

Welcome to COUN 5358 - Counseling Perspective on Psychopathology

Instructor: Samantha Airhart-Larraga, Ph.D., LPC-S, LCDC, NCC ([Dr. Airhart-Larraga's CV](#))

Pronouns*: She, Her, Ella

Class Time: Tuesdays, 6:00 p.m. to 8:45p.m., WH 313

Office: WH 318D

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****Office Hours: Tuesdays 12 p.m. to 6 p.m.; Thursdays 11 a.m. to 1 p.m.**

[For a face-to-face appointment, click here](#)

[For a virtual appointment, click here](#)

***For other days / hours, email the instructor.*

**Why are pronouns important? See link: <https://pronouns.org/what-and-why>.*

Office Hours:

I invite students to use the office hours option. Why use office hours? To discuss material you are struggling with, to discuss obstacles that you want to overcome related to class or the counseling program, to discuss what classes to take next semester, for professional advice, to establish a relationship, to discuss practicum / internship, and / or to inquire about potential research opportunities. For appointments with me, please book using the following links:

[For a face-to-face appointment, click here](#)

[For a virtual appointment, click here](#)

Required Textbooks and Books:

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders, fifth edition, text revision (DSM-5-TR)*. American Psychiatric Association Publishing.

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). American Psychological Association.

Covington Armstrong, S. (2009). *Not all black girls know how to eat: A story of bulimia*. Independent Publishers Group.

Jamison, K. R. (1996). *An unquiet mind*. Vintage Books.

Morgan, K. (2013). *Mind without a home: A memoir of schizophrenia*. Hazelden.

Sinacola, R. S., Peters-Strickland, T. S, & Wyner, J. D. (2020). *Basic psychopharmacology for mental health professionals* (3rd ed.). Pearson.

Required Articles:

Gleeson, S. (2022). 'Not a monster': Destigmatizing borderline personality disorder. *Counseling Today*.
<https://ct.counseling.org/2022/10/not-a-monster-destigmatizing-borderline-personality-disorder/>

Peters, H. J., Schwenk, H. N., Ahlstrom, Z. R., & McIalwain, L. N. (2017). Microaggressions: The experience of individuals with mental illness. *Counselling Psychology Quarterly*, 30(1), 86–112.
<https://doi-org.tamuct.idm.oclc.org/10.1080/09515070.2016.1164666>

Rosen, D. C., Nakash, O., Kwong, A., & Branstetter, H. (2017). Culturally responsive assessment and diagnosis in the mental health intake. *The Behavior Therapist*, 40(3), 93–98.

Smith, K. (2017, July). Healthy conversations to have. *Counseling Today*.
<https://ct.counseling.org/2017/07/healthy-conversations-to-have/>

Recommended Textbooks (not required):

Buser, S. & Cruz, L. (2022). *DSM-5-TR Insanely Simplified: Unlocking the spectrums within DSM-5-TR and ICD-10*. Chiron Publications.

Jongsma Jr, A. E., Peterson, M. L., & Bruce T. J. (2014). *The complete adult psychotherapy treatment planner*. Wiley.

Syllabus: [SYLLABUS COUN 5358 Psychopathology Spring 2023 updated 01.17.23.pdf](#)

If you have any questions, please post them in our Q&A forum. If you have a question, it's likely that someone else has the same or a similar question. [Question and Answer Forum](#)

To get started with this course, click here: [Week 1](#)