



IMPERIAL VALLEY COLLEGE

## Basic Course Information

Semester:	<b>Spring 2026</b>	Instructor Name:	<b>Milana Johnson, PsyD, LMFT</b>
Course Title & #:	<b>PSY 208/Abnormal Psychology</b>	Email:	<b>milana.johnson@imperial.edu</b>
CRN #:	<b>20403</b>	Webpage (optional):	-
Classroom:	<b>Building 300, Room 314</b>	Office #:	-
Class Dates:	<b>2/17/26-6/12/26</b>	Office Hours:	<b>ONLINE &amp; BY APPT ONLY</b>
Class Days:	<b>Monday &amp; Wednesday</b>	Office Phone #:	-
Class Times:	<b>8:00 am-9:25 am</b>	Emergency Contact:	Krista Byrd 760-355-6323
Units:	<b>3.00</b>	Class Format/Modality:	<b>Face to Face</b>

## Course Description

*Covers the major categories of mental disorders listed in the latest version of the Diagnostic and Statistical Manual of Mental Disorders (DSM). Draws upon important contributions from various disciplines and theoretical stances. Case studies and research-based explanations are examined. Controversial topics related to mental disorder are explored.*

## Course Prerequisite(s) and/or Corequisite(s)

**RECOMMENDED PREPARATION:** PSY 101, PSY 200 and PSY 142, - Twelfth grade reading level is highly recommended.

## Student Learning Outcomes

*Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:*

- 1. Compare and contrast the psychological perspectives on mental disorders.*
- 2. Demonstrate an understanding of the major mental disorders' symptoms and causes.*
- 3. Demonstrate an understanding of the varied treatments for major mental disorders.*

## Course Objectives

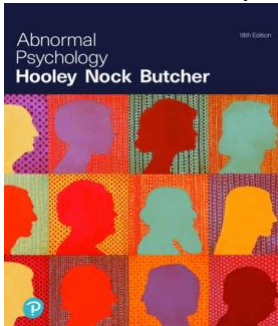
*Upon satisfactory completion of the course, students will be able to:*

- 1. Discuss the historical, theoretical, and methodological context for the study of abnormal behavior.*
- 2. Identify the major mental disorders and describe the symptoms, diagnosis, etiology and treatment of each.*
- 3. Provide examples of community and institutional intervention programs and discuss their effectiveness in dealing with mental disorder.*
- 4. Identify and discuss contemporary legal and ethical issues in abnormal psychology.*

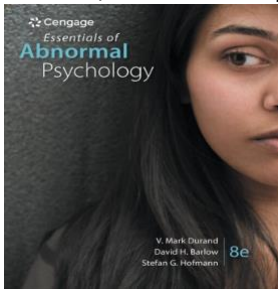
5. Explain specific research methods and the ethical principles for the study and treatment of psychopathology.

## Textbooks & Other Resources or Links

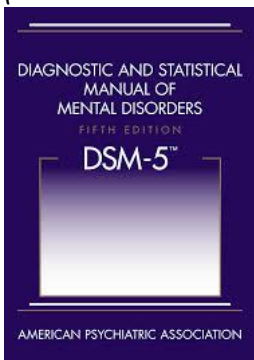
Butcher and Hooley. 2021. *Abnormal Psychology*. 18th Pearson. ISBN: 9780137554676



Durand, Barlow & Hofmann. 2019. *Essentials of Abnormal Psychology*. 8 Cengage. ISBN: 978-1337619370.



**Recommended (but not required):** *Diagnostic and statistical manual of the American Psychiatric Association. (DSM V or DSM V-TR)*



## Course Requirements and Instructional Methods

### Lecture Outline

Below is an outline of what will be covered in this course. It is a lot of material and very detailed information. Should any lecture or material NOT be covered in class due to unforeseen circumstances, class discussions, or have simply ran out of time, YOU ARE RESPONSIBLE for reviewing material on your own.

- *Psychopathology and Mental Disorders: Historical, Cultural, Social, Scientific, and Ethical Considerations*
- *Issues in classification and diagnosis*
  1. *DSM-V or DSM-V-TR*

- *Introduction to Clinical Assessment Procedures*
- *Research Methodology in Psychopathology*
  1. *Descriptive, epidemiological, experimental and single-subject research designs*
- *Theories and Paradigms in Psychopathology*
  1. *Biological paradigm*
  2. *Psychodynamic paradigm*
  3. *Humanistic and existential paradigm*
  4. *Behavioral/learning paradigm*
  5. *Cognitive paradigm*
- *Psychological Disorders (characteristics, etiology, and treatment):*
  1. *Anxiety disorders*
  2. *Somatoform and Dissociative Disorders*
  3. *Mood Disorders*
  4. *Schizophrenia*
  5. *Substance-related Disorders*
  6. *Personality Disorders*
  7. *Sexual Dysfunctions and Gender Identity Disorders*
  8. *Disorders of Childhood and Adolescence*
  9. *Eating Disorders*
- *Outcomes and Issues of Psychological Intervention*

**Out-of-class:**

*Assignments that include but are not limited to applying psychological theory discussed in class and text to self-and/or real-world settings. For example, students can research and do class presentation on specific mental disorder. Movie/Video Analysis where groups of students choose a movie related to abnormal psychology and write a paper in APA style on how the character with the mental disorder is portrayed, the symptoms and if there is any treatment.*

**Reading and Writing:**

*Reading assignments include but not limited to assigned text readings; current articles and/or sources from the internet. Students give written and/or verbal critical analysis of the readings via discussion posts and/or in-class discussion. Written assignments include reflective responses, sharing the students' viewpoints and opinions regarding abnormal psychology. Research paper on a specific psychological disorder in APA style.*

**Quizzes:**

*A total of five quizzes will be given throughout the course that will cover ALL readings and lectures. An outline will be provided in advance (no more than a week prior) to indicate what you will be quizzed on to ensure enough preparation and study time. Each quiz will be at the start of class and will consist of 10 multiple choice, fill-in-the-blank, and short answer questions. NO MAKE-UP QUIZZES WILL BE GIVEN. Each quiz is worth 10 points.*



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**Discussion Posts:**

Discussion board posts are due on a weekly basis to ensure ongoing participation, distance learning, and discussion of course content. Initial posts are due by 11:59pm on the Thursday following the last class of each week and 2 peer responses are due by 11:59pm on the Sunday before class. Discussion posts are expected to be critically thought-out reflections on course material covered in class and readings. Discussion posts will not be open to post until end of the last class of the week. Each initial post is worth 2.5 points and the two peer responses are worth 2.5 points total.

**Exams:**

Two (2) exams will be given in this course a midterm and a final exam. Exams will consist of but not limited to multiple choice, fill-in-the-blank, short answer, and essay questions from the class material and readings. No make-up exams will be given unless you have spoken to me PRIOR to the exam in which **YOU WILL HAVE ONE WEEK TO MAKE UP THE EXAM**. The midterm exam will be worth 50 points and the final exam will be worth 100 points.

**Written Assignments:**

There are four (4) written assignments assigned in this course which include a self-reflection/thought paper (25 points), a movie/video analysis (25 points), an analysis of psychological research, theory, or concept (50 points), and a research paper on a psychological disorder (50 points). All written assignments will be written in APA format. Resources and rubrics will be provided. Details and more information will be discussed in class.

**Presentation:**

Students will research and present a specific mental disorder (the same as your research paper). Presentation must include but are not limited to symptoms, causes, and treatments. Other details and information to be determined and will be discussed in class.

**Participation:**

Participation is a requirement in this course. It is expected that you come to class prepared and ready to learn which includes initiating or engaging in class discussions and completing weekly discussion posts. Class discussions are proven ways to enrich and create meaningful pathways to better understanding material and content presented to you. Attendance is integrated into your participation points (1 point/class).

**Addendum:**

>>> This course will consist of a combination of lectures, assigned readings (recommended/required), class activities/group work, quizzes, exams, discussions (in-class/CANVAS), presentation, and written assignments.

>>> Active participation will be expected in class and on CANVAS (i.e. response to peers' discussion posts) to demonstrate an understanding of the course content and material.

>>> Respect and classroom etiquette are very crucial and important in creating a safe learning environment for students and others around you. Please be respectful and considerate of your classmates and colleagues. We



*all come from different or similar backgrounds, values, and beliefs surrounding mental health and psychology. Let's do our part by being inclusive of one another and bring an open mind to class discussions.*

*>>> Two (2) hours of independent work done out of class per each hour of lecture or class work, or 3 hours lab, practicum, or the equivalent per unit is expected.*

*>>> Extra Credit will be given at the discretion of the instructor.*

### Course Grading Based on Course Objectives

#### Grading Scale

- A: 90-100%     450-500
- B: 80-89%     400-449
- C: 70-79%     350-399
- D: 60-69%     300-349
- F: 59% and lower <300

<b>Assignment</b>	<b>Total Points Possible</b>
<b>Discussion Posts/Responses (15 @ 4 pts each)</b>	<b>/60</b>
<b>Quizzes (5 @ 10 pts each)</b>	<b>/50</b>
<b>Participation</b>	<b>/30</b>
<b>Written Assignments</b>	<b>/25, /25, /50, /50</b>
<b>Presentation</b>	<b>/60</b>
<b>Midterm Exam</b>	<b>/50</b>
<b>Final Exam</b>	<b>/100</b>
<b>Extra Credit</b>	
	<b>TOTAL POINTS= 500 + Extra Credit = _____</b>

### Academic Honesty (Artificial Intelligence -AI)

*IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.*



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**CHEATING AND PLAGIARISM:** Dishonesty in the classroom is considered a very serious offense. Any form of cheating or turning in work which is not one's own (plagiarism), is grounds for disciplinary action. The consequences of these actions are severe and may include the possibility of receiving a zero on the assignment or being expelled.

### Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and the Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your instructor or the area dean for assistance if you have specific accommodations through **DSPS**, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

### Course Policies

1. A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.
2. Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
3. Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.
4. **Electronic Devices:** Cell phones and electronic devices must be silenced and put away during class, unless otherwise directed by the instructor.
5. **Food and Drink** are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
6. **Disruptive Students:** Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.
7. **Children in the classroom:** Due to college rules and state laws, only students enrolled in the class may attend; children are not allowed.

### IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

## Anticipated Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Due Dates/Exams
Week 1 February 18	Welcome & Introduction to the course <b>Psychopathology &amp; Mental D/o</b> <i>Butcher and Hooley</i> -Chapter 1 (pp 1-32)/Chapter 2 (pp 32-51)	Discussion Initial post due by 11:59pm 02/20; Peer Response due by 11:59pm 02/23 <b>Self-Reflection/Thought Paper due by 11:59pm 02/22</b>
Week 2 February 23 & 25	<b>Issues in classification and diagnosis</b> <i>Durand, Barlow &amp; Hofmann</i> - Chapter 3 (pp 84-91) <b>Intro to Clinical Assessment Procedures</b> <i>Butcher and Hooley</i> - Chapter 4 (pp 96-120) <i>Durand, Barlow &amp; Hofmann</i> - Chapter 3 (pp 69-83)	Discussion Initial post due by 11:59pm 02/27; Peer Response due by 11:59pm 03/02
Week 3 March 2 & 4	<b>Research Methodology in Psychopathology</b> <i>Durand, Barlow &amp; Hofmann</i> -Chapter 3 (pp 92-112) <b>Quiz 1 03/04</b>	Discussion Initial post due by 11:59pm 03/06; Peer Response due by 11:59pm 03/09
Week 4 March 9 & 11	<b>Theories &amp; Paradigms in Psychopathology</b> <i>Butcher and Hooley</i> - Chapter 3 (pp 53-93) <i>Durand, Barlow &amp; Hofmann</i> - Chapter 1 & 2 (pp 1-66)	Discussion Initial post due by 11:59pm 03/13; Peer Response due by 11:59pm 03/16 <b>Movie/Video Analysis due by 11:59pm 03/15</b>
Week 5 March 16 & 18	<b>Psychological Disorders (Anxiety D/o &amp; Somatoform and Dissociative D/o)</b> <i>Butcher and Hooley</i> - Chapter 6 (pp 161-205)/Chapter 8(pp 257-287) <i>Durand, Barlow &amp; Hofmann</i> - Chapter 4 (pp 117-153) /Chapter 5 (pp 172-189) <b>Quiz 2 03/18</b>	Discussion Initial post due by 11:59pm 03/20; Peer Response due by 11:59pm 03/23
Week 6 March 23 & 25	<b>Psychological Disorders (Mood D/o &amp; Schizophrenia)</b> <i>Butcher and Hooley</i> - Chapter 7 (pp 208-254)/Chapter 13 (pp 440-483) <i>Durand, Barlow &amp; Hofmann</i> -Chapter 6 (pp 200-241)/Chapter 12 (pp 445-473)	Discussion Initial post due by 11:59pm 03/27; Peer Response due by 11:59pm 03/30
Week 7 March 30 & Apr 1	<b>Psychological Disorders (Substance-related D/o &amp; Personality D/o)</b> <i>Butcher and Hooley</i> - Chapter 10 & 11 (pp 327-405) <i>Durand, Barlow &amp; Hofmann</i> -Chapter 10 (pp 367-399)/Chapter 11 (pp 409-437)	Discussion Initial post due by 11:59pm 04/03; Peer Response due by 11:59pm 04/06 <b>Midterm Exam 04/01</b>
Week 8 April 6 & 8	<b>SPRING BREAK!</b>	n/a

<b>Date or Week</b>	<b>Activity, Assignment, and/or Topic</b>	<b>Due Dates/Exams</b>
Week 9 April 13 & 15	<b>Psychological Disorders (Sexual Dysfunctions &amp; Gender Identity D/o)</b> <i>Butcher and Hooley- Chapter 12 (pp 408-439)</i> <i>Durand, Barlow &amp; Hofmann- Chapter 9 (pp 327-359)</i> <b>Quiz 3 04/15</b>	Discussion Initial post due by 11:59pm 04/17; Peer Response due by 11:59pm 04/20
Week 10 April 20 & 22	<b>Psychological Disorders (Disorders of Childhood and Adolescence)</b> <i>Butcher and Hooley- Chapter 15 (pp 513-548)</i>	Discussion Initial post due by 11:59pm 04/24; Peer Response due by 11:59pm 04/27 <b>Critical Analysis due by 11:59pm 04/19</b>
Week 11 April 27 & 29	<b>Psychological Disorders (Disorders of Childhood and Adolescence)</b> <i>Butcher and Hooley- Chapter 15 (pp 513-548)</i> <b>Quiz 4 04/29</b>	Discussion Initial post due by 11:59pm 05/01; Peer Response due by 11:59pm 05/04
Week 12 May 4 & 6	<b>Psychological Disorders (Eating Disorders)</b> <i>Butcher and Hooley- Chapter 9 (pp290-325)</i> <i>Durand, Barlow &amp; Hofmann- Chapter 8 (pp 283-305)</i>	Discussion Initial post due by 11:59pm 05/08; Peer Response due by 11:59pm 05/11
Week 12 May 11 & 13	<b>Psychological Disorders (TBD)</b>	Discussion Initial post due by 11:59pm 05/15; Peer Response due by 11:59pm 05/18
Week 13 May 18 & 20	<b>Outcomes and Issues of Psychological Intervention</b> <i>Butcher and Hooley- Chapter 16 &amp;17 (pp 549-630)</i> <i>Durand, Barlow &amp; Hofmann-Chapter 14 (pp 529-543)</i>	Discussion Initial post due by 11:59pm 05/22; Peer Response due by 11:59pm 05/25
Week 14 <b>May 25 (no class)</b> May 27	<b>Presentations</b> <b>Quiz 5 05/27</b>	Discussion Initial post due by 11:59pm 05/29; Peer Response due by 11:59pm 06/01 <b>Research Paper due by 11:59pm 05/24</b>
Week 15 June 1 & 3	<b>Presentations</b>	Discussion Initial post due by 11:59pm 06/05; Peer Response due by 11:59pm 06/08
Week 16 <b>FINALS WEEK</b>	FINAL EXAM June 10th	<b>FINAL EXAM June 10th</b>

\*\*\*Subject to change without prior notice\*\*\*