

PSYC*2020, Course Outline: Winter 2025

General Information

This course takes place IN PERSON (face-to-face) with regular lectures Mondays, Wednesdays, and Fridays. You will be responsible for both textbook and lecture content when completing tests/exams/assignments, so attending lecture will be important to your success in the course.

Course Title: Clinical Psychology & Mental Health

Course Description: This course is an introduction to clinical psychology and mental health including a multidimensional conceptualization of mental health, assessment, diagnosis, and treatment. Common psychological disorders will be explored with respect to etiology, assessment, current diagnosis and classification, as well as treatment. Emphasis will be given to broad empirical research and to the experiences of individuals with these disorders.

Credit Weight: 0.5

Academic Department (or campus): Psychology

Semester Offering: Winter 2025

Class Schedule and Location: Monday/Wednesday/Friday 1:30-2:20pm, ROZH 101

Instructor Information

Instructor Name: Brianne Gayfer, M.A.

Instructor Email: bgayfer@uoguelph.ca

Office location and office hours: Virtually, by appointment

GTA Information

Please note that TAs are assigned by student last name and reach out to your assigned TA only.

Last Names A-F

GTA Name: Isabelle Hau

GTA Email: ihau@uoguelph.ca

GTA office location and office hours: Virtually, by appointment

Last Names G-M

GTA Name: Emily Thornton

GTA Email: ethorn04@uoguelph.ca

GTA office location and office hours: Virtually, by appointment

Last Names N-Z

GTA Name: Emma Truffyn

GTA Email: etruffyn@uoguelph.ca

GTA office location and office hours: Virtually, by appointment

Course Content

Specific Learning Outcomes:

In completing this course, students should be able to:

- 1) Explain the broad conceptualization of psychopathology with a grounding in historical context, empirical research, and an integrated understanding of the many factors that come together to influence psychological disorders and mental health.
- 2) Identify the key symptoms, etiology, and features of common psychological disorders.
- 3) Apply diagnostic criteria and case formulation to recognize major psychological disorders.
- 4) Discuss basic evidence-based assessment and treatment of major psychological disorders.
- 5) Challenge myths and stereotypes surrounding psychological disorders and examine portrayals of mental health and psychological disorders with a critical lens.
- 6) Identify and discuss issues in research, assessment and treatment of psychological disorders considering diverse perspectives.
- 7) Understand the impact of stigma on lived experience of mental health challenges.
- 8) Demonstrate appropriate academic independence, personal organization, and time management in completing assigned course tasks.

Lecture Content*:

*Slight shifts in the schedule may occur due to the pace of the course content, availability of guest speakers, and/or unforeseeable and unavoidable circumstances (e.g., school closures due to weather).

Week	Date	Topic	Readings
1	January 6 January 8 January 10	Orientation to Clinical Psychology and Mental Health Introduction Historical Context Historical Context	Chapter 1
2		Research in Clinical Psychology	Chapter 2, Chapter 4

	January 13	Integrated Approach to Psychopathology	
	January 15	Research in Clinical Psychology	
	January 17	Research in Clinical Psychology	
3	January 20	Clinical Psychology in Practice Clinical Assessment & Diagnosis	Chapter 3
	January 22	Clinical Assessment & Diagnosis	
	January 24	Critical Reflection #1 (In-Class)	
4	January 27	Anxiety & Panic Anxiety Disorders	Chapter 5
	January 29	Panic & Phobias	
	January 31	Treatment of Anxiety Disorders	
5	February 3	OCD & Eating Disorders OCD & Related Disorders	Chapter 6, Chapter 9
	February 5	Eating Disorders	
	February 7	Critical Reflection #2 (In-Class)	
6	February 10	Trauma, Dissociation, & Mood Trauma & Stress	Chapter 7, Chapter 8
	February 12	Dissociation & Attachment	
	February 14	Depressive Disorders	
	February 17		
	February 19	Reading Week (NO CLASS)	N/A
	February 21		
7		Mood, Continued	Chapter 8

	February 24	Bipolar Disorders	
	February 26	Midterm Prep	
	February 28	Midterm (In-Class, Weeks 1-7)	
8	March 3	Personality Disorders Cluster A Disorders (recorded lecture, no in-person class)	Chapter 13 Additional readings on CourseLink
	March 5	Cluster B Disorders (recorded lecture, no in-person class)	
	March 7	Special Topic: Self-Injury & Suicide	
9	March 10	Personality & Psychosis Cluster C Disorders	Chapter 13, Chapter 14
	March 12	Psychosis	
	March 14	Critical Reflection #3 (In-Class)	
10	March 17	Neurodiversity, Learning, & Behaviour ADHD & Autism	Chapter 15 Additional readings on CourseLink
	March 19	Learning & Intellectual Disorders	
	March 21	Behavioural Disorders	
11	March 24	Sexuality, Gender, & Sleep Sexuality & Gender Identity	Chapter 11, Chapter 10
	March 26	Sleep Disorders	
	March 28	Critical Reflection #4 (In-Class)	
12	March 31	Mental Health & Law Mental Health & Law	Chapter 17
	April 2	Mental Health & Law	

	April 4	Final Exam Review	
	April 17	Final Exam (Weeks 8-12)	

Course Assignments and Tests:

Assignment or Test	Due Date	Contribution to Final Mark (%)	Learning Outcomes Assessed
Critical Reflections	January 24 (in-class) February 7 (in-class) March 14 (in-class) March 28 (in-class)	30% (10% each, lowest grade dropped)	1-8, emphasis on 5-7
Midterm Exam	February 28 (in-class)	30%	1-5, 8
Mindtap Chapters	April 4 by 11:59pm	10%	1-4, 8
Final Exam	April 17 (in person, details below)	30%	1-4, 8

Additional Notes:

1. **Critical Reflections** will be completed in-class via Courselink. You will be given 2-3 prompts and asked to choose 1 to write a short 1-2 paragraph reflection. Please note that you will need a password to access each reflection assignment, which will be provided on the day of the assignment, in-person. Paper copies of the reflection can be printed for those who need them – please let the course instructor know at least a week prior to any reflection for which you need a paper copy. Reflections are non-cumulative and will prompt based on lecture and textbook content that has taken place since the last reflection/midterm. (There will not be make-up dates for Critical Reflections, as the lowest grade will automatically be dropped. Thus, if you do need to miss a reflection, that grade of 0 will be dropped from your final grade. If you miss more than one reflection, you may contact the instructor for Academic Consideration, but this will only be granted when extenuating circumstances are present). More details and sample prompts will be provided at least a week before the first reflection date.
2. The **Midterm** will cover textbook and lecture content from weeks 1-7 and will utilize a multiple-choice format.
3. **Mindtap** is a study aid linked to your textbook. For this course, you are required to complete 10 chapters worth of Mindtap end of chapter quizzes. You can take these quizzes anytime before the last day of class (April 4th) but I recommend completing them throughout the course to support you in reviewing material for the term tests. You will have 3 opportunities to take each end of chapter quiz with the highest mark being the one uploaded to your gradebook. If you choose to complete more than 10 chapters worth of quizzes your highest 10 chapters will count towards your final grade. Note that

you also have access to several other components in Mindtap that you may find useful in your studying for the term tests and/or the final exam.

4. The **Final Exam** will cover textbook and lecture content from weeks 8-12 and will utilize a multiple-choice format.

Final examination date and time: Thursday, April 17, 2025 – 7:00-9:00pm

Final exam weighting: 30%

[Examination Regulations](#)

Course Resources

Required Texts:

Psychopathology: An Integrative Approach (7th Canadian edition) by David H. Barlow, V. Mark Durand, Stefan Hofmann, and Martin L. Lalumière.

Copies of the text will be available on Reserve at the library.

Cost of Texts:

The cost of the required text for this course, (Psychopathology: An Integrative Approach (7th Canadian edition) by David H. Barlow, V. Mark Durand, Stefan Hofmann, and Martin L. Lalumière), is \$99.95 at the campus bookstore and includes MindTap access and a full download of the ebook. Students are welcome to use second-hand copies of the textbook or purchase the textbook from alternate locations but will need access to MindTap (which may need to be purchased separately if using a second-hand book). The prices in other locations may differ from that at the bookstore and prices at the bookstore are subject to change.

Other Resources:

Information about assignments/tests will regularly be posted on Courselink, as will any additional required or optional readings. Courselink is also where grades will typically be communicated.

Course Policies

Grading Policies

As noted in Learning Outcome #8, it is your responsibility to demonstrate appropriate academic independence, personal organization, and time management in completing assigned course tasks. If you are having trouble meeting a course requirement, you are encouraged to reach out

to your TA or the course instructor as soon as possible so that a solution can be found in a timely manner.

Critical Reflections are due in class on the assigned date. If you are concerned you may need extra time related to a Student Accessibility Services accommodation, please let the course instructor know as soon as possible so that any necessary arrangements can be made. If you need to miss a Critical Reflection, you do not need to let a TA/course instructor know – that reflection will be automatically assigned a grade of 0 and will be dropped from your overall grade. If you need to miss more than one Critical Reflection, you may contact the course instructor for academic consideration; however, typically there will not be an opportunity to make-up the missed grade.

Late submissions for MindTap will be automatically graded a 0, as you have access to them from the beginning of the course through the last day of class. You are encouraged to complete MindTap chapters throughout the semester rather than leaving them until the end; however, there is no penalty for completing all chapters near the end of the semester.

If you miss the midterm due to illness, accident, religious holiday, or compassionate reasons, you must notify your TA (via email) within 48 hours of the midterm. Failure to do so will result in a zero on the exam. One make-up midterm day will be provided the week following the midterm. If you miss the make-up midterm with a valid reason, you must notify the TA within 48 hours of the missed exam and the weight of the midterm will move to the final exam.

Students with documented absences for the final exam will have an opportunity to write the test during the University-wide re-write period. The only accepted reasons for missing the midterm and/or final exams are: a) medical reasons, b) compassionate reasons, and c) conflict with a religious holiday. If you miss the final exam, you must provide an original copy of official documentation (e.g., a note from a doctor, program counsellor, funeral home) verifying why you were unable to write the exam within 5 calendar days of the exam or you will receive a 0% on that exam. Having work or a trip planned for the day of the exam is not considered a valid excuse for missing an exam.

[Undergraduate Grading Procedures](#)

Course Policy on Group Work:

All coursework is intended to be completed independently, but may be inspired by material discussed in class, in the text, or on MindTap. While all students should be submitting their own assignments, you may wish to study for assignments or exams with peers. This is absolutely allowed and even encouraged. However, you should not be completing assignments (e.g., MindTap quizzes) with peers.

Course Policy regarding use of electronic devices and recording of lectures:

Electronic recording of classes is expressly forbidden without consent of the instructor. When recordings are permitted, they are solely for the use of the authorized student and may not be reproduced, or transmitted to others, without the express written consent of the instructor.

University Policies

Disclaimer:

Please note that a revision of the format of course offerings, changes in classroom protocols, and academic schedules is occasionally required. Any such changes will be announced via CourseLink and/or class email. This includes on-campus scheduling during the semester, mid-terms and final examination schedules.

Academic Consideration

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons, please advise the course instructor in writing, with your name, id#, and e-mail contact. See the academic calendar for information on regulations and procedures for

Academic Consideration:

[Academic Consideration, Appeals and Petitions](#)

Academic Misconduct

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community, faculty, staff, and students to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring.

University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection. Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

The Academic Misconduct Policy is detailed in the Undergraduate Calendar:

[Academic Misconduct Policy](#)

Illness

Medical notes will not normally be required for singular instances of academic consideration, although students may be required to provide supporting documentation for multiple missed assessments or when involving a large part of a course (e.g., final exam or major assignment).

Accessibility

The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment. Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact [Student Accessibility Services](#) as soon as possible.

For more information, contact SAS at 519-824-4120 ext. 54335 or email accessibility@uoguelph.ca or the [Student Accessibility Services Website](#)

Student Feedback Questionnaire

These questionnaires (formerly course evaluations) will be available to students during the last 2 weeks of the semester. Students will receive an email directly from the Student Feedback Administration system which will include a direct link to the questionnaire for this course. During this time, when a student goes to login to CourseLink, a reminder will pop-up when a task is available to complete.

[Student Feedback Questionnaire](#)

Drop date

The last date to drop one-semester courses, without academic penalty, is Friday April 4, 2025. For regulations and procedures for Dropping Courses, see the [Schedule of Dates in the Academic Calendar](#).

Instructors must provide [meaningful and constructive feedback, at minimum 20% of the final course grade, prior to the 40th class day](#). For courses which are of shorter duration, 20% of the final grade must be provided two-thirds of the way through the course.

[Current Undergraduate Calendar](#)

Additional Course Information

Course instructors are allowed to use software to help in detecting plagiarism or unauthorized copying of student assignments. Plagiarism is one of the most common types of academic misconduct on our campus. Plagiarism involves students using the work, ideas and/or the exact wording of other people or sources without giving proper credit to others for the work, ideas and/or words in their papers. Students can unintentionally commit misconduct because they do not know how to reference outside sources properly or because they don't check their work carefully enough before handing it in. Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

In this course, your instructor will be using Turnitin.com to detect possible plagiarism, unauthorized collaboration or copying as part of the ongoing efforts to prevent plagiarism in the College of Social and Applied Human Sciences.

A major benefit of using Turnitin is that students will be able to educate and empower themselves in preventing misconduct. In this course, you may screen your own assignments through Turnitin as many times as you wish before the due date. You will be able to see and print reports that show you exactly where you have properly and improperly referenced the outside sources and materials in your assignment.