

PSYC 3604 B : CLINICAL PSYCHOLOGY AND MENTAL ILLNESS

Instructor	Elaine Waddington Lamont
Term	Winter 2026
Course Delivery	In-person synchronous with in-person assessments
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Office Location	TBD
Office Hours	TBD

COURSE DESCRIPTION/INSTRUCTORS STATEMENT

Course Content

This course will aim to examine the research surrounding the diagnosis, and treatment of a broad range of psychological and psychiatric disorders including, but not limited to, emotional disorders, behavioural disorders, stress, anxiety, psychotic disorders, etc. We will explore the role of the environment and biology on humans and the techniques and models used to study clinical psychology and mental health. In addition, we will aim to develop an understanding of, and empathy for individuals facing mental health challenges and, in turn, educate others about these issues. Prerequisites for this course are PSYC 2301, and PSYC 2500 or PSYC 2600.

Learning Goals

On successful completion of this course, students should be able to:

1. Define “mental illness” and have an understanding of the issues surrounding this definition;
2. Have insight into the history and purpose of the labelling of psychological disorders, as well as the stigma that develops around terms and labels for those disorders;
3. Have basic knowledge about the etiology, symptoms, and prevalence of mental illnesses;
4. Know about the various methods used in the treatment of psychological disorders (although the students will not learn the intricacies involved in the use of the treatment

modalities and therefore should not attempt to practice any of the treatments discussed in the course);

5. Be aware of mental health/coping strategies, develop empathy for individuals affected by mental health challenges.

EVALUATION (SUBJECT TO CHANGE)

Midterm 1: 25% of final grade: Multiple Choice, written answers

Midterm 2: 25% of final grade: Multiple Choice, written answers

Assignments: 20% of final grade (written reflection assignments)

Final Exam: 30% of final grade: Multiple Choice, written answers

TEXT

Lalumiere, M. L., Barlow, D. H., Durand, V. M., and Hoffmann, S. G. (2024). *Psychopathology: An integrative approach to understanding and treating psychological disorders (7th Canadian ed.)*. Cengage Canada. ISBN 9781774740323