Course Title:
Personality and Personality Disorders

Course Number:
HR 5573-101

Course Description:
A basic understanding of personality and personality disorders is essential for counselors and those working in behavioral health fields. The purpose of this course is to provide you with a graduate-level introduction to personality theory and personality disorders.

First, the course is intended to give you an understanding of personality processes, the basic components of major theories of personality, an evaluation of each of the theories, and the applicability of the theories to human behavior. You will be exposed to representative classical theories from several categories of personality theories and critical evaluation will be encouraged. Involvement in the course will foster your abilities to intelligently discuss/critique/debate, in verbal as well as written form, the various theories that are encountered. In addition, we will discuss the diagnostic criteria for personality disorders as addressed in DSM-IV-TR and examine representative treatment plans. These objectives will be obtained through the course with readings from your text and/or assigned articles, class assignments (e.g., worksheets and case studies), and active class participation.

Finally, this course is somewhat different than many graduate courses in that there is less emphasis on empirical research, methodology and statistics. For many graduate students this can be a little disorienting. Instead, there will be a strong emphasis on critical thinking, analysis, evaluation, and the processes of theory construction in the personality area (which has been more often based on case studies, observational research, and correlational research).

Class Dates, Location and Hours:

Dates: February 1-3, & 8-10, 2013
Location: OCCE, Norman, Oklahoma. Classes are held at the Thurman White Forum Building of OCCE, 1704 Asp Avenue.
Hours: Fri 5:30-9:30 p.m.; Sat 8:30 a.m.-4:30 p.m.; Sun 1:00-5:00 p.m.
Last day to enroll or drop without penalty: January 3, 2013

Site Director:
Cathy Yeaman. Phone: 405-325-3333; Fax: 405-325-9148; email: apnorman@ou.edu

Professor Contact Information:

Course Professor: Jody Anderson, Ph.D.
Mailing Address: 3131 S. Madison Avenue
Tulsa, OK 74105
Telephone Number: 918-381-0580
E-mail Address: jodyvand@me.com
Professor availability: The professor will be available via e-mail to students before and after the class sessions. On-site office hours are half an hour before and after each class session, by appointment.
Textbook(s) and Instructional Materials:

Student materials are available at the Follett/AP Bookstore located in the Oklahoma Memorial Union, 900 Asp Ave., Norman, OK. Orders can be placed online at www.oklahomaunion.bkstr.com or by telephone at 866-369-9713 (toll free in the U.S.) or 405-325-5960 (outside the U.S.). E-mail orders may be sent to oklahomaunion@bkstr.com. Representatives are available from 8 a.m. to 6 p.m. CST Monday through Thursday and 8 a.m. to 5 p.m. CST on Friday. Summer hours: 8 a.m. to 4 p.m. CST. Faxed orders may be placed 24 hours a day to 866-223-5607 (toll free in the U.S.) or 405-325-7140 (outside the U.S.). (Text prices are available online).


   Or

   **Another basic introduction to personality text.** The purpose of the text is to help provide theoretical context for presentations, case studies, and class discussion.

2. Materials posted on the OU Desire to Learn (D2L) system: Access D2L at http://learn.ou.edu; enter your OU NetID (4+4) and password, and select course to access material. Please contact your local Site Director if you require assistance.

3. Materials posted on the Electronic Reserve system: Access the OU Electronic Reserves Page at http://libraries.ou.edu/eresources/reserves/; enter OU NetID (4x4) and password, and select course and access material. Please contact your local Site Director if you require assistance.

The following materials will be posted on the OU Desire to Learn (D2L) as well as the OU Library Reserve system.


Note: The Follett/AP Bookstore is the Advanced Programs contractual textbook provider. Should text changes become necessary after publication of the course syllabus, Advanced Programs will facilitate text returns/refunds only for texts purchased through the Follett/AP Bookstore.

Course Objectives:

- Have a basic understanding of major theories of personality
- Understand the difference between personality theories, styles, and personality disorders
- Be familiar with specific personality disorders as currently described
- Be aware of the complex relationship between DSM Axis 1 and Axis 2 disorders
- Be able to discuss the relative merits of various treatment options

Assignments, Grading and Due Dates:

Material is to be read before class. You should expect to discuss and actively participate in class. Time will be provided in class to prepare for and deliver in-class assignments. Please bring weekly readings to every class.
Case Studies:
You will be expected to complete case studies designed to enable you to apply classical theories of personality psychology. The case studies will be provided, and you may choose to work collaboratively. Case studies will be administered, completed, and collected in class.

In-Class Scheduled Assignments:
In-class scheduled assignments may include but, not be limited to assignments with multiple choice, fill-in-the-blank, matching, and essay items. These assignments will require you to come prepared for class (having read the material). Most may be collaborative in nature.

Questions – Response – Comments (QRCs):
You will turn in a typed (1-3 page) QRCs for the readings. QRCs for each theory/theorist (first weekend) or chapter (second weekend) are due at the beginning of class for material to be covered that day. Your QRC should take the form of a reaction, criticism, disagreement, synthesis, paradox, query, etc. about the readings. QRCs serve two purposes. First, they let me know what I need to review for the class as a whole, and will give me insight into what you are thinking while you are reading (so that I can identify views or questions if needed during the class discussion). Second, they facilitate your class participation because you will know ahead of time what you want to discuss in class. You can expect to turn one QRC in per personality theorist (first weekend) and one QRC per chapter (second weekend).

You will receive ratings for your QRCs and class participation. The basis for the ratings includes (but is not limited to) the extent which you:
- Demonstrate critical thinking
- Provide comments that are thought provoking and stimulating
- Think conceptually and integrate material
- Apply material to other contexts
- Are present in class (physically as well as mentally)

Grading:
This is a letter-graded course: A, B, C, D, or F. Grades will be composed of the following elements:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percent of Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class participation</td>
<td>15%</td>
</tr>
<tr>
<td>Case Studies</td>
<td>15%</td>
</tr>
<tr>
<td>QRCs</td>
<td>10%</td>
</tr>
<tr>
<td>In-class Assignments</td>
<td>60%</td>
</tr>
</tbody>
</table>

NOTICE: Failure to meet assignment due dates could result in a grade of I (Incomplete) and may adversely impact Tuition Assistance and/or Financial Aid.
Weekend One: Theories of Personality/Personality Styles

To-do List:
- Complete reading assignments
- Learn key terms
- Write QRCs (one per theory)

Materials to Bring for Class:
- Assigned reading materials
- QRC for each theory (due at the beginning of class the day material is covered)

Tentative Schedule and Required Readings/Assignments

Friday
- Introduction to Class
- Sigmund Freud—QRC 1
- Primary Text
  - Sigmund Freud (Classical Psychoanalytic Theory)

Saturday
- Carl Jung—QRC 2
- Primary Text
  - Carl Jung (Analytic Theory)
- Alfred Adler—QRC 3
- Primary Text
  - Alfred Adler (Individual Theory)
- Gordon Allport—QRC 4
- Primary Text
  - Gordon Allport (Trait Theory)

Sunday
- George Kelly—QRC 5
- Primary Text
  - George Kelly (Cognitive Theory)
- Carl Rogers—QRC 6
- Primary Text
  - Carl Rogers (Phenomenological Theory)
Weekend Two: Abnormality and Personality Disorders

To-do List:

- Complete reading assignments
- Learn key terms
- Write QRCs (one per chapter)

Materials to Bring for Class:

- Assigned reading materials
- QRC for each chapter (due at the beginning of class the day material is covered)

Tentative Schedule and Required Readings/Assignments:

**Friday**


**Saturday**


**Sunday**

POLICIES AND NOTICES

Attendance/Grade Policy
Attendance and participation in interaction, individual assignments, group exercises, simulations, role playing, etc. are valuable aspects of any course because much of the learning comes from discussions in class with other students. It is expected that you attend all classes and be on time except for excused emergencies.

Excused absences are given for professor mandated activities or legally required activities such as emergencies or military assignments. Unavoidable personal emergencies, including (but not limited to) serious illness; delays in getting to class because of accidents, etc.; deaths and funerals, and hazardous road conditions will be excused.

If you are obtaining financial assistance (TA, STAP, FA, VA, Scholarship, etc.) to pay all or part of your tuition cost, you must follow your funding agency/institution’s policy regarding “I” (Incomplete) grades unless the timeline is longer than what the University policy allows then you must adhere to the University policy.

Students who receive Financial Aid must resolve/complete any “I” (Incomplete) grades by the end of the term or he/she may be placed on “financial aid probation.” If the “I” grade is not resolved/completed by the end of the following term, the student’s Financial Aid may be suspended make the student ineligible for further Financial Aid.

Students are responsible for meeting the guidelines of Tuition Assistance and Veterans Assistance. See the education counselor at your local education center for a complete description of your TA or VA requirements.

Academic Honesty
Honesty is a fundamental precept in all academic activities and … [you] have a special obligation to observe the highest standards of honesty. Academic misconduct in any form is inimical to the purposes and functions of the University and is therefore unacceptable and is rigorously proscribed. Academic misconduct includes:

- cheating (using unauthorized materials, information, or study aids in any academic exercise), plagiarism, falsification of records, unauthorized possession of examinations, intimidation, and any and all other actions that may improperly affect the evaluation of a student’s academic performance or achievement; assisting others in any such act; or attempting to engage in such acts.

All acts of academic misconduct will be reported and adjudicated as prescribed by the student code of the University of Oklahoma. All students should review the “Student’s Guide to Academic Integrity” found at http://www.ou.edu/provost/integrity

Accommodation Statement
The College of Continuing Education [Advanced Programs] is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your OU Site Director.

Course Policies
Advanced Programs policy is to order books in paperback if available. Courses, dates, and professors are subject to change. Please check with your OU Site Director. Students should retain a copy of any assignments that are mailed to the professor for the course.

Copyright
Any and all course materials, syllabus, lessons, lectures, etc. are the property of professor teaching the course and the Board of Regents of the University of Oklahoma and are protected under applicable copyright.

For more information about Advanced Programs, visit our website at: http://www.goou.ou.edu/
INSTRUCTOR VITA
Jody Anderson, Ph.D.

Education

- 1975 Ph.D. Special Education/Administration, The University of Texas at Austin
- 1969 M.A. Counseling and Student Personnel Services, Michigan State University
- 1965 B.S. Education, Oklahoma State University

Current Positions

- Professor Emeritus, Department of Human Relations
- Licensed Professional Counselor (presently inactive)
- Seminar/workshop leader
- Advanced Programs Professor since 199

Frequently Taught Advanced Programs Courses

- HR 5443 Adolescent Issues in Human Relations
- HR 5473 Women and Mental Health
- HR 5543 Counseling with Diverse Populations
- HR 5713 Women, Work, and the Family
- HR 5113 Solution Focused Brief Therapy
- HR 5113 Stress Management
- HR 5533 Counseling Approaches in Human Relations
- HR 5573 Personality and Personality Disorders
- HR 5093 Introduction to Graduate Studies in Human Relations

Major Areas of Teaching and Research Interest

- Cultural diversity in the workplace
- Stress management
- American Indian culture and spirituality
- The body-mind connection
- Archetypes and the collective unconscious
- Ancient wisdom teachings
- The effect of media on women and girls
- Women and mental health

Representative Publications and Presentations

- Emotional Intelligence
- Silencing our Daughters: Societal Effects on Female Adolescent Development
- Stress Management Techniques for Head Start Parents
- The Media’s Portrayal of Women in Advertising
- Renew Yourself Through Service Oriented Adventures
- Journal of a Dying Patient
- Enhancing Mother Daughter Relationships
- Leadership Diversity in Women
- Differentiated Learning Abilities: Low Risk and High Risk
- Client Centered Counseling

Major Professional Affiliations

- Licensed Professional Counselor (inactive)