

FYSM 1310 H : PSYCHOLOGICAL DISORDERS AND MENTAL HEALTH

Instructor	Elaine Waddington Lamont
Term	Fall 2025 - Winter 2026
Course Delivery	In person, synchronous
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Office Location	TBD
Office Hours	TBD

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This seminar will explore psychological, social, and biological aspects of psychological disorders and mental health. Students will be invited and required to read articles published in scientific journals, watch videos, listen to/watch podcasts, and interact with invited guests in person or virtually. An essential part of a seminar course is participation in discussions about materials and topics presented in class or assigned by the instructor.

Topics include a survey of some of the most prevalent psychological disorders including, depression, anxiety, schizophrenia, developmental disorders, etc., as well as the diagnosis and treatment of psychological disorders, and mental health and the legal system. Students will also read and review topics on the effects of trauma and becoming trauma informed such as attachment theory, PTSD, depression, and anxiety, and ethical issues related to working with people who have been exposed to trauma such as empathy, and safety planning.

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.

EVALUATION (SUBJECT TO CHANGE)

Fall Term: Participation (5%), Assigned Readings (10%), Group Activities (8%), Article Comparison (10%), Oral Presentation (12%)

Winter Term: Participation (5%), Assigned Readings (10%), Group Activities (8%), Research Proposal Outline (10%), Research Proposal (10%), Poster Assignment (12%)

TEXT

No textbook. Selected research articles for seminar discussion.