

PSYC 25H: HONORS PSYCHOLOGICAL DISORDERS & THEIR TREATMENTS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Fall 2026
Units:	4
Hours:	4 lecture per week (48 total per quarter)
Advisory:	One of the following: ENGL C1000 or C1000H or ESLL 26; not open to students with credit in PSYC 25.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area 4: Social & Behavioral Sciences
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Demonstrate knowledge of common treatment modalities
- Demonstrate knowledge of mental disorders

Description

Introduction to the scientific study of psychopathology. Investigation of psychological disorders from various theoretical perspectives such as biological, psychodynamic, behavioral, sociocultural, cognitive, and humanistic approaches. Survey of psychological disorders and their major causes and treatments. As an honors course, it will focus on developing critical analysis and writing skills with comprehensive case studies, engagement with advanced readings and research in the clinical field, and more comprehensive projects such as student presentations on mental health disorders and their treatments.

Course Objectives

The student will be able to:

1. Comprehend interaction of biological, psychological, sociological, and cultural forces in the expression of emotional disorders.
2. Gain knowledge of technical terminology used to describe clinical behavior.
3. Identify emotional disturbances, their etiology, and their treatment, and the effects of cultural awareness.
4. Comprehend clinical methods and procedures.
5. Recognize objectives, expected outcomes, and actual outcomes of psychotherapeutic procedures.
6. Critically analyze clinical methods.
7. Evaluate divergent theories on the etiology and treatment of psychological disorders.
8. Analyze advanced readings and research in the clinical field (honors).

9. Apply evidence-based assessment of comprehensive case studies (honors).

Course Content

1. Definition of abnormal behavior
 - a. Distress, disability, and deviance
 - b. Individual perspective
 - c. Cultural perspective
2. Clinical behavior: historical perspectives
 - a. Evil spirits
 - b. The dark ages
 - c. Age of enlightenment
 - d. Asylums and hospitals
3. Mental health professionals
 - a. Psychiatrists
 - b. Clinical psychologists
 - c. Other professionals
4. Causes and treatments
 - a. Freudian theory
 - b. Neo-Freudian theories
 - c. Behavioral theories
 - d. Humanistic theories
 - e. Socio-cultural theories
 - f. Neurological/biological theories
5. Diagnostic techniques
 - a. Psychological tests
 - b. Reliability and validity
 - c. Trait measurement
 - d. Sociocultural factors
 - e. Laboratory tests
 - f. Observation in natural settings
 - g. Cultural bias in assessment
6. Research methods
 - a. Characteristics of the scientific method
 - b. Case study
 - c. Correlational
 - d. Descriptive
 - e. Experimental
 - f. Ethical concerns
 - g. Critical analysis of clinical research articles (honors)
7. Anxiety disorders, obsessive-compulsive and related disorders, trauma stressors and related disorders
 - a. Normal versus clinical anxiety
 - b. Symptoms of phobic disorders
 - c. Generalized anxiety disorder
 - d. Panic disorder
 - e. Obsessive-compulsive disorder, hoarding, trichotillomania, excoriation
 - f. Body dysmorphic disorder
 - g. Posttraumatic stress disorder (PTSD)
 - h. Critical analysis of theory and therapy research (honors)
8. Dissociative and somatic symptom disorders
 - a. Dissociative disorders (amnesia, fugue)
 - b. Dissociative identity disorder

- c. Depersonalization/derealization disorder
 - d. Conversion disorder
 - e. Factitious disorder
 - f. Illness anxiety disorder
 - g. Somatic symptom disorder
 - h. Critical analysis of theory and therapy research (honors)
9. Schizophrenia
- a. Symptoms
 - b. Issues
 - c. Explanations and treatments
10. Substance-related and addictive disorders
- a. Alcohol use disorder
 - b. Nicotine use disorder
 - c. CNS depressants
 - d. CNS stimulants
 - e. Hallucinogens
 - f. Narcotics
 - g. Explanations and treatments for drug use
 - h. Gambling addiction
11. Depressive and bipolar disorders
- a. Major depression
 - b. Persistent depressive disorder
 - c. Disruptive mood dysregulation disorder
 - d. Premenstrual dysphoric disorder
 - e. Bipolar disorder
 - f. Cyclothymic disorder
 - g. Suicide
 - h. Critical analysis of theory and therapy research (honors)
12. Sexual dysfunctions, paraphilic disorders, and gender dysphoria
- a. Paraphilias
13. Neurodevelopmental disorders
- a. Autism spectrum disorders
 - b. ADD/ADHD
14. Feeding and eating disorders
- a. Anorexia nervosa
 - b. Bulimia nervosa
 - c. Binge eating disorder
 - d. Avoidant/restrictive food intake disorder
15. Personality disorders
- a. Odd/eccentric personality disorders
 - b. Dramatic/emotional personality disorders
 - c. Anxious/fearful personality disorders
 - d. Borderline personality disorder
 - e. Histrionic personality disorder
 - f. Narcissistic personality disorder
 - g. Critical analysis of theory and therapy research (honors)
16. Neurocognitive disorders
- a. Alzheimer's disease
 - b. Frontotemporal lobar degeneration
 - c. Lewy body disease
 - d. Vascular disease
 - e. Traumatic brain injury
 - f. Substance/medication use

- g. HIV infection
 - h. Prion disease
 - i. Parkinson's disease
 - j. Huntington's disease
 - k. Another medical condition
 - l. Multiple etiologies
17. Unspecified neurocognitive disorder

Lab Content

Not applicable.

Special Facilities and/or Equipment

When taught as an online distance learning section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Quizzes
 Midterm examination
 Essays
 Problem-solving exercises
 Participation
 Final examination
 Oral presentations
 Literature review of primary sources

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
 Class discussions
 Videos/DVDs
 Active learning and group activities
 In-class readings

Representative Text(s) and Other Materials

Whitbourne, Susan K.. Abnormal Psychology: Clinical Perspectives on Psychological Disorders, 10th ed.. 2022.

Bridley, Alexis, and Lee W. Daffin, Jr.. Fundamentals of Psychological Disorders, 3rd ed. (5-TR). 2024.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Written exercises on case studies
2. Writing assignment on a specific psychological disorder
3. Reading advanced level journal articles on various psychological disorders, causes, and treatments (honors)
4. Comprehensive projects (honors)
5. Comprehensive case studies (honors)

Discipline(s)

Psychology