

Course Description

MEDD8666 Abnormal Psychology and Positive Psychology

Course description
The course will focus on the theory and research about abnormal psychology and positive psychology. Participants will learn about some common mental disorders in the student populations and how positive psychology can help individuals improve their mental well-being. Participants will be encouraged to explore how the current research may be applicable to their own lives and support the positive development of students. Topics will include “anxiety disorder”, “depression”, “attention deficit/ hyperactivity disorder”, “optimism”, “gratitude”, “forgiveness”, etc. Positive interventions to improve well-being will be examined.
Course objectives
To help participants understand the concept of ‘abnormality’ and learn some common mental disorders that have high prevalence in the school population. Besides, the course aims at developing the competence of the participants in developing strength-based activities in promoting the mental well-being of students.
Course learning outcomes
<ol style="list-style-type: none">1. Understand the concepts and theories of abnormal psychology and positive psychology.2. Demonstrate the knowledge and skills in conducting a program on enhancing psychological well-being.3. Apply the psychology concepts and theories in examining personal life.
Course assessment methods
<ul style="list-style-type: none">• Participation• Group presentation• Individual Reflection Paper
Course content and topics
<ul style="list-style-type: none">• What is Abnormal Psychology? What is Positive Psychology?• Insomnia & Gratitude• Depression & Forgiveness• Generalized Anxiety Disorder & Optimism• Attention Deficit/Hyperactivity Disorder & Mindfulness• Positive Relationships• Meaning: Sense of Purpose• Accomplishment: Growth Mindset
Required / recommended readings and online materials
<ol style="list-style-type: none">1. American Psychiatric Association. (2013). <i>Diagnostic and statistical manual of mental disorders</i> (5th ed.). Washington, DC: Author.2. Allen, K., Furlong, M. J., Vella-Brodrick, D., & Suldo, S. M. (2022). <i>Handbook of positive psychology in schools: Supporting process and practice</i>. Routledge.3. Israel, A.C. & Wicks-Nelson, R. (2014). <i>Abnormal child and adolescent psychology with DSM-V updates</i>. Pearson.4. Lopez, S. J., Pedrotti, J. T., & Snyder, C. R. (2018). <i>Positive psychology: The scientific and practical explorations of human strengths</i>. SAGE Publications.5. Seligman, M. E. (2012). <i>Flourish: A visionary new understanding of happiness and well-being</i>. Simon & Schuster.
Other additional course information
Nil