

# PSYC210C : Psychological Disorders and Mental Health

An overview and examination of the characteristics of psychological disorders using the Diagnostic and Statistical Manual of Mental Disorders, 5th ed. Research and issues relating to the nomenclature, incidence, etiology, and treatment of the disorders will be covered. Consideration will be given to physiological, behavioral, social, cultural, and cognitive variables that contribute to each condition and to mental health.

**Credits** 3

**Lab/Practicum/Clinical Hours** 0

**Lecture Hours** 3

## **Prerequisites**

*Students are required to pass prerequisite courses with a grade of C or higher. Exceptions apply; please consult your department chair.*

PSYC105C

## **Learning Outcomes**

Upon completion of this course, students will be able to do the following:

- Demonstrate a knowledge of the historical and conceptual perspectives underlying psychopathologies.
- Compare and contrast the following perspectives of understanding and treating behavioral issues related to psychological disorders: biological, psychodynamic, behavioral, cognitive, humanistic existential, and community cultural.
- Show an understanding of personal, familial, social, and cultural concepts related to the study of mental health and prevention of psychological disorders and related behavioral issues.
- Demonstrate an understanding of assessment, classification, and therapeutic approaches in dealing with psychopathologies.
- Describe and demonstrate skill in using the DSM-V, including purpose, organization and the multi-axial approach of classifying behavior, including an ability to describe and evaluate the advantages and disadvantages of classifying behavior.
- Demonstrate knowledge of eight major categories of psychological disorders, including describing the dimensions/classification criteria, comparing and contrasting incidence and prevalence, evaluating current etiological understanding, and differentiating between treatment approaches.