

Syllabus
PSY 3480/6480: Personality Disorders in Adults and Older Adults
Spring 2012; Summer 2012; Fall 2012
Daniel L. Segal, Ph.D.
Last revised: 1/2/2012

Course Description:

This course is designed to provide an in-depth approach to the understanding of personality disorders in adults with special emphasis on these interesting disorders in later life. Topics to be addressed include historical considerations of personality disorders, clinical presentations, diagnostic challenges, epidemiology, patterns of comorbidity, theoretical models, assessment strategies, and intervention models. The manifestations of personality disorders in the context of later life and special diagnostic and assessment issues among older adults are emphasized.

Instructor and Contact Information:

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Instructor's Biography:

Daniel L. Segal, Ph.D. is a Professor in the Psychology Department at the University of Colorado at Colorado Springs (UCCS) where he teaches undergraduate and graduate courses in clinical psychology. He received his B.S in psychology from Tulane University in 1987, his Ph.D. in clinical psychology from the University of Miami in 1992, and he completed a post-doctoral fellowship in clinical geropsychology at Nova Southeastern University. He joined the Psychology Department at UCCS in 1995. At UCCS, he served as the founding director of the CU Aging Center, which is the psychology department's training clinic in professional geropsychology. He trains practicum students at the Center and maintains a small private practice focusing on psychotherapy with older adults. His research interests include diagnostic and assessment issues in clinical psychology, suicide prevention and aging, and personality disorders across the lifespan. He has published over 100 journal articles and book chapters on these topics. He has published two non-edited professional books. The first book (with co-authors Frederick Coolidge and Erlene Rosowsky) titled *Personality Disorders and Older Adults: Diagnosis, Assessment, and Treatment* was published in 2006, and the second book (with co-authors Sara Qualls and

Mick Smyer) titled *Aging and Mental Health* (2nd edition) was published in 2011. He has edited two volumes in major reference works: one volume focused on personality assessment (in the *Comprehensive Handbook of Psychological Assessment* [2004]) and the other examined personality and everyday functioning (in the *Comprehensive Handbook of Personality and Psychopathology* [2006]). He is editor of *Clinical Case Studies*, Associate Editor for the *Clinical Gerontologist*, and he serves on the editorial board of two other journals (*Behavior Modification*; *Journal of Clinical Psychology*). He is a Fellow of the Gerontological Society of America. At UCCS, he has received the Outstanding Teaching Award for the College of Letters, Arts, and Sciences in 2002, the Outstanding Teaching Award for the UCCS campus in 2006, and the Outstanding Research Award for the College of Letters, Arts, and Sciences in 2010. Dr. Segal enthusiastically welcomes you to this correspondence course!

Required Text:

Segal, D. L., Coolidge, F. L., & Rosowsky, E. (2006). *Personality disorders and older adults: Diagnosis, assessment, and treatment*. New York: Wiley. ISBN: 0-471-64983-X.

The text is available from the publisher (John Wiley & Sons) by either calling the publisher at 1-877-762-2974 or by visiting their web-site at the following link:

<http://www.wiley.com/WileyCDA/WileyTitle/productCd-047164983X.html>

The text is also available from Amazon.com.

Required Readings:

Upon your registration for the course, I will provide for you a packet of the two readings listed below:

Millon, T., & Davis, R. D. (2000). *Personality disorders in modern life*. New York: Wiley. Chapter 1: Personality disorders: Current concepts and classical foundations.

Millon, T., & Davis, R. D. (2000). *Personality disorders in modern life*. New York: Wiley. Chapter 2: Contemporary perspectives.

How to Proceed with the Course:

Read the course requirements listed below. Next, notify me via email (dsegal@uccs.edu) so that I know you are registered. I will arrange for you to either pick up the assigned readings which I will place in the bin right outside the door to my office, or if you live out of town I will mail the readings to you. Next, read the assigned textbook and the assigned readings with these course requirements clearly in mind. Please contact me if you are unsure about the course requirements and I will gladly assist you.

Course Requirements, Grading, and Time Limit:

There are two required written assignments (see below). You submit both papers to me *via email*. There are no meetings for this class although if you want to visit me, we can easily set an appointment. Your course grade will depend on how clearly you have expressed your ideas in your written assignments, how well you have integrated and understood the concepts in the textbook and assigned readings (as expressed in your written assignment), and the extent to which your papers are grammatically correct. You have until the end of the semester in which you enrolled in this course to complete the two written assignments. However, please do not wait until the end of the semester to start working on this class. I prefer that you email me the first paper so that I can grade it and provide feedback to you BEFORE you email me the second paper. I will grade all written assignments within 2 weeks of receiving them via email. I will turn in your final grade within 1 week of receiving both assignments. At that time, I will report your grade to Extended Studies who will officially post your grade in the UCCS system.

ASSIGNMENT #1 –CRITICAL ANALYSIS OF THE TEXTBOOK

- I. Read the text “*Personality disorders and older adults: Diagnosis, assessment, and treatment*” and provide a critical analysis.
 - (A) The paper (including title page and analysis) should be 5 double-spaced pages total. That includes a 1 page Title Page and 4 full pages of the analysis. Short papers will be penalized. A little bit longer is ok; A little bit shorter is not.

- II. **Title Page Requirements:** Include: Title of your paper, Your name, Date, and Course name (PSY 348/648: Personality Disorders in Adults and Older Adults).

- III. **How to complete the Book Analysis**
 - (A) First, read the book in its entirety and provide a brief summary of the book.
 - (B) Next, describe and discuss the major themes of the book. This analysis of themes can be a major part of your paper.
 - (C) Next, critique the book by answering the following questions: What did you think about the book? What are the strengths of the book? What are the weaknesses of the book? Describe ways the book could be improved or enhanced. How does the book add to your understanding of personality disorders in later life? How does the book relate to you or your experiences with older adults? What was the most significant understanding that you got from reading the book? Describe why it was significant or meaningful.
 - (D) You must write each and every word of this paper by yourself. I want to learn what you think about the topics. Therefore, information from any media (e.g., internet, etc.) or source besides your textbook or other assigned readings is strictly prohibited and you will receive an “F” on the paper if you use any prohibited sources.

- IV. **Paper Requirements**
 - (A) I prefer that you send me your paper via email (dsegal@uccs.edu). If email is not possible, you may send me a hard copy via the mail. The hard copy must be computer printed. Handwritten papers are not acceptable.

- (B) Number your pages and double-space your document.
- (C) Use a 12 point font (preferably Times New Roman).
- (D) Use 1 inch margins (top, bottom, left, and right).
- (E) Check your spelling and proofread the document carefully. Typos detract from the quality of your paper and will lower the grade you receive.
- (F) Submit your paper to me (email or hard copy) once it is checked and proofed.

ASSIGNMENT #2 – REACTION PAPER

For this assignment, compose one Reaction Paper chosen from the topics listed below. The paper (including title page and analysis) should be 4 double-spaced pages total. That includes a 1 page Title Page and 3 full pages of the analysis (double-spaced). Short papers will be penalized. A little bit longer is ok; A little bit shorter is not. Your paper should incorporate what you have learned from the readings, and show integration from multiple assigned sources. More integration = a better grade. Pick one of the following topics for your paper.

Reaction Papers Ideas (Choose one)

1. Describe and discuss the primary diagnostic issues for personality disorders among adults and older adults.
2. Describe and discuss the issue of comorbidity among personality disorders with other personality disorders as well as among personality disorders with other psychiatric disorders among adults and older adults.
3. Describe and discuss the primary theoretical models of personality disorders among adults and older adults.
4. Provide a detailed “personality analysis” of an adult or older adult whom you know well (may not be yourself) using the perspectives from your readings. That is, describe the nature and extent of the person’s personality disorder traits or symptoms, as well as your fictional plans for how you would conduct a clinical assessment of the person and implement psychotherapeutic interventions. Your analysis must be supported by information from your readings and show integration from your sources. This is an academic exercise – as such, you are not expected to interview a real person!

Final Comment from Dr. Segal: I wish you the best of luck and success in this correspondence course and I hope you find it a valuable and enriching experience. Feel free to contact me at any time to clarify assignments or to discuss the material. I will do my best to help you succeed.