

Texas A&M University-Central Texas

Counseling Perspectives on Psychopathology

COUN 5358 110, CRN 80159

Tuesday 6-7 PM Fall 2020

Instructor and Contact Information.

Instructor: Coady Lapierre, Ph.D., LSSP

Office: 318 G Warrior Hall

Email: lapierre@tamuct.edu

Office Hours:

Tuesday and Wednesday 1 to 5 PM

Online: by appointment

Mode of instruction and course access:

This course meets 100% online with a 1 hour weekly synchronous meeting from 6 to 7 PM Tuesday evenings, and the remainder being asynchronous. This course uses the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com>].

Student-instructor interaction:

For appointments or questions outside of class, the preferred contact method is email to lapierre@tamuct.edu. Students can expect replies within 2 business days.

Warrior Shield:

Warrior Shield is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in Warrior Shield through their myCT email account. Connect to Warrior Shield by 911Cellular [<https://portal.publicsafetycloud.net/Account/Login>] to change where you receive your alerts or to opt out. By staying enrolled in Warrior Shield, university officials can quickly pass on safety-related information, regardless of your location.

COVID-19 Safety Measures:

To promote public safety and protect students, faculty, and staff during the coronavirus pandemic, Texas A&M University-Central Texas has adopted policies and practices to minimize virus transmission. All members of the university community are expected to adhere to these measures to ensure their own safety and the safety of others. Students must observe the following practices while participating in face-to-face courses, course-related activities (office hours, help sessions, transitioning to and between classes, study spaces, academic services, etc.) and co-curricular programs:

- Self-monitoring—Students should follow CDC recommendations for self-monitoring. Students who have a fever or exhibit symptoms of COVID-19 should participate in class remotely and should not participate in face-to-face instruction. Students required to quarantine must participate in courses and course-related activities remotely and must not attend face-to-face course activities. Students should notify their instructors of the quarantine requirement.

Students under quarantine are expected to participate in courses and complete graded work unless they have symptoms that are too severe to participate in course activities.

- **Face Coverings**— Face coverings must be worn inside of buildings and within 50 feet of building entrances on the A&M-Central Texas Campus. This includes lobbies, restrooms, hallways, elevators, classrooms, laboratories, conference rooms, break rooms, non-private office spaces, and other shared spaces. Face coverings are also required in outdoor spaces where physical distancing is not maintained. The university will evaluate exceptions to this requirement on a case by case basis. Students can request an exception through the Office of Access and Inclusion in Student Affairs.
- If a student refuses to wear a face covering, the instructor should ask the student to leave and join the class remotely. If the student does not leave the class, the faculty member should report that student to the Office of Student Conduct. Additionally, the faculty member may choose to teach that day's class remotely for all students.
- **Physical Distancing**—Physical distancing must be maintained between students, instructors, and others in the course and course-related activities.
- **Classroom Ingress/Egress**—Students must follow marked pathways for entering and exiting classrooms and other teaching spaces. Leave classrooms promptly after course activities have concluded. Do not congregate in hallways and maintain 6-foot physical distancing when waiting to enter classrooms and other instructional spaces.
- The university will notify students in the event that the COVID-19 situation necessitates changes to the course schedule or modality.

COURSE INFORMATION

Course Overview and description:

An overview of psychopathology that includes the history of abnormal behavior and an in-depth study of the specific diagnostic psychological disorders. Emphasis will be on classification systems currently used in clinical settings and treatment alternatives from a counseling perspective. Covers related ethical concerns.

Course Objective: To understand the process of assigning a correct diagnosis that will lead to effective treatment of psychological issues.

Student Learning Outcomes:

Upon successful completion of this course students will:

1. Understand human behavior, including an understanding of developmental crises, disability, psychopathology, and situation and environmental factors that affect both normal and abnormal behavior (CACREP II.G.3.f). Evaluated Test 2.
2. Recognize the potential for substance use disorders to mimic and coexist with a variety of medical and psychological disorders (CACREP CMHC.A.6). Evaluated Test 2 and Final Exam.
3. Understand the impact of crises, disasters, and other trauma-causing events on people (CACREP II.G.3.c & CACREP CMHC.A.9). Evaluated Test 2 and Final Exam.

4. Know the etiology, the diagnostic process and nomenclature, treatment, referral, and prevention of mental and emotional disorders (CACREP CMHC.C.2). Evaluated Test 1.
5. Understand the range of mental health service delivery – such as inpatient, outpatient, partial treatment and aftercare – and the clinical mental health counseling services network (CACREP CMHC.C.5). Evaluated in Literature Reviews 1 and 2.
6. Know the principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning (CACREP CMHC.C.7). Evaluated in Literature Reviews 1 and 2.
7. Recognize the importance of family, social networks, and community systems in the treatment of mental and emotional disorders (CACREP CMHC.C.8). Evaluated in Literature Reviews 1 and 2.
8. Know principles and models of assessment, case conceptualization, theories of human development, and concepts of normalcy and psychopathology leading to diagnoses and appropriate counseling treatment plans (CACREP CMHC.G.1). Evaluated Test 2 and Final Exam.
9. Understand basic classifications, indications, and contraindications of commonly prescribed psychopharmacological medications so that appropriate referrals can be made for medication evaluations and so that the side effects of such medications can be identified (CACREP CMHC.G.3). Evaluated in Treatment Reports.
10. Know the principles of the diagnostic process, including differential diagnosis, and the use of current diagnostic tools, such as the current edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM) (CACREP CMHC.K.1). Evaluated Test 2 and Final Exam.
11. Understand the established diagnostic criteria for mental and emotional disorders, and describe treatment modalities and placement criteria within the continuum of care (CACREP CMHC.K.2). Evaluated Literature Reviews and Final Exam.
12. Understand appropriate use of diagnosis during a crisis, disaster, or other trauma-causing event (CACREP CMHC.K.5). Evaluated Test 2 and Final Exam.
13. Understand the influence of multiple factors (e.g., abuse, violence, eating disorders, attention deficit hyperactivity disorder, childhood depression) that may affect the personal, social, and academic functioning of students (CACREP SC.G.1). Evaluated Test 2 and Final Exam.

Required Reading and Textbook(s):

American Psychiatric Association. (2013). Diagnostic and Statistical Manual of Mental Disorders, (5th ed.) Washington, DC: Author.
ISBN 0890425558

Recommended Reading

Barnhill, J. (2013) DSM-5 Clinical Cases (1st ed.) Washington, DC: American Psychiatric Association.
ISBN: 9781585624638

Evans, S. (2019) APA Handbook of Psychopharmacology Washington, DC: American Psychological Association.
Print ISBN: 9781433830754, 1433830752
eText ISBN: 9781433830761, 1433830760

COURSE REQUIREMENTS

Course Grades:

Literature Review: 30 points (2 x 15 pts.)

Tests: 30 points (2 x 15 pts.)

Treatment reports: 10 points (2 X 5 pts.)

Case Study 5 points

Final Exam: 25 points

Final Grade:

90-100 points: A

80-89 points: B

70-79 points: C

60-69 points: D

Below points: F

Grading Criteria:

Exams

Exams will help students understand and match symptoms to DSM categories. Examinations will cover assigned readings, lecture material, and class discussions. Students are expected to take all examinations as scheduled. It is the student's responsibility to contact the professor to arrange alternative times to take tests. This should be completed in advance of scheduled test times. Test 1 (15 pts.) will focus on technical information and vocabulary. It will be in a short answer format. Test 2 (15 pts.) will be application based. The final examination (25 pts.) will be a comprehensive overview of the course with technical and conceptual information required.

Literature reviews

Literature reviews will help students understand what approaches and techniques are most effective with various disorders. Paper topics will focus on current treatment methodologies for mental illness. Topics will be assigned by the instructor and student will submit a hardcopy to the Professor (if requested) and post an electronic copy to Canvas. The research papers should be between 4 and 6 pages long not counting cover, abstract and references. Five articles should be covered from peer-reviewed journals published in the last 10 years. Additional sources from non peer-reviewed articles can supplement your paper but should not cover lengthy sections. Papers must be in APA format. If you do not know APA format, it is your responsibility to obtain and follow the APA Publication Manual (6th ed.). This review is to be original work by the student,

meaning that the student based their work on their own library research and intellectual work expressly for this class. While you are encouraged to pursue topics that you have an interest and background in, it is not acceptable to “recycle” work completed for other courses. Points will be assigned based on APA style (3 pts.), clear and accurate presentation of information taken from peer reviewed articles (10 pts.) and general style (grammar, spelling, professional tone, etc.: 2 pts.).

Treatment Reports

Treatment reports will help students understand how to construct effective treatment plans. Students will adapt their literature reviews into a report posted on Canvas that covers detailed treatment options that have research supporting their effectiveness, with APA style citations supporting the approach. These reports should be no more than a page typed. Students are expected to review each report. Treatment reports are due the week in which the topics are covered. Points will be assigned for accurate description of treatment (4 pts.) and clarity (1 pt.).

Case Study

Case studies will help students go through the process of making a diagnosis. Students will create and post on Canvas a fictional case that presents the symptoms of a disorder from the DSM. Students will then review the cases and make a diagnosis supporting their choice with criteria from the DSM. Points will be assigned for creating plausible scenarios that match DSM criteria and attempting to make diagnoses on other student’s case studies (5 pts.).

Posting of Grades:

All class grades will be posted in Canvas, normally within 2 weeks of submission.

COURSE OUTLINE AND CALENDAR

Course Calendar:

Week 1	Aug. 25	Introduction & Overview
Week 2	Sept. 1	Multidimensional Assessment
Week 3	Sept. 8	Assessment & Diagnosis
Week 4	Sept. 15	<u>Test 1</u> Neurodevelopment
Week 5	Sept. 22	Disruptive, Impulse & Conduct
Week 6	Sept. 29	Bipolar & Depressive
Week 7	Oct. 6	<u>Lit Review 1</u> Eating, Elimination, Somatoform, & Substances
Week 8	Oct. 13	Trauma related disorders
Week 9	Oct. 20	Dissociative & Neurocognitive
Week 10	Oct. 27	Sleep, Paraphilic & Gender
Week 11	Nov. 3	<u>Test 2</u>
Week 12	Nov. 10	Personality
Week 13	Nov. 17	<u>Lit Review 2</u> Schizophrenia & Psychotic
Week 14	Nov. 24	Anxiety & OCD
Week 15	Dec. 1	Ethical & Professional Issues
Week 16	Dec. 8	<u>Comprehensive Final Exam</u>

Important University Dates:

August 24, 2020	Classes Begin for Fall Semester
August 26, 2020	Deadline for Add, Drop, and Late Registration for 16-Week Classes
September 7, 2020	Labor Day (University Closed)
September 9, 2020	Deadline to drop 16-Week Classes with No Record
October 30, 2020	Deadline for Graduation Application for Ceremony Participation
November 1, 2020	Deadline for GRE/GMAT Scores to Graduate School
November 2, 2020	Registration Opens for Spring Semester
November 6, 2020	Deadline to Drop 16-Week Classes with a Quit (Q) or Withdraw (W)
November 11, 2020	Veteran's Day (University Closed)
November 26, 2020	Thanksgiving (University Closed)
November 27, 2020	Thanksgiving (University Closed)
December 11, 2020	Deadline to Withdraw from University for 16-Week Classes
December 11, 2020	Fall Semester Ends

TECHNOLOGY REQUIREMENTS AND SUPPORT

Technology Requirements:

This course will use the A&M-Central Texas Instructure Canvas learning management system. We strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.

Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com/>] or access Canvas through the TAMUCT Online link in myCT [<https://tamuct.onecampus.com/>]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

Canvas Support

Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select “Chat with Canvas Support,” submit a support request through “Report a Problem,” or call the Canvas support line: 1-844-757-0953.

For issues related to course content and requirements, contact your instructor.

Online Proctored Testing

A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in.

Other Technology Support

For log-in problems, students should contact Help Desk Central

24 hours a day, 7 days a week

Email: helpdesk@tamu.edu

Phone: (254) 519-5466

Web Chat: [<http://hdc.tamu.edu>]

Please let the support technician know you are an A&M-Central Texas student.

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Drop Policy:

If you discover that you need to drop this class, you must complete the Drop Request Dynamic Form through Warrior Web ([link](#)).

Faculty cannot drop students; this is always the responsibility of the student. The Registrar’s Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Registrar’s Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar’s Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

Academic Integrity:

Texas A&M University -Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Academic integrity is defined as a commitment to honesty, trust, fairness, respect, and responsibility. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. Academic misconduct is any act that improperly affects a true and honest evaluation of a student's academic performance and includes, but is not limited to, working with others in an unauthorized manner, cheating on an examination or other academic work, plagiarism and improper citation of sources, using another student's work, collusion, and the abuse of resource materials. All academic misconduct concerns will be referred to the university's Office of Student Conduct. Ignorance of the university's standards and expectations is never an excuse to act with a lack of integrity. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more information regarding the Student Conduct process, [<https://www.tamuct.edu/student-affairs/student-conduct.html>].

If you know of potential honor violations by other students, you may submit a report, [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0].

Academic Accommodations:

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Office of Access and Inclusion is responsible for ensuring that students with a disability receive equal access to the university's programs, services and activities. If you believe you have a disability requiring reasonable accommodations please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information please visit our Access & Inclusion Canvas page (log-in required) [<https://tamuct.instructure.com/courses/717>]

Important information for Pregnant and/or Parenting Students:

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit Student Affairs [<https://www.tamuct.edu/student-affairs/index.html>]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these requirements and guidelines online, please visit the website [<http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf>].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University’s Title IX Coordinator.

Tutoring:

Tutoring is available to all A&M-Central Texas students, on a remote online basis. Visit the Academic Support Community in Canvas to view schedules and contact information. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Tutors will return at the Tutoring Center in Warrior Hall, Suite 111 in the Fall 2020. Student success coaching is available online upon request.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, success coaching, or have any other question, contact Academic Support Programs at (254) 501-5836, visit the Office of Student Success at 212F Warrior Hall, or by emailing studentsuccess@tamuct.edu .

Chat live with a tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas except writing support. Access Tutor.com through Canvas.

University Writing Center:

The University Writing Center (UWC) at Texas A&M University–Central Texas (TAMUCT) is a free service open to all TAMUCT students. For the Fall 2020 semester, all services will be online as a result of the COVID-19 pandemic. The hours of operation are from 10:00 a.m.-5:00 p.m. Monday thru Thursday with satellite hours online Monday thru Thursday from 6:00-9:00 p.m. The UWC is also offering hours from 12:00-3:00 p.m. on Saturdays.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. By providing a practice audience for students’ ideas and writing, our tutors highlight the ways in which they read and interpret students’ texts, offering guidance and support throughout the various stages of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via WOnline [<https://tamuct.mywconline.com/>]. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC and/or need any assistance with scheduling.

University Library:

The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 250,000 eBooks and 82,000 journals, in addition to the 85,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place on Skype or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our Library website [<http://tamuct.libguides.com/index>].

For Fall 2020, all reference service will be conducted virtually. Please go to our Library website [<http://tamuct.libguides.com/index>] to access our virtual reference help and our current hours.

A Note about Sexual Violence at A&M-Central Texas:

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the Title IX webpage [<https://www.tamuct.edu/compliance/titleix.html>].

Behavioral Intervention:

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the referral online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2].

Anonymous referrals are accepted. Please see the Behavioral Intervention Team website for more information [<https://www.tamuct.edu/student-affairs/bat.html>]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5800.

While this syllabus represents the direction and scope of this course, it is subject to change.