
2. Stanford, Chapter 8 – Overwhelmed: Anxiety Disorders
3. OCD explained for beginners – how I wish I was taught Video
4. BEST and WORST cognitive behavioral therapy (CBT) Video

Assignments:

1. 5-1 Case Study Paper - See Instructions in the course.
2. Wk5 Discussion - See Instructions in the course.

## **Week 6**

Media:

1. Bridley, Part V: Module 12 – Schizophrenia Spectrum & Others D/O
2. Stanford, Chapter5 – Lost Mind: Schizophrenia and Other Psychotic D/O
3. Schizophrenia and Dissociative Disorders: Crash Course Psychology #32 Video

Assignments:

1. 6-1 Case Study Paper - See Instructions in the course.
2. Wk6 Discussion - See Instructions in the course.

## **Week 7**

Media:

1. Bridley, Part VI: Module 14 – Neurocognitive Disorders
2. Stanford, Chapter11 – Stricken Years
3. ADD/ADHD Video
4. Why The World Needs All Kinds of Minds Video
5. Understanding Dementia Video

Assignments:

1. 7-1 Holistic Recovery Paper - See Instructions in the course.
2. Wk7 Discussion - See Instructions in the course.

## **Week 8**

### Media:

1. Bridley, Part V: Module 13 – Personality Disorders
2. Stanford, Chapter 10 – Distressed & Destructive: Personality Disorders
3. Personality Disorders: Crash Course Psychology #34 Video

### Assignments:

1. 8-1 Case Study Paper - See Instructions in the course.
2. 8-2 Final Exam
3. Wk8 Discussion - See Instructions in the course.