
SYLLABUS

I. Content

A continued study of some of the more common psychological problems people face. The causal background, dynamics, and process of treatment will be the main emphases of the course. The focus will be on depression and anxiety.

II. Purpose

- A. To discuss in detail common problems related to depression and anxiety: history, dynamics and treatments.
- B. To promote flexibility in thinking about the way people live by studying some of the more common problems experienced by women and men, and integrate them with the IBC model.
- C. To provide a place where we can reflect and attempt to deepen a Christian response as we relate to persons who are entangled in these kinds of struggles.

III. Course Texts and Reading Materials

A Depression

- 1. *A Woman's Guide to Overcoming Depression* by Archibald Hart and Catherine Hart Weber, 2002
or
Unmasking Male Depression by Archibald Hart, 2001
or
Depression in Marriage by Beach, Sandeen and O'Leary, 1990
- 2. *Silencing the Self: Women and Depression* by D. Jack, 1991
or
Happiness is a Choice: The Symptoms, Causes, and Cures of Depression by Minirth and Meier, 1994

B. Anxiety

Anxiety Disorders and Phobias by Beck and Emery, 1985

or

From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life, by Lucinda Bassett, 1995

- C. Skim *DSM-IV-TR*: Mood Disorders (pp.345-428) or *DSM-IV* (pp. 317-392)
Skim *DSM-IV-TR*: Anxiety Disorders (pp.429-484) or *DSM-IV* (pp. 393-444)

IV. Course Requirements

- A. Attend all lectures and take notes. 50%
- B. Write a one-page reflection on the first text on Depression. 10%
- C. Write a one-page reflection on the second text on Depression. 10%
- D. Write a one-page reflection on the text on Anxiety. 10%
- E. Inform professor when finished reading *DSM-IV* pages. 10%
- F. Additional reading: 10% of the course is based on approximately 200 pages of additional readings. Other readings are acceptable if arranged with the instructor. Selections may be made from:
- a. the books not selected as text readings on page 1 above; and
 - b. the Additional Reading section below.

As much as possible, these pages of readings could be on one topic. Possible topics: schizophrenia, borderline personality disorder (other personality disorders), substance abuse, DID (previously MPD) or dissociative disorders in general, ritual abuse, dark night of the soul, adolescent depression and suicide, bonding and attachment, false memory syndrome, crisis issues and intervention, IFS (Internal Family Systems) and its potential application to depression and anxiety

Additional Reading

1. *Masks of Melancholy: A Christian Physician Looks at Depression and Suicide* by White, 1982
2. *The Anxiety Disease* by Sheehan, 1983
3. *Learning to Live with Depression* by Elaine Brown, Christian Focus Publications, 1997
4. *Handbook of Affective Disorders*, 2nd edition
5. *Suicide: Understanding and Response*
6. *Cognitive Therapy of Depression* by Beck, Rush and Shaw, 1987
7. *Anxiety and Depression in Adults and Children*, edited by Craig and Dobson, 1995
8. *Family Evaluation: The Role of the Family as an Emotional Unit That Governs Individual Behavior and Development* by Bowen and Kerr, 1998
9. *A Mood Apart: Depression, Mania, and Other Afflictions of the Self* by

Peter C. Whybrow, M.D., Basic Books

10. *Anxiety and Stress Disorders*, edited by Larry Michelson and L. Michael Ascher, The Guilford Press, 1987
11. *Anxiety across the Lifespan*, edited by Cynthia Last, Springer Publishing Company, 1993
12. *Victory over Depression*, by Frans Brandt, Baker Book House, 1988
13. *Wrestling with Depression: A Spiritual Guide to Reclaiming Life* by William and Lucy Hulme, Augsburg Fortress, 1995
14. *The Bright Side of Depression* by Jim Geddes, 1985
15. *Ten Steps to Victory over Depression* by Tim LaHaye, Zondervan Publishing House, 1974
16. *None of These Diseases* by Dr. S. I. McMillen and Dr. David E. Stern, Baker Publishing Group, 1963, 1984, revised 2000

V. Class Dates: _____

VI. Class Times: 9:00-12:00, 1:00-5:00 (4:00-5:00 and evenings are for reading and writing assignments)