

**Psychology 130 -- Clinical Psychology**  
**Summer 2006**  
**Department of Psychology**  
**University of California, Berkeley**

**July 3 – August 11**  
**M, W, F 10-12:30**  
**101 Morgan Hall**

**Professor: Meg Jay, Ph.D.**  
**Private Practice phone: 510-332-5480 (personal, mental health emergencies)**  
**Office Hours: Before and after lectures, and by appt.**

**Reader: Ben Mullin**  
**2205 Tolman Hall**  
**UC Psychology Clinic phone: 642-2055 (messages only)**

**Course Description**

This course will consider the field of Clinical Psychology by focusing on the study of mental disorders. Because abnormal psychology is both a scientific area of study and a part of life for every family, it is important that a comprehensive course in clinical psychology examines both the “objective” facts and research related to mental disorders as well as the “experience-near” ways in which mental disorders affect us and those around us. To this end, the primary text will be supplemented with reading (i.e., memoirs of mental illness) and media (i.e., films, documentaries, news) that emphasize lived experiences of those suffering with mental disorders.

Course topics include: historical notions of abnormal behavior, current paradigms for understanding psychopathology, diagnosis and assessment of psychological disorders, and research methods in clinical psychology; also, a survey of mental disorders will include mood disorders, anxiety disorders, substance-related disorders, eating disorders, and gender/sexual disorders, dissociative disorders, schizophrenia, personality disorders, and childhood disorders. Throughout the course, there will be ongoing discussion of how various mental disorders are treated by mental health professionals.

**Required Reading**

One text and five memoirs are required reading (all available at ASUC):

Abnormal Psychology: 10<sup>th</sup> Edition by Kring, Davison, Neale, and Johnson

Darkness Visible: A Memoir of Madness by William Styron

An Unquiet Mind: A Memoir of Moods and Madness by Kay Redfield Jamison

Rivethhead: Tales from the Assemblyline by Ben Hamper

Wasted: A Memoir of Anorexia and Bulimia by Marya Hornbacher

The Bell Jar by Sylvia Plath

The text will provide the structure and backbone for the course and the memoirs will allow psychological disorders to be understood in a more personal way. It is suggested that you read the required text chapter that accompanies each lecture *before* you come to lecture. Also, although you will likely enjoy reading

the memoirs, it is important that you read them in order, as they are designed to bring dimensionality to the accompanying text chapters (exception: *The Bell Jar*). You will read one memoir per week. *The Bell Jar* is an exception to this as you will have 2 weeks to read this novel and prepare a related cumulative essay for the final exam.

### Exams

*Bring a scantron and blue books to every exam.* There will be three exams, each consisting of multiple choice and short answer/essay questions. Test questions will be drawn from ALL course material, including the primary text, the classroom lectures, films and other media shown in class, and the assigned memoirs. It is unwise to neglect any of these sources. The exams will not be cumulative (except for one essay on Exam 3). Exams are written to assess: (a) whether you have *attended* lectures and *completed* the required reading, (b) whether you have *understood* the lectures and required reading, and (c) the extent to which you have *synthesized* the lectures and required reading. Questions are likely to emphasize main/important points rather than minor/picky details. There will be absolutely NO make-up exams. See me one week in advance if you have disability status and need accommodations.

### RPP (Research Participation Pool)

Students in this class are *required* to take part in RPP. This means you must accrue *three* experimental points by the last day of class. If you fail to do so, your final grade will be *lowered by five points*. This means that if you earned a 84 or B in the class, your final grade would be a 79 or C+. This is the department's policy, not the instructor's. Be aware that every year, students wait until it is too late and studies have ended. At that point, there is nothing that can be done. This process is completely separate from the class itself and Dr. Jay is not in any way involved in the tracking or assigning of credit. If you have any difficulties related to RPP, you should email [rpp@berkeley.edu](mailto:rpp@berkeley.edu).

### Class Attendance

Summer school classes move fast and you cannot afford to fall behind. For this reason, class attendance is mandatory and a sign-in sheet will be collected at each lecture. Class attendance *may* be factored into your grade at the end of the course (i.e., by deciding grades for those on the "border" between two marks, by possibly adding points for those who never missed a session). As it is your responsibility to attend lecture, it is my duty to make class time worthwhile. Because each class session is long, it will consist of some lecture, some discussion, and some media/materials presentation. I venture to make class time informative and captivating for all.

### Course Grades

Course grades will be determined as follows:

|             |                        |
|-------------|------------------------|
| Exam 1      | Worth 30 points        |
| Exam 2      | Worth 30 points        |
| Exam 3      | Worth 30 points        |
| Final Essay | <u>Worth 10 points</u> |

TOTAL 100 possible points

Course grades will be assigned as follows:

|           |    |           |    |                          |   |
|-----------|----|-----------|----|--------------------------|---|
| 97.5-100  | A+ | 77.5-80   | C+ | <60                      | F |
| 92.5-97.5 | A  | 72.5-77.5 | C  | *Note that you must      |   |
| 90-92.5   | A- | 70-72.5   | C- | earn a 70 or above       |   |
| 87.5-90   | B+ | 67.5-70   | D+ | to pass in the pass/fail |   |
| 82.5-87.5 | B  | 62.5-67.5 | D  | system.                  |   |
| 80-82.5   | B- | 60-62.5   | D- |                          |   |

## COURSE SCHEDULE

| <b>DATE</b> | <b>TOPIC</b>                      | <b>REQUIRED READING</b>                            |
|-------------|-----------------------------------|--|
| M Jul 3     | Introduction                      | Text Chapter 1                                     |
| W Jul 5     | Paradigms of Psychopathology      | Text Chapter 2<br><i>Darkness Visible</i>          |
| F Jul 7     | Diagnosis & Assessment            | Text Chapter 3<br><i>Darkness Visible</i>          |
| M Jul 10    | Research Methods / Mood Disorders | Text Chapter 4<br><i>Unquiet Mind</i>              |
| W Jul 12    | Mood Disorders                    | Text Chapter 8<br><i>Unquiet Mind</i>              |
| F Jul 14    | Schizophrenia                     | Text Chapter 11<br><i>Unquiet Mind</i>             |
| M Jul 17    | <b>EXAM 1</b>                     |  |
| W Jul 19    | Anxiety Disorders                 | Text Chapter 5<br><i>Rivethead</i>                 |
| F Jul 21    | Substance-Related Disorders       | Text Chapter 10<br><i>Rivethead</i>                |
| M Jul 24    | Dissociative Disorders            | Text Chapter 6<br><i>Wasted</i>                    |
| W Jul 26    | Sexual / Gender Disorders         | Text Chapter 13<br><i>Wasted</i>                   |
| F Jul 28    | Eating Disorders                  | Text Chapter 9<br><i>Wasted</i>                    |
| M Jul 31    | <b>EXAM 2</b>                     |  |
| W Aug 2     | Personality Disorders             | Text Chapter 12<br><i>The Bell Jar</i>             |
| F Aug 4     | Childhood Disorders               | Text Chapter 14<br><i>The Bell Jar</i>             |
| M Aug 7     | Legal & Ethical Issues            | Text Chapter 17<br>(Prepare <i>Bell Jar</i> Essay) |
| W Aug 9     | Psychological Treatment           | Text Chapter 16<br>(Prepare <i>Bell Jar</i> Essay) |
| F Aug 11    | <b>EXAM 3</b>                     |  |

## FILM & MEDIA ADDENDUM

| DATE     | TOPIC & FILM   | YOU MIGHT LIKE  |
|----------|--|---|
| M Jul 3  | <b>Introduction</b><br>Different from you (1h)   | Titicut follies (film), Tarnation (movie),<br>One flew over the cuckoo's nest (film/book)   |
| W Jul 5  | <b>Paradigms of Psychopathology</b><br>Untangling the mind (1h)                          | Birth of the clinic (Foucault book),<br>Madness and civilization (Foucault book)  |
| F Jul 7  | <b>Diagnosis &amp; Assessment</b><br>We don't live under normal conditions (1h)          |   |
| M Jul 10 | <b>Research Methods</b><br>3 Faces of Eve (1h)   |   |
| W Jul 12 | <b>Mood Disorders</b><br>My friend paul (1h)<br>Lost & found (21m)                       | Franny & zooezy (book), Harold & maude (film),<br>Undercurrents (book), Prozac Nation (book/movie),<br>Dr. Jones (movie), Four lives (movie), Dead blue (movie) |
| F Jul 14 | <b>Schizophrenia</b><br>Dignity (1h)   | I never promised you a rose garden (book), Proof (movie),<br>Fisher king (movie), Beautiful mind (movie), Benny & Joon (movie)                                  |
| M Jul 17 | <b>EXAM 1</b>  |   |
| W Jul 19 | <b>Anxiety Disorders</b><br>OCD (15m)<br>I think they think (1hr)                        | Sopranos (HBO series), As good as it gets (movie),<br>What about bob? (film), Vertigo (movie)   |
| F Jul 21 | <b>Substance-Related Disorders</b><br>Spin the bottle (45m)                              | Leaving las vegas (film)  |
| M Jul 24 | <b>Dissociative Disorders</b>  | Sybil (movie), 3 Faces of Eve (movie),<br>When rabbit howls (book)  |
| W Jul 26 | <b>Sexual / Gender Disorders</b><br>Ma Vie En Rose (1h)                                  | Boys don't cry (film), Normal (film),<br>Transamerica (film)  |
| F Jul 28 | <b>Eating Disorders</b>  | The best little girl in the world (book),<br>She's come undone (book)   |
| M Jul 31 | <b>EXAM 2</b>  |   |
| W Aug 2  | <b>Personality Disorders</b><br>Self-harm (15m)  | Fatal attraction (film), Thirteen (Movie), Piano teacher (movie),<br>Cutting (book), In my skin (movie)   |
| F Aug 4  | <b>Childhood Disorders</b><br>New look at ADHD (40m)<br>Techniques of play therapy (1hr) | Dibbs in search of self (book),<br>Rain man (film), House of cards (movie)  |
| M Aug 7  | <b>Legal &amp; Ethical Issues</b><br>New Asylums (1h)                                    |   |
| W Aug 9  | <b>Psychological Treatment</b><br>Approaches to therapy (30m)                            |   |
| F Aug 11 | <b>EXAM 3</b>  |   |

**If you enjoy depictions of mental illness, psychology, and psychiatry in the movies, see the following website for a complete list of films arranged by diagnosis:** <http://faculty.dwc.edu/nicosia/moviesandmentalillnessfilmography.htm>