

Psyc260 (A01)

Int8590

Office Hours By appointment on Zoom

Teaching Assistant Jessie Lewis jessilew@uvic.ca
Office Hours By appointment on Zoom

Required Text Barlow, D. H., Durand, V. M., Hofman, S. & Lumiere, M. (2020).
Abnormal Psychology: An Integrative Approach 6th Canadian Edition.
Cengage

Course Website <http://bright.uvic.ca>
Login using your Netlink Username and Password. Obtain lecture outlines, interesting website links, course calendar, class announcements, exam study tips, and your grades.

Territorial Acknowledgement
I live on the traditional territory of the Songhees, Esquimalt and the University of Victoria. I acknowledge the traditional territory of the Songhees, Esquimalt and the University of Victoria. I acknowledge the traditional territory of the Songhees, Esquimalt and the University of Victoria.

Course Description
I have designed this course to allow us to explore various aspects of mental health, with a focus on the scientific bases of contemporary theories of the major psychological disorders in adulthood. The topics we will cover include stress and physical and mental health, mood and anxiety disorders, substance use disorders, somatic symptoms and dissociative disorders, personality disorders, and cultural perspectives. This course will also place an emphasis on mental health and wellbeing, including discussion of prevention and treatment approaches for psychological disorders. Our class meetings will include lectures, videos, and small group discussions. Your three cumulative exams will cover readings from the textbook and information discussed during our class meetings.

About the Instructor
I have a PhD in Clinical Psychology and I am a registered clinical psychologist in British Columbia. I have a regular academic appointment at UVic, which means that I split my time between teaching, research, and clinical and intervention studies for adults who are struggling with issues of behaviour.

Intended Learning Outcomes

To describe the symptoms, causes, consequences, and treatment options for various

Course Schedule

Month	Date	Day	Topic
January	10	Mon	Introduction

UNIVERSITY OF VICTORIA
Department of Psychology

Important Course Policy Information
Winter 2022

Plagiarism

Unauthorized Use of an Editor

Multiple Submission

Falsifying Materials Subject to Academic Evaluation

Cheating on Assignments, Tests, and Examinations

BE WELL



A note to remind you to take care of yourself. Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep and taking some time to relax. This will help you achieve your goals and cope with stress. All of us benefit from support during times of struggle. You are not alone.

Social Life, Friends, & Community at UVic:

Having a social network is an extremely important foundation for positive mental health. There are lots of benefits to joining clubs, course unions, intramurals and teams on campus.

<https://www.uvic.ca/mentalhealth/undergraduate/connecting/index.php>

Counselling Services:

Counselling Services can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. www.uvic.ca/services/counselling/

Health Services:

University Health Services (UHS) provides a full service primary health clinic for students, and coordinates healthy student and campus initiatives.

www.uvic.ca/services/health/

Centre for Accessible Learning

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations www.uvic.ca/services/cal/. The sooner you let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

Elders' Voices:

The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being.

www.uvic.ca/services/indigenous/students/programming/elders/
