PSYC 3604 B : CLINICAL PSYCHOLOGY AND MENTAL ILLNESS

Instructor	Dr. John Weekes
Term	Winter 2027
Course Delivery	In-Person
Email Address	John.Weekes@carleton.ca
Office Location	Loeb A500B
Office Hours	By Appointment

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

Clinical Psychology and Mental Illness will draw students into the complex world of human psychological functioning and disorders with particular focus and emphasis on evidence-based approaches and techniques. Topics will include the history and evolution of thinking and approaches to understanding mental health challenges and disorders, personality disorders and major categories of mental illness, complex cases, diagnostic approaches, stigma, resilience and mental well-being, clinical research methods, biological and genetic foundations, and an overview of contemporary clinical approaches to assessment and treatment of selected mental health challenges. The course will make extensive use of illustrative case studies as well as special topics of the Instructor's choosing that draw upon his experience over 40 years as a clinician, researcher, and consultant, having worked professionally in a variety of mental health settings including corrections, psychiatric hospital and research institutes, to blend scientific research evidence with many "real world" examples, applications, and contexts. Class participation in the form of questions, comments, and opinions *before, during, or after* class is strongly encouraged!

Learning Objectives

- Provide students with an in-depth introduction to the scientific study of mental health, mental disorders and clinical psychology;
- Provide students with an understanding of the basic principles, theories and methods used in the study of people and factors that influence their thoughts, feelings and behaviour and evidence-based approaches to clinical assessment and treatment;
- Facilitate critical thinking and reasoning; and
- Prepare students for advanced graduate courses in clinical psychopathology, mental health and substance use health.

EVALUATION (SUBJECT TO CHANGE)

Midterm Exam = 50%

Final Exam = 50%

TEXT

Barlow, D. H., Durand, V. M., Hofmann, S. G., Lalumiere, M. L. & Dawson, S. J. (2026). Psychopathology: An integrative approach to understanding, assessing, and treatment psychological disorders (8th Canadian Education). Toronto: Cengage. ISBN: 978-1-77841-956-0