

SMU-IN-TAOS AUGUST TERM 2013: PSYC 3360

Health Psychology

Instructor:

Dr. Max Gunther
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Topics include causes and correlates of health, illness, and dysfunction, as well as the interplay of emotions, cognition, and behavioral/physical factors. Prerequisites: PSYC 1300 and three additional course hours, or instructor approval.

In this survey course you will examine the contributions of psychological research to the understanding, prevention, and treatment of a variety of health concerns. The course will emphasize a **biopsychosocial model**, which means we will study how biological, social, emotional and behavioral factors influence health. The specific topics include cultural perspectives of health, stress, coping, pain management, addictions, patient-physician relations, and chronic illnesses such as Alzheimer's, diabetes, and AIDS.

Required Texts:

***Health Psychology*, 3rd Edition, Richard O Straub.**

The text book will be available in the SMU Bookstore; these and other, texts will also be available on reserve in the Fort Burgwin Information Commons. Other brief readings may be distributed in class.

Note: Class normally runs from 9.30 to about noon; exceptions to this are noted on the syllabus. Do realize, though, that our schedule is subject to change.

Journal – students are required to keep an informal journal documenting reactions and questions from the reading, lectures and texts to be turned into the instructor daily.

Grading procedure:

Daily journal entries = 20%

Class participation = 10%

Take home exams = 70%

Late assignments or exams are deducted 10% per day late.

SCHEDULE:

Aug 5

Arrival – meet class after dinner.

- **Pre-course reading Chapters 1, 2 & 3. – Introduction, Research and Biological foundations.**

Aug 6

Field trip to Taos Pueblo with discussion. Introduction to Native American health and healing and comparison with modern western models.

- **Read Straub, Chapter 4. – Stress.**

Aug 7

Lecture, introduction, research and biological foundations.

- **Read Straub, Chapter 12. – Health Care.**

Aug 8

Field Trip - Holy Cross Hospital -

- **Read Straub, Chapter 8. – Substance Abuse.**

Aug 9

Lecture by Dr. Gunther on social support across the lifespan and its effects on physical and mental health: interpersonal relationships, friendships, family, and physiology. Risk Assessment, Substance Abuse, Relapse and Prevention.

- **Read Straub, Chapter 14 - Alternative Medicine**

- **Take-home test on chapters given to students; due Monday to Dr. Gunther at the beginning of class.**

Aug 10 (Sa)

Aug 11 (Su)

Aug 12

ALL DAY - Field trip to 10,000 waves.

- **Read Straub Chapter 6. – Prevention.**

Aug 13

Lecture, prevention.

- **Read Straub, Chapter 5. – Coping.**

Aug 14

Lecture and round table discussion on stress. Lecture on cognitive and behavioral techniques for coping and stress management, worksheets, mood tracking, cognitive distortions and behavioral activation.

- **Read Straub, Chapter 11. – Infectious Disease.**

Aug 15

Field Trip - Vietnam Veteran's Memorial

www.vietnamveteransmemorial.org/

- **Read Straub, Chapter 9. – Cardiovascular Health.**

Aug 16

Lecture, cardiovascular health

- **Read Straub, Chapter 13. – Pain.**

- **Take-home test on chapters given to students; due Monday to Dr. Gunther at the beginning of class.**

17(Sa)

18 (Su) [Field Trip - Hiking Wheeler Peak.](#)

19

Lecture, pain.

- **Read Straub Chapters 7. – Nutrition.**

20

[Field Trip: Local Organic Farmer.](#) Guest lectures by local farmers.

- **Read Straub, Chapter 10. – Cancer.**

- **Read Straub, Chapter 15 - The Future of Health Psychology**

- **final exams handed out. Due to Dr. Gunther by email before you leave campus on the Aug 24th by 11:59 PM.**

21

Lecture by Dr. Gunther, health psychology and the across the lifespan. Toward the Future. Health Psychology: Challenges for the Future. Course review and catch-up.

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Instructor available to meet individually with students from breakfast until 11 a.m. If you are finished with all your coursework, you may leave campus prior to this.