Goals of Lab

- Address questions that come up in lecture
- Recognize symptoms of mental illness
- Be able to identify the disorders
- Understand how to diagnose disorders
- What is it like to live with it?
- Treatment possibilities/basic therapy concepts

Syllabus Review and the Nitty Gritty

General Info

- Things that make me happy
  - Discussion
  - Questions
  - Responsibility
  - Respect and consideration
  - Spell check

- Things that annoy me
  - Texting/facebooking/reading the newspaper/sleeping during lab
  - Emailing me assignments: DON’T DO IT!

- Lab will last 2 hours every week

Introductions

- Name
- Year in school
- Hometown
- Research/clinical interests (or something you are looking forward to learning in this class)
- Plans or hopes for post-college
- Recreational activities (i.e. what do you do for fun?)
- Favorite band
- Anything that will help me remember you, or anything else you want me to know about you
Definition of Abnormal Behavior

- How do you distinguish between normal and abnormal behavior?

- Abnormal behavior (3 Ds)
  - Dysfunction
  - Distress
  - Deviance

- What are some problems with these definitions of abnormality?

Definition of Abnormal Behavior

- Constantly changing
  - Until 1973 homosexuality was considered by the APA to be a disease

- What is a behavior that is “normal” at CU but not elsewhere?
  - Love Me, Love My Doll

What is “abnormal”?

- Mental Health Ranking Exercise
  - Get in groups of 3-4
  - Read the paragraphs
  - Rank-order the individuals’ degree of mental health where 1=most healthy and 8=least healthy
  - Write out what is “normal” and “abnormal” about each individual
  - What rules are you applying to decide? (keep track of them/write them down)
  - What questions would you ask the individual to make your decision clearer?

Reflect & Discuss

- Take 10 minutes to write down aspects of yourself that might be deemed “abnormal.”

- Share with the class examples of abnormal behavior in yourself or in people you know.
  - Would these qualify as disorders?
  - Why or why not?