

# **COU561 Psychological Disorders and Intervention Strategies**

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY 2 YEARS

## **Synopsis:**

This course takes students through the development of psychopathology from childhood through adolescence to adulthood. A wide range of psychological disorders and mental health problems will be examined, illustrated by case studies. Assessment, intervention and prevention of such disorders will also be discussed.

## **Topics:**

- Overview of Abnormality
- Assessment and Diagnosis
- Anxiety Disorders I (panic disorder and social phobia)
- Anxiety Disorder II (generalized anxiety disorder and obsessive compulsive disorder)
- Mood disorders I (major depressive disorder, dysthymia)
- Mood disorders II (bipolar disorder)
- Health anxiety
- Trauma- and Stressor-Related Disorders
- Eating disorder
- Neurodevelopmental disorders (intellectual disorders, stuttering, Autism Spectrum disorder, Attention-Deficit/Hyperactivity disorder, Tic disorders)
- Disruptive, Impulse-control, and Conduct disorders (Oppositional Defiant disorder, Conduct disorder, Kleptomania),
- Sleep and Mental Health

## **Textbooks:**

Abnormal Psychology. Clinical Perspectives on Psychological Disorder with DSM-5 update. 9th Susan Krauss Whitbourne/ Richard P. Halgin. McGraw-Hill  
ISBN-13: 9781260569117

**Learning Outcome:**

- Examine major theories of mental health, common psychological disorders, relevant evidence-based intervention approaches and ethical clinical practices.
- Identify, assess and evaluate significant clinical symptom, patterns and problems within the individuals' life through consideration of personal, biological, cultural and psychosocial factors.
- Compare and contrast different types of psychological disorder.
- Plan intake assessments.
- Recommend appropriate intervention plans for the clients and their families.
- Design contextually relevant intervention strategies.

**Assessment Strategies - Regular Semester (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	ECA	60
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.