

DEPARTMENT OF PSYCHOLOGY

NEW YORK UNIVERSITY

ABNORMAL PSYCHOLOGY

V89.0051

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Fall, 2009

Mon. & Wed., 11:00—12:15

Cantor, 101

Course Instructor**Professor David L. Wolitzky**

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Office hours: by appointment

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email: ng768@nyu.eduOffice hours: Meyer 161H, M 12:30-1:30
& TBA**COURSE AIMS**

The purpose of this course is to introduce you to the field of *abnormal psychology* (a phrase that we shall use interchangeably with *psychopathology*, *psychiatric disorder*, *mental illness*, *emotional and cognitive disturbances*, and *mental disorder*). We will consider abnormal psychology in terms of its definition, classification, assessment, research, theories, and treatment. Our focus will be primarily on adult forms of mental disorder but we will approach the material from a developmental perspective. Because we cannot talk about "abnormality" without some conception of "normal behavior," this course will offer a broad perspective by considering the nature of human motivation, personality development, and psychological adaptation.

REQUIRED TEXT

NH	Nolen-Hoeksema, S. (2007). <i>Abnormal Psychology (4rd Edition)</i> . New York: McGraw-Hill. Note: This book is available at the NYU bookstore.
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REQUIRED READINGS ON RESERVE AT BOBST LIBRARY

(Also available as a packet at the Advanced Copy Shop, 552 La Guardia Place)

W1	Wolitzky, D. L., (2006). Psychodynamic theories of personality and psychopathology. In, M. Hersen & J.C. Thomas (eds.) <i>Comprehensive Handbook of Personality and Psychopathology</i> , Vol 1, pp. 65-95.
E&W	Eagle, M. & Wolitzky, D. L. (1988). Psychodynamics. In C. Last & M. Hersen (Eds.), <i>Handbook of anxiety disorders</i> . New York: Pergamon Press. Chapter 13, pp. 251-277.
W&E	Wolitzky, D. L. & Eagle, M. (1999). Psychodynamic approaches. In A. S. Bellack & M. Hersen (Eds.), <i>Handbook of comparative treatment of adult disorders (2nd Edition)</i> . New York: Wiley Interscience. Chapter 9, pp. 181-224.
M&W	Messer, S. & Wolitzky, D. L. (2007). The traditional psychoanalytic approach to case formulation. In T. D. Eells (Ed.), <i>Handbook of psychotherapy case formulation</i> . New York: Guilford. Chapter 3, pp. 67-104..
W2	Wolitzky, D. L. (2003). Theory and practice of traditional psychoanalytic psychotherapy. In S. Messer & A. Gurman (Eds.) <i>Essential psychotherapies</i> . New York: Guilford. Ch.2, 24-68.
DOZOIS	Dozois, D.J.A. et al (2006) Cognitive Theories. In, M. Hersen & J.C. Thomas (eds.) <i>Comprehensive Handbook of Personality and Psychopathology</i> , Vol. 1, pp. 173—191

RECOMMENDED STUDY GUIDE

DETAILED CLASS NOTES (93 pages, typed in small font) based on the Nolen-Hoeksema text, 3rd edition, compiled by a former student in the class. Available at Advanced Copy Center, 552 La Guardia Place (between W. 3rd St. and Bleecker St.).

NOTE: Though the Nolen-Hoeksema textbook includes a CD-ROM which has some quizzes and information, we **do not** recommend that you use this as a study aid, as we have noticed errors on the CD-ROM in past years. With regard to exams, neither the DETAILED CLASS NOTES nor the CD-ROM are considered as definitive as the text itself.

OPTIONAL READINGS

Greenberg, J. (1984) *I never promised you a rose garden*. New York: New American Library.

Jamison, K. (1995) *An unquiet mind*. New York: Vintage Books

Sheehan, S. (1983) *Is there no place on earth for me?*. N.Y.: Random House. (paperback)

Solomon, A. (2001) *The noonday demon: An atlas of depression*. New York: Scribner.

Styron, W. (1990) *Darkness visible: A memoir of madness*. New York: Random House.

These are first person accounts of mental illness that many have found very interesting.

EXAMS AND GRADING

Your grade will be based on 3 multiple choice exams, each weighted equally, each covering only the chapters assigned to that point, and each consisting of approximately 65-70 questions. The exams will not be cumulative. The exams will be based about 80-90% on the material in the text with the remaining portion drawn from lecture material and the outside readings. Exams will not be handed back in class, so you will need to attend office hours if you want to see and review your exam with the TA.

Exam I will include all material covered up to that point (see course schedule), the outside readings W1, E&W and W&E, DOZOIS, and material from the lectures.

Exam II will cover all material from the text and lectures since Exam 1. .

Exam III will be given on the last day of class. It will be held in our regular lecture room. It will cover all material listed on the course schedule since Exam 2, the outside readings M&W, and W2, and material from the lectures. **Please note that this exam also covers some chapters (6, 14, 18) that will not be covered in lecture.**

GRADE BONUSES

EXTRA READING ----GRADE BONUS

I am in the process of writing my own Abnormal Psychology text. I have placed rough first drafts of two chapters on Blackboard , one on *Theoretical Perspectives* and one on *Mental Health Interventions*. For those of you who simply wish to read them, they are best read for the weeks in which those two topics are being discussed. For those of you who wish to get credit for these readings, you can earn bonus points for submitting a critique of each of my two chapters of about two pages on each chapter. I would appreciate frank feedback about whatever positive and negative features you found in each of the chapters and how they compare with the comparable chapters in the text (i.e., Chapters 2 and 5). Include in your comments points that were unclear or not sufficiently developed and questions that were stimulated by your reading. Don't bother noting typos. Your comments will not be graded so do not hesitate to be critical. Those of you who chose to complete this optional

assignment will earn 4 bonus points (2 for each chapter), which will be added to your total scores on the three exams. If you choose to write the critiques, please hand them in no later than 11/30/09. Please send them to me as an attachment and also bring a hard copy to class. **TO MAKE SURE YOU GET THE BONUS POINTS, YOU NEED TO EMAIL THE TA THAT YOU HAVE COMPLETED THE ASSIGNMENT. YOU CAN CHOOSE TO DO ONE CHAPTER FOR 2 POINTS OR BOTH CHAPTERS FOR FOUR POINTS.**

ATTENDANCE AT LECTURE----GRADE BONUS

As a bonus to those students who regularly attend lecture, it will be possible to earn up to three additional points to your overall score on the three exams, as follows: during **three, randomly chosen** class periods, an attendance “sign-up” list will be passed around. At the end of the semester, students whose names are found on all 3 lists will receive 3 bonus points, students whose names are found on 2 out of 3 lists will receive 2 bonus points, and students whose names are found on 1 out of 3 lists will receive 1 bonus point.

The BONUS FOR THE EXTRA READING AND THE ATTENDANCE BONUS ARE INTENDED TO MAKE YOUR FINAL GRADE A BIT LESS RELIANT ON THE MULTIPLE CHOICE EXAMS ALONE. A TOTAL OF 7 BONUS POINTS (4 FOR COMMENTING ON MY CHAPTERS AND 3 FOR ATTENDANCE AT LECTURES) CAN MAKE FOR AN INCREASE IN YOUR GRADE. IN OTHER WORDS, AS MANY AS 7 POINTS CAN BE ADDED TO YOUR TOTAL SCORE ON THE THREE EXAMS. ON THE OTHER HAND, IF YOU ARE THE KIND OF STUDENT WHO DOES WELL ON MULTIPLE CHOICE EXAMS, YOU MIGHT CHOOSE TO FORGO THE BONUS POINTS. IT IS UP TO YOU. **OF COURSE, I WOULD LIKE YOU TO ATTEND LECTURES ANYWAY.**

REQUIRED UNGRADED EXERCISE

You will be given a series of questions that ask you to think about the psychological reasons for certain actions, symptoms, or behaviors. Each item can be answered in a few sentences. Please hand this exercise in at lecture on September 21st ; also email me and the TA a copy. Please type it and include your ID#. Please note, though this exercise is important in getting you to think about some of the kinds of questions that will be discussed in this class, “ungraded” means you will not receive a grade of any kind for this exercise.

PROCEDURE FOR MAKE-UPS, EXTENSIONS, AND INCOMPLETES

MAKE-UP EXAMS

Make-ups will be given by the T.A., usually during office hours. If you miss an exam due to a documented illness or family emergency, you must contact both the T.A. and the professor no later than 5 pm on the day following the exam in order to arrange a make-up. **Absolutely no make-ups will be allowed without documentation of an emergency preventing you from taking an exam, or if do not contact the T.A. by 5 pm on the day following the exam.**

INCOMPLETES AND EXTENSIONS will be given only under extreme circumstances. A missed exam that is not made up will be scored 60 (a failing grade).

THE COURSE WEBSITE & YOUR NYU E-MAIL ACCOUNT

The website for the course is operated through the Blackboard system and can be reached through "NYU Home" by signing in, clicking on the “Academics” tab, and going to the Abnormal Psychology URL. Alternatively, you can go directly to Blackboard by typing in the following address: <http://classes.nyu.edu:80/index.html?bbatt=Y> and then signing in using your NYU net ID and password. Grades, announcements, power points, and downloads of the syllabus, course assignments, etc. will be posted on this site. Announcements (including, if necessary, any class cancellations due to illness or bad weather) will also be sent through the website to your NYU email account, so make sure that you have registered for your NYU email account and that you check this account regularly.

