

PSYC*2020, Course Outline: Winter 2026

General Information

This course takes place in-person (face-to-face format) with lectures on Tuesdays and Thursdays from 5:30-6:50pm. You will be responsible for both textbook and lecture content via quizzes, exams, and critical reflection assignments, so attending lecture will be important to your success in the course.

Course Title: Clinical Psychology & Mental Health

Course Description:

This course is an introduction to clinical psychology and mental health including a multidimensional conceptualization of mental health, assessment, diagnosis, and treatment. Common psychological disorders will be explored with respect to etiology, assessment, current diagnosis and classification, as well as treatment. Emphasis will be given to broad empirical research and to the experiences of individuals with these disorders.

Credit Weight: 0.5

Academic Department (or campus): Psychology

Semester Offering: Winter 2025

Class Schedule and Location: Tuesdays/Thursdays 5:30-6:50pm, ROZH 101

Instructor Information

Instructor Name: Ms. Brianne Gayfer, M. A.

Instructor Email: bgayfer@uoguelph.ca

Office location and office hours: Virtually, by appointment

GTA Information

GTA Name: Belle Dodd

GTA Email: bdodd@uoguelph.ca

GTA Name: Caroline Zolis

GTA Email: czolis@uoguelph.ca

GTA Name: Hannah Lauzon

GTA Email: hlauzo01@uoguelph.ca

GTA Office Hours: by appointment (email to book meeting)

***See Courselink for your assigned TA based on last name.

Course Content

Specific Learning Outcomes:

In completing this course, students should be able to:

- 1) Explain the broad conceptualization of psychopathology with a grounding in historical context, empirical research, and an integrated understanding of the many factors that come together to influence psychological disorders and mental health.
- 2) Identify the key symptoms, etiology, and features of common psychological disorders.
- 3) Apply diagnostic criteria and case formulation to recognize major psychological disorders.
- 4) Discuss basic evidence-based assessment and treatment of major psychological disorders.
- 5) Challenge myths and stereotypes surrounding psychological disorders and examine portrayals of mental health and psychological disorders with a critical lens.
- 6) Identify and discuss issues in research, assessment and treatment of psychological disorders considering diverse perspectives.
- 7) Understand the impact of stigma on lived experience of mental health challenges.
- 8) Demonstrate appropriate academic independence, personal organization, and time management in completing assigned course tasks.

Lecture Content:

**Slight shifts in the schedule may occur due to the pace of the course content, availability of guest speakers, and/or unforeseeable and unavoidable circumstances (e.g., school closures due to weather).*

Week	Date	Topic	Readings
1	January 6	History of Psychopathology	Chapter 1
	January 8	An Integrative Approach	Chapter 2
2	January 13	Assessment of Psychopathology	Chapter 3
	January 15	Treatment of Psychopathology	Chapter 4
3	January 20	Anxiety Disorders	Chapter 5
	January 22	Anxiety Disorders	
4	January 27	Obsessive Disorders	Chapter 6
	January 29	Trauma-Related Disorders	Chapter 7

5	February 3 February 5	Mood Disorders Mood Disorders	Chapter 8
6	February 10 February 12	Midterm Review Midterm	(Ch. 1-8)
	February 16-22	Reading Week	
7	February 24 February 26	Eating Disorders Sleep Disorders	Chapter 9 Chapter 10
8	March 3 March 5	Sexuality and Gender Autism and ADHD	Chapter 11 Chapter 15
9	March 10 March 12	Personality Disorders Personality Disorders	Chapter 13
10	March 17 March 19	Self-Injury & Suicide Psychosis	Courselink Readings Chapter 14
11	March 24 March 26	Behaviour-Related Disorders Learning-Related Disorders	Courselink Readings Chapter 15
12	April 1 April 3	Mental Health & Law Final Exam Review	Chapter 17 (Ch. 9-11, 13-15, 17)

Course Assignments and Tests:

Assignment or Test	Due Date	Contribution to Final Mark (%)	Learning Outcomes Assessed
Chapter Quizzes (best 10)	April 5 by 11:59pm	10% (1% each for best 10 quizzes)	1-4, 8
Critical Reflections (best 3)	January 18 by 11:59pm February 1 by 11:59pm March 1 by 11:59pm March 15 by 11:59pm	30% (10% each of best 10 reflections)	1-8, mostly 5-7
Midterm	February 12 (in-class)	30%	1-4, 8
Final Exam (non-cumulative)	April 11 (in-person, details below)	30%	1-4, 8

Final examination date and time: Saturday, April 11, 2026 – 8:30-10:30am

Final exam weighting: 30%

[Examination Regulations](#)

Course Resources

Required Texts:

Psychopathology: An Integrative Approach (7th Canadian edition) by David H. Barlow, V. Mark Durand, Stefan Hofmann, and Martin L. Lalumière.

Copies of the text will be available on Reserve at the library.

Cost of Texts:

The cost of the required text for this course, (Psychopathology: An Integrative Approach (7th Canadian edition) by David H. Barlow, V. Mark Durand, Stefan Hofmann, and Martin L. Lalumière), is \$99.95 at the campus bookstore and includes MindTap access and a full download of the ebook. Students are welcome to use second-hand copies of the textbook or purchase the textbook from alternate locations – MindTap is not required for this course. The prices in other locations may differ from that at the bookstore and prices at the bookstore are subject to change.

Other Resources:

Information about assignments/tests will regularly be posted on Courselink, as will any additional required or optional readings. Courselink is also where grades will typically be communicated.

Course Policies

Grading Policies

As noted in Learning Outcome #8, it is your responsibility to demonstrate appropriate academic independence, personal organization, and time management in completing assigned course tasks. If you are having trouble meeting a course requirement, you are encouraged to reach out to your TA or the course instructor as soon as possible so that a solution can be found in a timely manner.

Late submissions for Critical Reflections will normally not be accepted, as the window for completing them will be open from Thursday after class until end of day on the Sunday they are due. If you miss one Critical Reflection, that mark will be assigned a grade of 0 and dropped from your overall grade. If you need to miss more than one Critical Reflection, you may contact the course instructor for academic consideration; however, there is no guarantee there will be an opportunity to make-up the missed grade.

Late submissions for Chapter quizzes will be automatically graded a 0, as you have access to them from the week of the corresponding lecture through the last day of class. You are encouraged to complete chapter quizzes throughout the semester rather than leaving them until the end; however, there is no penalty for completing all chapters near the end of the semester.

If you miss the midterm due to illness, accident, religious holiday, or compassionate reasons, you must notify your TA (via email) within 48 hours of the midterm. Failure to do so may result in a zero on the exam. A make-up midterm day will be provided two weeks following the midterm (after reading week). If you miss the make-up midterm with a valid reason, you must notify the TA within 48 hours of the missed exam and the weight of the midterm will move to the final exam.

Students with excused absences for the final exam will have an opportunity to write the test during the University-wide re-write period. The only accepted reasons for missing the midterm and/or final exams are: a) medical reasons, b) compassionate reasons, and c) conflict with a religious holiday. Having work or a trip planned for the day of the exam is not considered a valid excuse for missing an exam.

Course Policy on Group Work:

All coursework is intended to be completed independently, but may be inspired by material discussed in class or from readings. While all students should be submitting their own assignments, you may wish to study for assignments or exams with peers. This is absolutely allowed and even encouraged. However, you should not be completing assignments (e.g., chapter quizzes or critical reflections) with peers.

Course Policy regarding use of electronic devices and recording of lectures:

Electronic recording of classes is expressly forbidden without consent of the instructor. When recordings are permitted, they are solely for the use of the authorized student and may not be reproduced, or transmitted to others, without the express written consent of the instructor.

Course Policy regarding use of Generative AI (e.g., ChatGPT)

The use of artificial intelligence tools for course assignments is not permitted for this course. All assignments must reflect the student's own intellectual work and demonstrate the application of critical thinking skills. Submitting materials produced in whole or in part by AI without prior permission constitutes an academic offence under the University's academic misconduct policy, either as plagiarism or the use of unauthorized aids. Students may choose to use Generative AI to assist in understanding material or studying for exams; however, you are encouraged to be careful with this as AI often provides misinformation.

University Policies

Disclaimer:

Please note that a revision of the format of course offerings, changes in classroom protocols, and academic schedules is occasionally required. Any such changes will be announced via CourseLink and/or class email. This includes on-campus scheduling during the semester, mid-terms and final examination schedules.

Academic Consideration

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons, please advise the course instructor in writing, with your name, id#, and e-mail contact. See the academic calendar for information on regulations and procedures for

Academic Consideration:

[Academic Consideration, Appeals and Petitions](#)

Academic Misconduct

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community, faculty, staff, and students to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring.

University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection. Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not

excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

The Academic Misconduct Policy is detailed in the Undergraduate Calendar:

[Academic Misconduct Policy](#)

Illness

Medical notes will not normally be required for singular instances of academic consideration, although students may be required to provide supporting documentation for multiple missed assessments or when involving a large part of a course (e.g., final exam or major assignment).

Accessibility

The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment. Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact [Student Accessibility Services](#) as soon as possible.

For more information, contact SAS at 519-824-4120 ext. 54335 or email accessibility@uoguelph.ca or the [Student Accessibility Services Website](#)

Student Feedback Questionnaire

These questionnaires (formerly course evaluations) will be available to students during the last 2 weeks of the semester. Students will receive an email directly from the Student Feedback Administration system which will include a direct link to the questionnaire for this course. During this time, when a student goes to login to CourseLink, a reminder will pop-up when a task is available to complete.

[Student Feedback Questionnaire](#)

Drop date

The last date to drop one-semester courses, without academic penalty, is Monday April 6th 2026. For regulations and procedures for Dropping Courses, see the [Schedule of Dates in the Academic Calendar](#).

Instructors must provide [meaningful and constructive feedback, at minimum 20% of the final course grade, prior to the 40th class day](#). For courses which are of shorter duration, 20% of the final grade must be provided two-thirds of the way through the course.

[Current Undergraduate Calendar](#)

Additional Course Information

Course instructors are allowed to use software to help in detecting plagiarism or unauthorized copying of student assignments. Plagiarism is one of the most common types of academic misconduct on our campus. Plagiarism involves students using the work, ideas and/or the exact wording of other people or sources without giving proper credit to others for the work, ideas and/or words in their papers. Students can unintentionally commit misconduct because they do not know how to reference outside sources properly or because they don't check their work carefully enough before handing it in. Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

In this course, your instructor will be using Turnitin.com to detect possible plagiarism, unauthorized collaboration or copying as part of the ongoing efforts to prevent plagiarism in the College of Social and Applied Human Sciences.

A major benefit of using Turnitin is that students will be able to educate and empower themselves in preventing misconduct. In this course, you may screen your own assignments through Turnitin as many times as you wish before the due date. You will be able to see and print reports that show you exactly where you have properly and improperly referenced the outside sources and materials in your assignment.