

## PSYCHOPATHOLOGY AND MALADAPTIVE BEHAVIOR

FALL 2024

Instructor: Eddie Journey, Ph.D., LMHC (he/him/his)  
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Office Hours: By Request  
Class Hours: Mondays, 6:30pm to 9:00pm

### Course Description:

This course is designed to provide an overview of psychopathology, particularly focused on assessment and diagnosis. In alignment with the 2024 CACREP standards, this course covers "theories and etiology of mental health disorders," "diagnostic process, including differential diagnosis and the use of current diagnostic classification systems, including the Diagnostic and Statistical Manual of Mental Disorders (DSM) and the International Classification of Diseases (ICD)," and "cultural factors relevant to clinical mental health counseling" (CACREP Section 5, C.2.b-d, and C.2.j).

Students will engage with the diagnostic criteria presented in the APA's Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR). Emphasis will be placed on understanding and applying relevant theories, assessment tools, and treatment strategies. The course aims to prepare students for the National Clinical Mental Health Counseling Exam (NCMHCE) and integrates contemporary research and critical themes, especially at the intersections of race, gender, culture, and class.

### Learning Goals:

After successfully completing this course, students will be able to:

- Identify the signs and symptoms of the most common mental illnesses and maladaptive behaviors,
- Understand and use the standard classification system of the DSM-V-TR for the differential diagnosis of mental illness,
- Demonstrate a working knowledge of and proficiency in the basic elements of case management (e.g., intake, case conceptualization, and treatment plan),
- Account for key multicultural differences in the development of clinical planning  
—and—
- Critique and evaluate trends and practices of treatment and their underlying theoretical suppositions.

### Required Texts:

Psychopathology and Life : A Dimensional Approach. 2024 Fourth ed. Boston, MA: Cengage.  
ISBN: 9780357797846, 035779784; Rental: 50.99 (VitalSource), Purchase: 79.99 (AbeBooks)

American Psychiatric Association. 2022. *Diagnostic and statistical manual of mental disorders: DSM-5-TR*. Arlington, VA: American Psychiatric Association. (**Electronic access available from Library**)

### Recommended Texts:

McWilliams, Nancy. *Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process*. 2nd ed. New York: Guilford Press, 2011

Morrison, James. 2014. *DSM-5 made easy: the clinician's guide to diagnosis*. New York: The Guilford Press.

Course Outline: Subject to change at sole discretion of instructor.

Session #	Date	Reading Prep	Assignment Due	Case Presentations
1	9/9/2024	<b>Chapter 1:</b> Psychopathology and Life <b>Chapter 2:</b> Perspectives on Psychopathology		
2	9/16/2024	<b>Chapter 3:</b> Risk and Prevention of Mental Disorders <b>Chapter 4:</b> Diagnosis, Assessment, and Study of Mental Disorders		
3	9/23/2024	<b>Chapter 5:</b> Anxiety, Obsessive-Compulsive, and Trauma-Related Disorders	Chapter Quizzes Due Before Class  Guess Who Presentations Due Before Class	
4	9/30/2024	<b>Chapter 6:</b> Somatic Symptom and Dissociative Disorders		
5	10/7/2024	<b>Chapter 7:</b> Depressive and Bipolar Disorders and Suicide		
6	10/14/2024	<b>Chapter 8:</b> Eating Disorders		
7	10/21/2024	<b>Chapter 9:</b> Substance-Related Disorders		
8	10/28/2024	<b>Chapter 10:</b> Personality Disorders		
9	11/4/2024	<b>Chapter 11:</b> Sexual Dysfunctions, Paraphilic Disorders, and Gender Dysphoria		
10	11/11/2024	<b>Chapter 12:</b> Schizophrenia and Other Psychotic Disorders		
11	11/18/2024	<b>Chapter 13:</b> Developmental and Disruptive Behavior Disorders		
	11/25/2024			
12	12/2/2024	<b>Chapter 14:</b> Neurocognitive Disorders		
13	12/9/2024	<b>Chapter 15:</b> Consumer Guide to Psychopathology	Case Conceptualization Due	

**COURSE METHODOLOGY:** This course is a beast. There's no way around it. Any attempt to cover the breadth and depth of the DSM in 13 sessions is at best a valiant effort. In order for a student to be successful, they must be consistent in their readings, diligent in their efforts to memorize, and engaged in the course discussions. The instructor will do his best to unearth tricks and techniques for mastery, but the onus will lie with the student to carve out the time needed to master the material.

That being said, students are encouraged to collaborate in study sessions, develop collective notes through Google Docs, and share mnemonics and tactics for memorization/mastery with their peers. The aim of this course is to prepare students with the knowledge, skills, and abilities needed to pass any diagnostic examination on the first attempt. This will take all of us working together by sharing what works (or doesn't) for us!

**COURSE REQUIREMENTS:**

Assignments		Grading Scale			
Class Participation:	15%	A	93% or above	C+	77% - 79.99%
Closed-book Quizzes:	35%	A-	90% - 92.99%	C	73% - 76.99%
		B+	87% - 89.99%	C-	70% - 72.99%
Guess Who? Group Case Presentation:	20%	B	83% - 86.99%	D+	67% - 69.99%
Final Case Conceptualization:	30%	B-	80% - 82.99%	D	60% - 66.99%
<b>Total:</b>	<b>100%</b>	<b>Failing Grade = Lower than 60%</b>			

**ACADEMIC POLICIES:** All students are required to abide by the academic policies detailed in the Academic Handbook for the current academic year. The following policies are of particular importance to the successful completion of one's coursework:

**ASSIGNMENTS AND LATE WORK:** All assignments should be completed, on deadline and as assigned, in order for a student to pass the course. Late papers and other assignments will be accepted without penalty only in extreme and documented situations, such as a death or serious diagnosis in the family, a lengthy illness, or other emergencies. Please plan ahead so that an acute emergency (e.g., brief illness, computer problems, pastoral emergency) does not interfere with submitting the work on time. Unexcused late assignments will be accepted for one week following the due date with a penalty of 10 percentage points for each day the paper is late.

**ACADEMIC INTEGRITY:** Garrett has a clear policy concerning plagiarism (See the plagiarism policy in the latest G-ETS Academic Handbook). Students are responsible for knowing and observing this policy. All written work will undergo an online plagiarism check. Plagiarism will result in a grade of zero on the assignment and reported to the Academic Dean.

**LANGUAGE:** In all writing and class discussions, use inclusive language and think critically about language use. Particularly, this course affirms people of all gender expressions and

gender identities. If you prefer to be called a different name than what is on the class roster, please let us know. Feel free to correct us on your preferred gender pronoun.

**ACADEMIC ACCOMMODATIONS:** Your experience in this class is important to me. Student accommodations for documented conditions should be developed and requested before the beginning of the semester. See the Accessibility, Special Needs, and Disabilities policy and process set out in the Academic Handbook. Such accommodations are developed in consultation with the Registrar.

**EXTENSIONS:** For master's students, extensions, if granted, are normally for four weeks following the last day of class in spring and fall semesters for the final due date for coursework for January and summer terms. Extensions may not exceed three months following the end of the term.