

FYSM 1310H: PSYCHOLOGICAL DISORDERS AND MENTAL HEALTH

Course	FYSM 1310H Psychological Disorders and Mental Health
Instructor	Elaine Waddington Lamont
Term	Fall 2020 - Winter 2021
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Office Location	TBD
Office Hours	TBD

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This seminar will allow students the opportunity to explore some of the psychological, social, and biological aspects of psychological disorders and mental health. Students will be required to participate in discussions about journal articles, videos, podcasts, and interact with invited guests. Topics include a survey of some of the most prevalent psychological disorders including, depression, anxiety, schizophrenia, autism, etc. Critical examination of mental health will include readings, activities, and discussion on the diagnosis and treatment of psychological disorders, and mental health and the legal system.

In the second half of the course, we will turn to an examination of the effects of trauma and becoming trauma informed. Psychological, social, and biological influences of trauma on mental health will be examined including attachment theory, psychological disorders commonly associated with trauma, such as PTSD, depression, and anxiety, and ethical issues related to working with people who have been exposed to trauma such as empathy, safety planning, and how to help children who have been exposed to military conflict or natural disasters.

Students will practice skills that will be helpful during their undergraduate studies, such as locating and reading scientific articles, critically comparing scientific articles to articles in popular media, oral and written communication, and the basics of conducting research in Psychology.

Please note that this will be a blended course delivery, meaning that some class activities such as class discussion and group activities will be held virtually, but during the scheduled class time, while some assigned activities will be occurring outside of class time, such as reading and written reflections and assignments.

EVALUATION

Fall Term: Participation (5%), Group Activities (5%), Assigned Readings (10%), Article Comparison (15%), Presentation (15%); **Winter Term:** Participation (5%), Group Activities (5%), Assigned Readings (10%), Research Proposal Outline (5%), Research Proposal (10%), Presentation (15%)

TEXT

Selected journal articles will be assigned for analysis and discussion.