

Introduction to Psychological Services
Human Development and Psychological Services 201-0
Fall Quarter 2010
Mondays/Wednesdays 10-11:20am

Instructor: Nathania Montes, Ph.D.

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The way you see people is the way you treat them and the way you treat them is what they become - Goethe

Course Goals:

- (1) To increase your knowledge of the careers, training, sites, and patient/client populations in the area of psychological services.
- (2) To give you an appreciation of the relatively short history of current mental health care through "real" case histories and classic essays.
- (3) To stimulate and provoke an open mind about how we define, treat, and relate to mental illness/problems in the psychological services. I want you to have *informed* opinions about these issues and consider the question, how is it that people *do* change in psychotherapy?
- (4) To expose you to some counseling fundamentals and a few of the most common mental disorders.
- (5) To give you a sense of whether this is a field you might want to pursue or to have you realize this field is not a good fit (either result would be a success).

Grading

Grades will be based on the satisfactory completion of the requirements as follows:

(1) Unexcused absences from class will result in a loss of attendance points. An attendance record will be kept. You can avoid a loss of these points by notifying either Dr. Montes or Michelle Albaugh of your absence and the reason

prior to class.

(2) Participation in class discussions and in-class activities will be noted. This will also be an opportunity for you to indicate your familiarity with the reading assignments. This in conjunction with attendance will count for 15% of your final grade.

(3) There will be 3 scheduled quizzes. The lowest grade will be dropped. Each remaining will count for 10% of your final grade.

(4) There will be 2 assignments, each counting 15% of your final grade, and a final exam which will count for 30%. Assignments are to be turned in at the beginning of class time on the day they are due. Assignments turned in late will be docked a grade.

Summary:

Quiz 1:	10
Quiz 2:	10
Assignment 1:	15
Assignment 2:	15
Attendance:	20
Final Exam:	30

Opportunities for Extra Credit:

Psych News: If you find articles, cartoons, or other items related to current psych services research, findings and issues summarize what you have found in a one page document stating the who/what/when/where/how and why of the item you have found. Also, in your one page summary state why the item drew your attention and your reactions to it. Please attach a copy of the article with your summary. You may hand in up to five of these summaries for extra credit. Each will be worth up to one extra point.

Required Texts:

Cheney, Terri, Manic: A Memoir, New York:Harper Collins, 2009.

Danquah, Meri Nana-Ama, Willow Weep for Me; A Black Woman's Journey Through Depression, New York: The Ballantine Publishing Group,1999.

Rabinowitz, I., Inside Therapy: Illuminating Writings About Therapists, Patients and Psychotherapy, New York: St. Martin's Press, 2000.

Schiller, Lori and Amanda Bennett, The Quiet Room: A Journey Out of The Torment of Madness, Warner Books, 1996.

Yalom, I., Love's Executioner & Other Tales, New York: HarperCollins, 1989.

In addition, there is course packet compiled of articles or "excerpts" that will be required reading. This must be purchased for from Quartet Copies.

Accommodations for students with disabilities

In compliance with Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act, Northwestern University is committed to providing equal access to all programming. Students with disabilities seeking accommodations are encouraged to contact the office of Services for Students with Disabilities (SSD) at 467-5530 or ssd@northwestern.edu. SSD is located in the basement of Scott Hall. SSD also has an excellent web-site which is viewable at: <http://www.stuaff.northwestern.edu/ssd/>

Academic Integrity

Northwestern students are expected to comply with the policies found in the booklet Academic Integrity at Northwestern. A copy of this booklet is found in section four of the SESP handbook or on-line at <http://www.northwestern.edu/uacc/>. Infractions may result in a grade of 'F' and/or probation or dismissal from the university.

WEEK	DATE & DAY	TODAY'S TOPIC	READINGS & ASSIGNMENTS DUE
1	9/22 W	Introduction to Course Review of Syllabus	-----
2	9/27 M	Brief History of Psychological Services DSM-IV R	Gaylin, "Who needs help" (course packet) Rabinowitz, pp.255-265 (Fromm Essay) Kelly, "Fair is Fair" (course packet)
	9/29 W	The Therapeutic Relationship Who Provides Services?	Rabinowitz, pp 67-80 (Reik Essay) Edwards and Heath, "The Providers" (Course Packet) Schiller, pp. 1-100
3	10/4 M	Schizophrenia	Schiller, pp.100-205
	10/6 W	Schizophrenia Conclusion	Schiller, pp. 205-270
4	10/11 M	The Process of Therapy	Quiz 1 Yalom, pp. 144-151, "I Never Thought It Would Happen to Me" Kottler, Chapter 6(In Packet)
	10/13 W	Introduction to Depression	Danquah 1-95
5	10/18 M	Depression Continued Suicide	Danquah 101-168 Susan Klebold article (course packet)

	10/20 W	Depression and Grief	Danquah 173-266 Yalom, pp. 126-153, "The Wrong One Died"
6	10/25 M	Role of Diversity in Psychological Services	Yalom, pp. 87-117, "Fat Lady"
	10/27 W	Theoretical Orientation "Catch Up Day"	Quiz 2 Rabinowitz, pp.22-23 (Weinberg essay)
7	11/1 M	Family Systems	Assignment 1 Due Baur, pp.127-143, "Learning to Lose in a No Win Situation" (course packet) Rabinowitz, pp. 99-115 (Albert Essay)
	11/3 W	Family Systems Continued Movie: Ordinary People	Cheney pp-1-101
8	11/8 M	Bipolar Disorder	Cheney pp. 102-203
	11/10 W	Personality Disorders	TBA Cheney 203-end (including discussion) Brody, "An Emotional Hair Trigger, Often Misread" (Course Packet)
9	11/15 M	Introduction to Anxiety Disorders	Quiz 3 Howie Mandel Article (Course Packet) Yalom, pp. 187-212, "Three Unopened Letters"
	11/17	Anxiety Disorders continued	Rabinowitz, pp. 81-90 (Epstein

	W		Essay)
10	11/22 M	Ethics	TBA
	11/24 W	TBA	Assignment 2 Due
11	11/29 M	Last Class: Review for Final	
	12/1 W	Final Exam-In Class	Last Day to Turn in Extra Credit