Course Description

In this course, we will learn about human experiences that are both ordinary and extraordinary, focusing on those that have been classified as psychological disorders. We will think about the ways in which various communities make sense of – and intervene in – mental and emotional distress, and of behaviors that violate social norms. We will explore questions including: What does it mean to define these experiences as pathologies? Why do different societies come to understand these experiences in significantly different ways? What are the implications of these different understandings?

Throughout the course, we will read and reference sections of the diagnostic system most widely used within the United States, which is the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5). By doing so, you will come away from this course with the ability to identify the diagnostic features of the psychological disorders that we cover, and with a broad understanding of the empirical research undergirding mainstream Western knowledge about psychopathology and its treatments. **However, a more central aim of this course is to develop the ability to critically assess the often taken-for-granted historic and political circumstances, race-, class- and gender-related social values, and other dominant ideas and explanations that guide our very notions of who and what gets classified as ‘abnormal.’**

As we move between these two levels of analysis – learning to identify, categorize, and describe the disorders in the DSM-5 on one hand, while interrogating the classificatory system and realities that the DSM-5 (re)produces on the other – we will grapple with difficult questions. Collectively, we will ask and seek to answer: How might an understanding of our categories of psychological disorder as “socially constructed” help us to appreciate and even alleviate the very real experiences of suffering that these categories often describe?

Course Objectives

- Become familiar with the content and history of the DSM-5, as well as with critiques of and alternatives to that system;
- Gain an appreciation of the diversity of human experience, and the manners in which cultural systems and social orders both shape and constrain these experiences;
- Communicate ideas effectively in writing;
- Synthesize and/or compare divergent theoretical perspectives regarding human psychology;
- Recognize and reflect upon the pervasiveness of abnormal psychological categories and ideas in everyday life;
- Develop our own intuitions and orientations toward psychopathology, social suffering, and its treatment, in dialogue with the course texts and with one another.
**Course Texts**

It is not required that you purchase any books or textbook for this course. The required reading materials for each week will be provided as PDFs and made available to you on CourseDen. Please schedule time in your week to read each PDF carefully and critically; I have tried to keep the lengths of the readings reasonable.

**Course Requirements**

Your final grade for this course will be based on five components: weekly quizzes, reading reflections, everyday life observations, participation in discussion through peer responses, and a final examination. Your responsibilities regarding each of these components are detailed below.

The final grade is calculated as follows:

<table>
<thead>
<tr>
<th>Grade Component</th>
<th># Required and Max Score</th>
<th>Total Possible Points</th>
<th>Percentage of Final Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly Quizzes</td>
<td>12 quizzes (14 minus 2 lowest scores), maximum 10 points each</td>
<td>120</td>
<td>20%</td>
</tr>
<tr>
<td>Reading Reflections</td>
<td>6 posts, maximum 20 points each</td>
<td>120</td>
<td>20%</td>
</tr>
<tr>
<td>Everyday Life Observations</td>
<td>6 posts, maximum 20 points each</td>
<td>120</td>
<td>20%</td>
</tr>
<tr>
<td>Peer Responses</td>
<td>5 posts, maximum 18 points each</td>
<td>90</td>
<td>15%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>1 exam, maximum 150 points</td>
<td>150</td>
<td>25%</td>
</tr>
</tbody>
</table>

Total points = 600

A = 540 – 600  
B = 480 – 539  
C = 420 – 479  
D = 360 – 419  
F = 0 – 355

**WEEKLY QUIZZES:**

With the exception of the last week of the semester, there will be a short quiz on CourseDen that you must complete by Sunday night at the end of each week. All of the quizzes are open book; you may refer to both the readings and PowerPoint slides when you take them. Each quiz is graded out of 10 points, and I will drop your two lowest quiz grades.

**READING REFLECTIONS, EVERYDAY LIFE OBSERVATIONS, AND PEER RESPONSES:**

Over the course of the semester, you are required to post 6 Reading Reflections, 6 Everyday Life Observations, and 5 Peer Responses (i.e. responses to a classmate’s Reading Reflection or Everyday Life Observation) on CourseDen. These posts and replies will serve as a proxy for classroom discussion; it is therefore crucial to the learning process that you make time to read and engage with each other’s written thoughts and experiences.

Please post your Reading Reflections and Everyday Life Observations as new threads in the appropriate week’s Discussion Topic and Forum. Peer Responses should be posted as replies to threads started by your classmates.
It is your responsibility to keep track of your own participation during the semester and make sure that you have submitted the required number of each type of post. As a rule of thumb, I would suggest that you aim each week to contribute at least one discussion post type (i.e. 1 Reading Reflection, 1 Everyday Life Observation, OR 1 Peer Response) and not more than two posts (e.g. 1 Reading Reflection AND 1 Peer Response, etc.). There is no penalty, however, for distributing your contributions differently.

**Reading Reflections (Approx. 200-300 words each):**
Reading Reflections ask you to make an argument, pose a question, articulate a critique, or otherwise share a theoretical insight related to one or more of the assigned course readings in a given week. Reading Reflections should be undertaken only after you have carefully and completely read the corresponding readings and slides. They must make reference to at least one text that is not the DSM-5 (though you are of course also welcome to incorporate the DSM-5 readings into your analysis). At times, I may include questions in the PowerPoint slides that can serve as jumping-off points for the Reading Reflections. Reading Reflection posts are due by 11:59pm on Saturday of each week.

**Everyday Life Observations (Approx. 200-300 words each):**
As the social theorist Nikolas Rose wrote:

> Psychology is a ‘generous’ discipline: the key to the social penetration of psychology lies in its capacity to lend itself freely to others who will ‘borrow’ it because of what it offers to them in the way of a justification and guide to action. Hence psychological ways of thinking and acting can infuse the practices of other social actors such as doctors, social workers, managers, nurses, even accountants. Psychology enters into alliance with such agents of social authority, colonising their ways of calculating and arguing with psychological vocabularies, reformulating their ways of explaining normality and pathology in psychological terms, giving their techniques a psychological coloration. It is precisely though such alliances that psychology has made itself powerful: not so much by occupational exclusiveness or monopolization but because of what it has provided for others, on condition that they come to think and act like psychologists (Rose, 1996, p. 97, my emphasis).

In the spirit of appreciating this tendency for psychological categories and concepts to seep into and color the public imagination, you are asked in this course to periodically share and comment upon an “everyday life observation” demonstrating a connection that you discover between the week’s topics/themes and the world around you. The idea is to start paying attention to the presence of psychiatric/abnormal psychological ideas, categories, and language in the non-clinical parts of our everyday lives. Everyday Life Observations may draw from or relate to popular songs, films, current events, images, descriptions of an everyday interaction, discourse, or encounter, etc. – be creative and observant as an ethnographer of your own local social environment! When you post an everyday life observation, please provide a brief analysis of it that engages with at least one of the week’s readings. When appropriate, be sure to include a link or attachment for your peers’ and my reference. Everyday Life Observation posts are due by 11:59pm on Saturday of each week.

**Peer Responses (Approx. 100-150 words):**
Please read through all of your classmates’ Reading Reflections and Everyday Life Observations each week. At least five times during the semester, please post a thoughtful response to a Reading Reflection or Everyday Life Observation thread initiated by a peer. Your response may expand upon, amplify, constructively and collegially challenge, or otherwise engage with your classmate’s post. I encourage you to use these response posts as an opportunity to deepen your own understanding of the course topics and learn through dialogue with one another. Peer Responses are due by 11:59pm on Sunday of each week. Extra credit points will be given to those who exceed the required number of peer response posts.

**FINAL EXAM:**
You will have one week to complete a comprehensive, open book final examination consisting of multiple choice, short answer, and longer essay questions.
<table>
<thead>
<tr>
<th>Topic</th>
<th>Date</th>
<th>Readings/Assignments/Quizzes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wk. 1: Jan. 6-12</strong></td>
<td><strong>Jan. 6-12</strong></td>
<td>Introduction to the course; Introducing ourselves; <em>What is Abnormal Psychology?</em></td>
</tr>
</tbody>
</table>
| **Wk. 1: Jan. 6-12** | **1/7** | • Read: This syllabus  
• Read: Week 1 Slides |
| **Wk. 1: Jan. 6-12** | **1/9** | • Post an introduction to yourself on CourseDen – Any format you like! |
| **Wk. 1: Jan. 6-12** | **1/11** | • Everyday Life Observation and Reading Reflection posts due by 11:59pm |
| **Wk. 1: Jan. 6-12** | **1/12** | • Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
• Weekly quiz due by 11:59pm |
| **Wk. 2: Jan. 13-19** | **Ways of Conceptualizing Psychological Disorder** | |
• Read: Insel, Thomas (2013). Director’s Blog: “Transforming Diagnosis.”  
• Read: Week 2 Slides |
• Read: Week 2 Slides |
| **Wk. 2: Jan. 13-19** | **1/18** | • Everyday Life Observation and Reading Reflection posts due by 11:59pm |
| **Wk. 2: Jan. 13-19** | **1/19** | • Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
• Weekly quiz due by 11:59pm |
| **Wk. 3: Jan. 20-26** | **Depression: DSM and Mainstream Western Psychology** | |
| **Wk. 3: Jan. 20-26** | **1/20** | MLK HOLIDAY – NO CLASSES; OFFICES ARE CLOSED |
| **Wk. 3: Jan. 20-26** | **1/21** | • Read: DSM-5: DEPRESSIVE DISORDERS  
Watch: TEDx Talks – David Burns, “Feeling Good” ([https://www.youtube.com/watch?v=H1Tv5uMcYv9Q](https://www.youtube.com/watch?v=H1Tv5uMcYv9Q))  
• Read: Week 3 Slides |
• Read: Week 3 Slides |
| **Wk. 3: Jan. 20-26** | **1/25** | • Everyday Life Observation and Reading Reflection posts due by 11:59pm |
| **Wk. 3: Jan. 20-26** | **1/26** | • Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
• Weekly quiz due by 11:59pm |
| **Wk. 4: Jan. 27-Feb. 2** | **Depression, Continued: Living with Depression; Depression & Globalization** | |
| **Wk. 4: Jan. 27-Feb. 2** | **1/28** | • Read: Brosh, Allie. (2011) *Hyperbole and a Half* “Adventures in Depression: Depression Part Two”  
• Read: Week 4 Slides |
• Read: Week 4 Slides |
<p>| <strong>Wk. 4: Jan. 27-Feb. 2</strong> | <strong>2/1</strong> | • Everyday Life Observation and Reading Reflection posts due by 11:59pm |</p>
<table>
<thead>
<tr>
<th>Wk. 5: Feb. 3-9</th>
<th>Cross-Cultural Approaches to Depression and Suicide: Perspectives from Psychological Anthropology and Global Mental Health</th>
</tr>
</thead>
</table>
| 2/2 | - Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
- Weekly quiz due by 11:59pm |
- Read: Week 5 Slides |
- Read: Week 5 Slides |
| 2/8 | - Everyday Life Observation and Reading Reflection posts due by 11:59pm |
| 2/9 | - Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
- Weekly quiz due by 11:59pm |

<table>
<thead>
<tr>
<th>Wk. 6: Feb. 10-16</th>
<th>Anxiety: DSM; CBT Interventions</th>
</tr>
</thead>
</table>
| 2/11 | - Read: DSM-5: ANXIETY DISORDERS  
- Read: Week 6 Slides |
- Read: Week 6 Slides |
| 2/15 | - Everyday Life Observation and Reading Reflection posts due by 11:59pm |
| 2/16 | - Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
- Weekly quiz due by 11:59pm |

<table>
<thead>
<tr>
<th>Wk. 7: Feb. 17-23</th>
<th>Anxiety, Continued: Existential and Cross-Cultural Perspectives</th>
</tr>
</thead>
</table>
- Read: Week 7 Slides |
- Read: Week 7 Slides |
| 2/22 | - Everyday Life Observation and Reading Reflection posts due by 11:59pm |
| 2/23 | - Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
- Weekly quiz due by 11:59pm |

<table>
<thead>
<tr>
<th>Wk. 8: Feb. 24-Mar. 1</th>
<th>Bipolar Disorder: Clinical, Phenomenological, and Cultural Descriptions</th>
</tr>
</thead>
</table>
| 2/25 | - Read: DSM-5: BIPOLAR AND RELATED DISORDERS  
- Read: Week 8 Slides |
- Read: Week 8 Slides |
<p>| 2/29 | - Everyday Life Observation and Reading Reflection posts due by 11:59pm |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Assignments</th>
</tr>
</thead>
</table>
| 3/1   | **Psychosis: Conceptualizations and Experiences**                     | • Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
       |                                                                  | • Weekly quiz due by 11:59pm                                                   |
| 3/3   | **Psychosis, Continued:** Cultural Variation in Diagnosis, Treatment, and Prognosis | • Read: DSM-5: SCHIZOPHRENIA SPECTRUM AND OTHER PSYCHOTIC DISORDERS  
       |                                                                  | • Read: Week 9 Slides                                                          |
       |                                                                  | • Read: Week 9 Slides                                                          |
| 3/7   |                                                                  | • Everyday Life Observation and Reading Reflection posts due by 11:59pm         |
| 3/8   | **Psychosis, Continued:** Cultural Variation in Diagnosis, Treatment, and Prognosis | • Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
       |                                                                  | • Weekly quiz due by 11:59pm                                                   |
       |                                                                  | • Read: Week 10 Slides                                                        |
       |                                                                  | • Read: Week 10 Slides                                                        |
| 3/14  |                                                                  | • Everyday Life Observation and Reading Reflection posts due by 11:59pm         |
| 3/15  |                                                                  | • Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
       |                                                                  | • Weekly quiz due by 11:59pm                                                   |
| **SPRING BREAK** |                                                                | **NO CLASS**                                                                  |
| 3/24  | **Trauma and PTSD**                                                  | • Read: DSM-5: TRAUMA AND STRESSOR-RELATED DISORDERS  
       |                                                                  | • Read: Week 12 Slides                                                        |
       |                                                                  | • Read: Week 12 Slides                                                        |
| 3/28  |                                                                  | • Everyday Life Observation and Reading Reflection posts due by 11:59pm         |
| 3/29  |                                                                  | • Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
<pre><code>   |                                                                  | • Weekly quiz due by 11:59pm                                                   |
</code></pre>
<p>| 3/31  | <strong>Disorders of Consumption 1: Addiction</strong>                            | • Read: DSM-5: SUBSTANCE-RELATED AND ADDICTIVE DISORDERS                         |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
</table>
- Read: Week 13 Slides |
- Read: Week 13 Slides |
| 4/4        | - Everyday Life Observation and Reading Reflection posts due by 11:59pm |
| 4/5        | - Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
- Weekly quiz due by 11:59pm |
| Wk. 14: Apr. 6-12 | **Disorders of Consumption 2: Eating Disorders** |
| 4/7        | - Read: DSM-5: FEEDING AND EATING DISORDERS  
- Read: Week 14 Slides |
- Read: Week 14 Slides |
| 4/11       | - Everyday Life Observation and Reading Reflection posts due by 11:59pm |
| 4/12       | - Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
- Weekly quiz due by 11:59pm |
| Wk. 15: Apr. 13-19 | **Psychopathology and Childhood** |
- Read: Week 15 Slides |
- Read: Week 15 Slides |
| 4/18       | - Everyday Life Observation and Reading Reflection posts due by 11:59pm |
| 4/19       | - Peer Responses to Everyday Life Observation and Reading Reflection posts due by 11:59pm  
- Weekly quiz due by 11:59pm |
| Wk. 16: Apr. 20-26 | **Abnormal Psychology and Identity; Course Conclusion** |
- Read: Week 16 Slides |
- Read: Week 16 Slides |
| 4/25       | Final exam posted on CourseDen |
| May 1      | **FINAL EXAM DUE BY 11:59PM** |
**Course and UWG Policies**

**Safe and Inclusive Community**

All are welcome in this (virtual) classroom. Our community includes a diverse set of views, social positions, identities, histories, genders, sexualities, ethnoracial locations, parenting statuses, languages, capacities, struggles and commitments. We are here to appreciate and learn from our differences, not to erase them.

It is university policy to provide a positive, supportive, discrimination-free educational and work environment. Sexual harassment, and any other form of harassment, will not be tolerated.

Sensitive course content
In the study of psychological disorders, there is much that can be hard to read and think about. I will do my best to prepare you for the topics involved in the course readings. But everyone’s reactions are different; if you have concerns about particular topics or themes that may come up in the course, please don’t hesitate to contact me.

Communications
The best way to reach me is by email (tweiner@westga.edu).

I aim to respond to all emails within 24 hours (except during weekends and holidays). If you have not heard back from me within 24 hours, please feel free to write again to make sure I received your message.

You are also welcome to schedule an individual meeting with me, either in person or by phone. Please email me to set up a time to talk. I encourage you to come see me if you are having a problem with some aspect of the course. I am also happy to talk with you about your areas of special interest, help you find further readings, discuss longer-term goals, et cetera.

If multiple students have similar questions about something or if there is something that I want to convey to everyone at once, I may send a mass email to all students through the CourseDen messaging system and/or post an Announcement on our course home page. I will also occasionally post practical information at the beginning of a set of slides.

Here is a helpful guide to email etiquette in the context of an academic course:
https://medium.com/@lportwoodstacer/how-to-email-your-professor-without-being-annoying-af-cf64ae0e4087

**EXTRA CREDIT OPPORTUNITY: During Week 1 of the course, send me an email using the above guidelines. Attach a picture of your favorite creature so I know that you have found this buried treasure!**

University of West Georgia students are provided a MyUWG e-mail account. The University considers this account to be an official means of communication between the University and the student. The purpose of the official use of the student e-mail account is to provide an effective means of communicating important university related information to UWG students in a timely manner. It is the student’s responsibility to check email regularly.

Honor Code
At the University of West Georgia, we believe that academic and personal integrity are based upon honesty, trust, fairness, respect, and responsibility. Students at West Georgia assume responsibility for upholding the honor code. West Georgia students pledge to refrain from engaging in acts that do not maintain academic and personal integrity. These include, but are not limited to, plagiarism, cheating, fabrication, aid of academic dishonesty, lying, bribery or threats, and stealing.

The University of West Georgia maintains and monitors a confidential Academic Dishonesty Tracking System. This database collects and reports patterns of repeated student violations across all the Colleges, the Ingram Library, and the School of Nursing. Each incidence of academic dishonesty is subject to review and consideration by the instructor, and is subject to a range of academic penalties including, but not limited to, failing the assignment and/or failing the course. Student conduct sanctions range from verbal warning to suspension or expulsion depending on the magnitude of the offense and/or number of offenses. The incident becomes part of the student’s conduct record at UWG.

Additionally, the student is responsible for safeguarding his/her computer account. The student’s account and network connection are for his/her individual use. A computer account is to be used only by the person to whom it has been issued. The student is responsible for all actions originating through his/her account or network connection. Students must not impersonate others or misrepresent or conceal their identities in electronic
messages and actions. For more information on the University of West Georgia Honor Code, please see the Student Handbook.

Accessibility Services
Students with a documented disability may work with UWG Accessibility Services to receive essential services specific to their disability. All entitlements to accommodations are based on documentation and USG Board of Regents standards. If a student needs course adaptations or accommodations because of a disability or chronic illness, or if he/she needs to make special arrangements in case the building must be evacuated, the student should notify his/her instructor in writing and provide a copy of his/her Student Accommodations Report (SAR), which is available only from Accessibility Services. Faculty cannot offer accommodations without timely receipt of the SAR; further, no retroactive accommodations will be given. For more information, please contact Accessibility Services.

For more information on the Americans with Disabilities Act, UWG Email, Credit Hour, and UWG Honor Code policies as well as information on Academic Tutoring, Student Services, and Technical Requirements, Privacy Policy, and Accessibility Statements, please see the Common Language for Syllabus document.

Late Work
Your work should be submitted on time. It is due by 11:59pm on the due date. You may submit your work up to 12 hours late without penalty. After that, late work will be penalized 1/3 of a grade per day, and is not accepted after one week.

If unusual life circumstances are preventing you from getting your work done on time and you would like to be granted an extension, please email me before the due date.

Emergency Situations
In the unfortunate event that you experience an emergency during the semester, I am willing to discuss any accommodations that you may need to help you succeed in our class. If you prefer, you may also channel these kinds of conversations through your advisor, the counseling center, or any other relevant campus office.

- HEALTH SERVICES: 678-839-6452
- COUNSELING CENTER (INCLUDES ONLINE COUNSELING SERVICES): Counseling Center Location: 123 Row Hall Office Hours: Monday-Friday, 8:00 AM-5:00 PM Tel: (678) 839-6428; Email: counseling@westga.edu
- PATIENT /VICTIM ADVOCATES: 678-839-0641; 678-839-5338 (after hours 678-839-6000)
- UNIVERSITY POLICE: 678-839-6000 (96000 on campus)

Additional Support Information
Center for Academic Success
The Center for Academic Success provides services, programs, and opportunities to help all undergraduate students succeed academically. For more information, contact them: 678-839-6280 or cas@westga.edu

University Writing Center
The University Writing Center assists students with all areas of the writing process. For more information, contact them: 678-839-6513 or writing@westga.edu

Technical Support
Technical support for CourseDen, as well as the technological requirements, accessibility statements, privacy statements, tutorials, and other information can be found at Technology Requirements. Support for courses (Hyperlinks provided for accessibility throughout; full URLs are available at the end of the document)
**CourseDen D2L Home Page**

**CourseDen Help** (8 AM – 5 PM)
Call: 678-839-6248 or 1-855-933-8946 or
email: online@westga.edu

24/7/365 D2L Help Center
Call 1-855-772-0423

**University Bookstore**

**Smarthinking** offers online tutoring services and resources (including the Writing Center) for UWG students/instructors in all courses. A link to Smarthinking is available in CourseDen under Resources in the navigation bar.

**Student Services**
Here is a great resource of **Student Services** for all students at UWG, whether or not they are taking online courses. This link provides students with most of the information they need. If a student is experiencing distress and needs some help, check out **UWG Cares**.

**Full URL Support for Courses**

- CourseDen D2L Home Page
  https://westga.view.usg.edu/

- CourseDen Help (8 AM – 5 PM) https://uwgonline.westga.edu/uwg-online-student-help.php
  Email: online@westga.edu

- 24/7/365 D2L Help Center
  https://d2lhelp.view.usg.edu/

- University Bookstore
  http://www.bookstore.westga.edu/

- Common Language for Course Syllabi https://www.westga.edu/administration/vpaa/common-language-course-syllabi.php

- UWG Cares
  http://www.westga.edu/UWGCares/

- Accessibility Services
  https://www.westga.edu/student-services/counseling/accessibility-services.php

- Student Services http://uwgonline.westga.edu/online-student-guide.php

- Center for Academic Success
  http://www.westga.edu/cas/

- Distance Learning Library Services
  https://www.westga.edu/library/resource-sharing.php

- Ingram Library Services
  http://www.westga.edu/library/

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Acknowledgments: Special thanks to Marie-Cecile Bertau, Elizabeth Fein, Nisha Gupta, Chris Head, David Mitchell, Eugene Raikhel, Kathy Skott-Myhre, Eli Thorkelson, and Thea Zhang for their assistance and feedback in the development of this syllabus.