

## **Emotional & Behavioral Disorders** **EDP 363 (unique #10730) Fall, 2014**

PROFESSOR: Stephanie S. Rude, Ph.D.

[srude@austin.utexas.edu](mailto:srude@austin.utexas.edu)

OFFICE HOURS: Wednesday 1-2:30

Sign up on Doodle calendar:

<http://doodle.com/tc7cpi8xrf6c9e3z>

SZB262L; 471-4409

TEACHING ASSISTANT: Morgynn Haner

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OFFICE HOURS: Arrange by email

### **REQUIRED TEXTS:**

1. DSM-5 Clinical Cases (2014). John W. Barnhill, MD (Ed). Washington, D.C.: American Psychiatric Association.
2. All other readings on Canvas.

### **COURSE GOALS:**

1. Develop a thoughtful and critical understanding of what we call “abnormal behavior” and of the issues involved in the design and implementation of a diagnostic system. These include issues such as whether we are getting at anything “real” when we describe a syndrome such as Borderline Personality Disorder or PTSD or Schizophrenia (whether we are “carving nature at its joints”), and thinking about how much continuity there is between “normal” and “abnormal.”
2. Gain familiarity with thinking and research on several particular mental disorders; these are selected partly on how prevalent the disorders are and/or how much conceptualization of the disorders informs our thinking about human psychology.
3. Reflect on how the cultural assumptions and biases that affect the thinking of all humans shape the way that we (including mental health professionals) conceptualize and diagnose mental disorders.
4. Develop greater awareness of the potential for de-humanization and other harms that psychopathologists and diagnostic systems may perpetuate.

### **COURSE REQUIREMENTS:**

1. Complete assigned readings and come to class prepared to discuss the topics assigned. Some of the “discussion” will be in written form. On several occasions I will begin class by asking you to spend 15-20 minutes responding in writing to some basic questions about the readings and some discussion questions. The days when this might happen are marked by \* on the class schedule below. Regular attendance, evidence of being prepared for class, and class participation will count for **20% of your grade**.\*
2. Two in-class exams: These will be a combination of objective and subjective questions. The first exam will cover readings and in-class material up through October 7th. The second exam will cover the remaining material and may include one or two broad questions on earlier material. **Each exam will count for 35% of your grade.**
3. Take-home Essays: On the last day of class I will give you several broad essay questions on which you will write about 6-8 pages (length will be specified at the time). The take-home final will be due by 10am on Monday, December 8th. The take-home essays will be worth **10% of your grade**.
4. **OPTIONAL FINAL EXAM.** If you are unable to complete either of the in-class exams for any reason (including illness), OR if you are not satisfied with your score on either exam, you may take a final exam at the scheduled time and place during exam week. The format and difficulty level of the final exam will be roughly equivalent to that of the in-class exams. If you take this option, your score (70 points possible) for the two in class exams will be computed as follows: 90% of the points will come from either the sum of the original in-class exam scores, or the



final exam score (whichever is higher) and the remaining 10% will come from the other source (either the sum of the original in-class exam scores, or the final exam score, whichever is lower).  
The basic idea of this calculation is that it gives you a powerful way to improve your performance in the course but provides an incentive for making a serious effort on all exams.

## RESEARCH PARTICIPATION REQUIREMENT

### EDP Research Participation Requirement

All students registered for this course must complete a research participation requirement through the Educational Psychology Department subject pool. To do so, you must either complete 5 credits worth of EDP subject pool studies or write the 5 page alternate assignment. Please note the deadlines below:

- To participate in studies, you must first request a SONA account online at <https://utexas-edp.sona-systems.com>. You can do this starting the first class day. The sooner you request an account, the larger selection of studies you'll have.
- Studies will be available beginning on **Wednesday, September 17<sup>th</sup>**
- The alternate written assignment will be posted on **Wednesday, October 1<sup>st</sup>** for students who prefer to not participate in the studies, or who don't meet the 5 credit requirement by the study completion deadline.
- To complete the requirement through study participation, you must complete 5 credits of subject pool studies by **Friday, November 14<sup>th</sup>**. Otherwise, you must write the alternate assignment.
- Alternate assignments are due on the last class day, **Friday, Dec. 5<sup>th</sup>**.

If you have questions about your participation in the subject pool or about the alternate assignment, please visit the following website:

[http://www.edb.utexas.edu/education/departments/edp/subject\\_pool/students/](http://www.edb.utexas.edu/education/departments/edp/subject_pool/students/)

If you still have questions, please email the Subject Pool Coordinator, Kadie Rackley.

[edpSubjectPool@austin.utexas.edu](mailto:edpSubjectPool@austin.utexas.edu)

## GRADING BREAKDOWN:

- Participate in class discussions (including in-class writing) in a way that shows understanding of readings, reflectiveness, and respect for other class members 20 points
- Exam 1 35 points
- Exam 2 35 points
- Take home essays 10 points

<u>Points Earned</u>	<u>Course Grade</u>
93-100 points	A
90-92 points	A-
87-89 points	B+
83-86 points	B
80-82 points	B-

<u>Points Earned</u>	<u>Course Grade</u>
77-79 points	C+
73-76 points	C
70-72 points	C-
60-69 points	D
< 60 points	F

## DISABILITY SERVICES

The University of Austin provides upon request appropriate academic accommodations for qualified students with disabilities. For more information, contact the Office of the Dean of Students at 471-6259, 471-6441 TTY.

## A WORD ABOUT MANAGING EMOTIONAL DISTRESS



**Getting help:** The topics covered in class may lead students to become more aware of distress that they have experienced in the past or that they or family/friends are currently experiencing. The professor and teaching assistant would like all students to know of the counseling and mental health resources that are available to them as students. Counseling and referral services are available to all students, often at no cost. The following numbers may be useful:

UT Counseling & Mental Health Services: 471-3515  
UT CMHC Crisis Line: 471-2255

**Concerns about others on campus:** If you are concerned about a student, faculty, or staff member but unsure how best to help, call the Behavior Concerns Advice Line at 512-232-5050 for a confidential consultation. This service is available 24 hours a day, 7 days a week. Trained staff will assist you in exploring available strategies, and will also provide appropriate guidance and resource referrals. Situations that present an immediate threat to self, others, or property should be considered an emergency and directed to The University of Texas Police Department (UTPD) by calling 911.

**Making use of personal experiences & insights:** One of the themes in the class will be on the continuity and connections between “normal” and “abnormal” behavior and on what the study of disorder can tell us about how all humans function. In this context, students will be encouraged to reflect upon their own experiences in understanding the emotional disorders being studied. However, students’ privacy will be strictly respected in this class: You will **not** be asked to write about or disclose personal information; students are encouraged to respect their own comfort level regarding this self-examination.

We hope to create a safe and welcoming atmosphere in the class and to use class discussion as a learning tool; but because it is a CLASS (not group therapy), we encourage students not to disclose information to the class about themselves that is highly personal and that may lead them to later feel over-exposed. If you have questions about a personal difficulty, the professor and TA will do their best to help direct you toward getting whatever type of assistance might be appropriate.

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## Class Schedule

	<u>Topic</u>	<u>Reading (to be completed by the date shown)</u>
September 2	Basic concepts and issues; Benefits, & Limitations of Diagnostic Systems	<b>Rosenhan essay</b> (in Lilienfeld: Ch. 2; not responsible for rebuttal by Spitzer)
*September 9	Conceptualizing “Normal and Abnormal” Personality and Diagnosing Mental Disorders	<b>Schoch: “A Conversation with Kaiping Peng”</b> <b>Turk &amp; Salovey: “Clinical Information-Processing...”</b> <b>Waters: “The Americanization...”</b> <b>Kaplan essay</b> (in Lilienfeld: Ch. 4; not rebuttal) DSM-5: ‘Introduction’ (read lightly) Changes from DSM-IV to DSM-5 (optional)
September 16	Anxiety Disorders	DSM-5 Anxiety Disorders summary page <b>Barnhill: Ch 5</b> <b>Washington Post: “Anti-Anxiety...”</b> <b>Yeo: “The Anti-drug for Anxiety”</b> <b>Smith: “Nothing to Do but Embrace the Dread”</b>
*September 23	Depressive Disorders	<b>DSM-5 Depressive Disorders summary page</b> <b>Moses &amp; Barlow: “Unified Treatment...”</b> Barnhill: Ch 4



		Kirsch et al.: "The Emperor's New..." (OPTIONAL)
*September 30	Bipolar Disorders	<b>Nemeroff: "The Neurobiology of Depression"</b> DSM-5 Bipolar & Related Disorders summary page Barnhill: Ch 3
October 7	Eating Disorders guest lecture  <i>Practice Exam</i>	DSM-5 Feeding & Eating Disorders summary page Barnhill: Ch 10
October 14	1 <sup>st</sup> Exam (In Class)	
*October 21	Posttraumatic Stress Disorder (PTSD)	<b>Herman Intro &amp; Ch. 1-3</b>
October 28	Finish PTSD Begin Personality Disorders	Brewin & Holmes "Psychological Theories..." DSM-5 Personality Disorders summary page Barnhill: Ch 7
*November 4	Personality Disorders	Barnhill: Ch 18 <b>Brown: "A Feminist..."</b> (read closely) <b>Wachtel: "Cyclical Processes..."</b> Wheelis & Gunderson: "A Little..." (OPTIONAL)
November 11	Guest: Dr. David Clemons on Alcohol Abuse  Obsessive Compulsive Disorder	DSM-5 Substance Use Disorders summary page Barnhill: Ch 16  DSM-5 Obsessive Compulsive & Related summary pp. Barnhill: Ch 6
*November 18	Schizophrenia	DSM-5 Schizophrenia Spectrum Disorders summary page <b>Barnhill: Ch 2</b> <b>Sledge et al: "Effectiveness of Peer Support..."</b> <b>Ely: "The Compassionate Therapist"</b>
November 25	Thanksgiving Break	professor available for extra office hours on this date
December 2	Exam 2 (In Class)	

*Take-Home Essays Due by 10am on December 8*

\*On many of these dates I will begin class by asking you to respond in writing to a couple of questions about the readings (see description under course requirements).

**Boldfaced readings will be particularly important to read for class discussions and for answering written questions in class.**