

## WTCS Repository

10-809-159 Abnormal Psychology

# Course Outcome Summary

### Course Information

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|  | Description | The course addresses the foundations of abnormal psychology and psychological disorders, including their characteristics, possible causes, assessments, diagnostic processes, and treatments. The course includes examination of major historical and theoretical perspectives, research, sociocultural considerations, and elements of psychological wellness |
|  | Total Credits | 3 |

Pre/Corequisites

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| Prerequisite | Each Wisconsin Technical College determines the General Education course prerequisites used by their academic institution. If prerequisites for a course are determined to be appropriate, the final Course Outcome Summary must identify the prerequisites approved for use by the individual Technical College. |

### Course Competencies

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| 1. | Summarize the foundations of abnormal psychology  |
|  | Assessment Strategies |
|  | 1.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 1.1. | summarize the contributions of influential individuals as they relate to abnormal psychology |
|  | 1.2. | compare and contrast major theoretical perspectives in abnormal psychology |
|  | 1.3. | analyze interpretations of abnormality throughout history |
|  | 1.4. | identify current criteria for abnormality as it pertains to mental health |
| 2. | Explain research methods as they apply to the field of abnormal psychology |
|  | Assessment Strategies |
|  | 2.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 2.1. | identify methods in scientific research |
|  | 2.2. | describe how methods of scientific research are applied |
|  | 2.3. | compare and contrast the strategies for scientific research |
|  | 2.4. | explore current academic research |
|  | 2.5. | characterize credible research |
| 3. |  Differentiate the characteristics of psychological disorders |
|  | Assessment Strategies |
|  | 3.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 3.1. | classify disorders by their symptoms |
|  | 3.2. | describe symptoms of various disorders |
|  | 3.3. | identify the criteria of various disorders |
|  | 3.4. | interpret varying presentations of a disorder |
| 4. |  Explore methods used in assessing mental health |
|  | Assessment Strategies |
|  | 4.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 4.1. | explain the purpose of the assessment process |
|  | 4.2. | explore the importance of cultural competence in assessment |
|  | 4.3. | explore assessment methods in the diagnostic process |
| 5. | Examine possible causes of psychological disorders |
|  | Assessment Strategies |
|  | 5.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 5.1. | explain the common biological factors that contribute to the development of specific disorders |
|  | 5.2. | explain the common social factors that contribute to the development of specific disorders |
|  | 5.3. | explain the common psychological factors that contribute to the development of specific disorders |
|  | 5.4. | identify the value of using a biopsychosocial approach |
| 6. | Identify social considerations in mental health  |
|  | Assessment Strategies |
|  | 6.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 6.1. | determine potential ethical concerns in mental health care |
|  | 6.2. | identify stigma(s) related to mental health |
|  | 6.3. | examine potential occupation related ethical concerns |
|  | 6.4. | examine legal issues in a mental health context |
|  | 6.5. | explore history of ethics in mental health care |
|  | 6.6. | examine social misconceptions associated with mental health |
| 7. | Investigate elements of psychological wellness |
|  | Assessment Strategies |
|  | 7.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 7.1. | examine aspects of positive psychology |
|  | 7.2. | compare adaptive and maladaptive coping strategies |
|  | 7.3. | examine protective factors related to resiliency |
|  | 7.4. | identify biopsychosocial influences on wellness |
| 8. |  Investigate mental health resources |
|  | Assessment Strategies |
|  | 8.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 8.1. | identify barriers to obtaining mental health services |
|  | 8.2. | examine a range of mental health resources |
|  | 8.3. | determine availability of local mental health resources |
|  | 8.4. | research points of access for mental health support |
| 9. | Analyze various treatments for psychological disorders |
|  | Assessment Strategies |
|  | 9.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 9.1. | examine various treatment modalities |
|  | 9.2. | identify common factors in effective treatment |
|  | 9.3. | explore the importance of cultural competence in treatment |
|  | 9.4. | evaluate strategies for building therapeutic rapport |
|  | 9.5. | examine treatment methods for specific psychological disorders |