

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

Instructor: Nathania Montes, Ph.D.

Office Hours: Mondays and Wednesdays by appointment only

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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).

Format:

Class time will include presentations by the instructor and guests, discussion of the readings, and small group discussions. An occasional video clip or movie may also be used to help illustrate the concepts you will be learning.

Requirements:

- Regular and punctual attendance of classes. If you are ill or must miss class,
- e-mail the T.A. or Professor beforehand.
- Participation in class discussions and experiential activities.
- Satisfactory completion of assignments, quizzes, and final exam

Teaching Assistant

Please contact Michelle Albaugh with your questions, anticipated absences, or other concerns. Her office is in Annenberg Hall, #218. Office hours are by arrangement. You can reach her by email at:
< m-albaugh@u.northwestern.edu >.

Determination of Grade

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

- (1) Unexcused absences from class will result in a loss of grade points. Attendance is mandatory and 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) Efforts to participate 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 20% of your final grade.
- (3) There will be 3 scheduled quizzes. The lowest grade will be dropped. Each remaining will count for 15% 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 35%. 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.

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.

Every other Wednesday in class you will have an opportunity to present your findings to the class. You may hand in up to five of these summaries for extra credit.

Required Texts:

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

Jamison, Kay Redfield, An Unquiet Mind, First Vintage Books Edition, 1996.

Kaysen, S., Girl, Interrupted, New York: First Vintage Books Edition, 1994.

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.

Styron, William, Darkness Visible: A Memoir of Madness, New York: First Vintage Books Edition, 1992.

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

In addition, there is a required packet compiled of articles or "excerpts" that will be required reading, some extra credit reading, and some follow-up reading. This must be purchased for ~\$10.75 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.

**Introduction to Psychological Services
Schedule and Reading List
Winter 2010
Tentative**

WEEK	DATE & DAY	TODAY'S TOPIC	READINGS & ASSIGNMENTS DUE
1	3/29 M	Introduction to Course Review of Syllabus	-----
	3/31 W	Brief History of Psychological Services DSM-IV R	Who needs help (course packet) Rabinowitz, pp.255-265 (Fromm Essay) Chapter from Healing the Broken Mind (course packet)
2	4/5 M	The Therapeutic Relationship Who Provides Services? Intro to Schizophrenia	Rabinowitz, pp 67-80 (Reik Essay) The Providers Chapter (Course Packet) Schiller, pp. 1-100
	4/7 W	Schizophrenia Continued	Schiller, pp.100-205 Kottler, Chapter 1 (In Course Packet)
3	4/12 M	NO CLASS IN OBSERVANCE OF MARTIN LUTHER KING JR. HOLIDAY	
	4/14 W	Schizophrenia conclusion The Process of Therapy	Schiller, pp.205-270 Yalom, pp. 144-151, "I Never Thought It Would Happen to Me"
4	4/19 M	Introduction to Depression	Styron, 1-29 Manning,1-97

			Kottler, Chapter 6 (In Packet)
	4/21 W	Depression Continued Suicide	Styron 30-59 Manning 97-197 Susan Klebold article (course packet)
5	4/26 M	Depression and Grief	Yalom, pp. 126-153, "The Wrong One Died" Styron 60-84 Danquah 1-95
	4/28 W	Role of Diversity in Psychological Services	Danquah 101-168 Rabinowitz (TBA)
6	5/3 M	Theoretical Orientation "Catch Up Day"	Danquah 173-266 Rabinowitz, pp.22-23 (Weinberg essay)
	5/5 W	Family Systems	Baur, pp.127-143, "Learning to Lose in a No Win Situation" (course packet) Rabinowitz, pp. 99-115 (Albert Essay)
7	5/10 M	Family Systems Continued Movie: Ordinary People	
	5/12 W	Bipolar Disorder	Redfield Jamison, pp.1-109
8	5/17 M	Bipolar Disorder Continued	Redfield Jamison, pp110-219
	5/19 W	Personality Disorders	Kaysen, pp. 1-83

9	5/24 M	Personality Disorders Continued Introduction to Anxiety Disorders	Kaysen, pp. 83-169
	5/26 W	Anxiety Disorders Ethics	Howie Mandel Article (Course Pack) Yalom, pp.187-212, "Three Unopened Letters"
10	5/31 M	NO CLASS MEMORIAL DAY	
	6/2 W	Last class- Review for Final	
	6/7 M	Final Exam 12-2	