



Seminar Course Offerings and Descriptions
(Summer 2023)

PSY 440F – The Influence of Stress and Trauma on Abnormal Psychological Functioning

This seminar course will utilize active learning techniques to provide an evidence-based overview of the concepts of “stress” and “trauma”, and their complex relationship with neurological functioning, mental health, and various psychological disorders. A critical review of prevalent theories and application of concepts will provide students with an understanding of how stress and trauma are operationalized from neurobiological, psychological, and integrative perspectives; and, how they increase the risk and severity of abnormal psychological disorders. Ultimately, students will come to understand the complexity of the individual stress response and explore the importance of adopting a biopsychosocial perspective of prevention and treatment in vulnerable children and adults.

Prerequisites:

PSY202H1/ECO220Y1/SOC252H1/STA221H1/PSY202H5/STA221H5/PSYC08H3/STAB27H3/STA C32H2, **and** PSY230H1/PSY230H5/PSYB30H3 **or** PSY230H1/PSY230H5/PSYB32H3

Dr. Taryn Grieder

Tues/Thurs @ 11 AM–1 PM, in May/June
Sidney Smith Hall, room 2101

PSY420H1S – Psychology of the Self

An examination of theory and research on the psychology of the self from the perspective of social psychology. Examples of topics associated with self-development that will be covered are self-awareness, self-knowledge, self-esteem, self-schemata, self-presentation, self-regulation, motivations, individual differences, and narrative perspectives on the self.

Prerequisites:

PSY202H1/ECO220Y1/SOC252H1/STA221H1/PSY202H5/STA221H5/PSYC08H3/STAB27H3/STA C32H2, **and** PSY220H1/PSY220H5/PSYB10H3/SOC213H1

Exclusion:

PSY325H5, taken at UTM

Dr. William Huggon

Tues/Thurs @ 4–6 PM, in July/August
Sidney Smith Hall, room 2101