COURSE DESCRIPTION/INSTRUCTORS 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., as well as the diagnosis and treatment of psychological disorders, and mental health and the legal system.

Also included would be a discussion 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.

EVALUATION

Fall Term: Participation (10%), Assigned Readings (5%), Group Activities (5%), Article Comparison (15%), Oral Presentation (15%)

Winter Term: Participation (10%), Assigned Readings (5%), Group Activities (5%), Research Proposal Outline (5%), Research Proposal (10%), Poster Presentation (15%)
No textbook. Selected journal articles for seminar discussion.