

CNS 770: Counseling and Mental Health

Fall Semester 2008
Wake Forest University
Wednesdays 4:15-6:45 p.m.

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Required Text:

Morrison, J. (2006). *DSM-IV Made Easy*. New York: Guilford Press.

American Psychiatric Association. (2000). *Diagnostic and Statistical Manual of Mental Disorders* (4th ed, Text Revision). Washington, DC: Author.

The following can be downloaded from these sites: (You may elect to read them online or print as you choose)

<http://www.nimh.nih.gov/publicat/medicate.cfm> (**This one will be our primary text about medications)

NIMH has especially helpful publications under the Publications tab on their website: Bipolar Disorders, Children and Adolescents, Anxiety, & Depression. In addition, these websites are helpful regarding medications and mental health issues in our country.

<http://www.nlm.nih.gov/medlineplus/druginformation.html>

http://www.mentalhealth.org/cre/appendix_a.asp

& other reading as assigned

Recommended TEXT:

Emery, G. (2000). *Overcoming Depression: A Cognitive-Behavior Protocol for the Treatment of Depression*. Oakland, CA: New Harbinger Publications, Inc. (**Need both - Therapist Protocol & Client Manual**).

Course Description:

This course examines the structure and use of the *DSM-IV TR* in counseling settings. An overview of psychotropic medications used with clients is also included in this course. The course will utilize didactic lecture, role play, case presentation, video critique, discussion, demonstration, a recordkeeping software system – Therascribe, and online Internet links as instruction methods.

Course Objectives: The student will be able to achieve the following:

1. Describe at least 12 major diagnostic classes of the *DSM-IVTR*.
2. Develop knowledge of diagnostic criteria.
3. Apply diagnostic criteria to case studies.
4. Evaluate the applicability of diagnostic criteria with respect to individual needs.
5. Utilize the multiaxial system of the *DSM-IV* and treatment planning software.
6. Discuss the appropriate use of psychotropic medications and ways to advocate for clients.

Course Requirements:

Diagnostic practice - 30 points

Cases will be reviewed either in class or in print, diagnostic workups will be prepared.

Project, 40 points - Each pair of students will present a working document used to teach people how to help someone with a *DSM IV -TR disorder, such as depression or anxiety.*

1st The pair selects a disorder from the list.

2nd Design a teaching module that clearly & simply demonstrates steps a helper might take to help someone with your particular diagnosable disorder being presented.

3rd Present to the class the exact steps you would take & teach this material. After teaching the class your helping strategies, next, role play the client - then ask the class members to practice helping the client using your helping strategies with symptoms relevant to the disorder. Have class members briefly practice these strategies.

4th Have class evaluate your teaching module. These teaching modules will then be revised as needed & be sent for review by me.

Finally, share with the class pertinent written specific, measurable, & objective treatment interventions for your particular disorder, including medications if relevant. ***Presenters need to include a printed treatment plan from Therascribe - in A14 Lab.***

5th Provide a **written reference list about treatment interventions** or effective approaches with at least 4 journal references cited with at least 2 informative websites.

Quiz, 15 points - Quiz on Psychiatric Medications. 12/3- 2008b

Fall 2008 Reading Assignments + Articles As Assigned <i>Following Class</i>**	
<i>**Read Chapters in Morrison's book corresponding with DSM IV TR assignments</i>	
8/27 - Intro	
9/3- DX	Articles, DSM-IV TR - xiii-p.37; SUD (191-295) DSM-IV TR Appendix A, C, E, G,I http://www.nimh.nih.gov
9/10- SUD	DSM-IV p. 679-683; 731-743; Website: http://www.mentalhealth.org/cre/appendix_a.asp
9/17- Adjustment Disorders & Other Conditions	DSM 685-729; http://www.nlm.nih.gov/medlineplus/druginformation.htm

9/24- Personality Disorders	DSM-IV p. 345 - 428
10/1- Mood	http://www.ahcpr.gov/clinic/epcsums/deprsumm.htm
10/8 - Mood	DSM-IV, 39-134
10/15 - Infancy, Childhood, or Adolescence	DSM IV, 583-683; 181-190
10/22 - Eating & Sleep; Mental disorders Due to Gen. Med. Condition; Impulse-Control	DSM-IV p. 429 - 484; 485-511;663 - 683
10/29- Anxiety & Somatoform	DSM-IV, p. 513-533 & 135- 180 Presentations
11/5 - Factitious, Dissociative & Dementia	DSM-IV p. 535-582; 297-343 Presentations
11/12 - Sexual & Gender; Schizophrenia & Other Psychotic	Presentations
11/19-	Thanksgiving Holiday - no class
11/26 & 12/3	Presentations
12/10	Medication Quiz