



# Mind Unplugged – The World of Abnormal Psychology

“Where the mind unravels, insight begins.”

## Course Overview

This course dives into the fascinating world of abnormal psychology. Through engaging discussions, case studies, real-world applications, and creative reflection, students will understand the spectrum of psychological disorders, their origins, treatments, and impacts. It challenges stigma and builds a compassionate lens toward mental health.

## MODULE 1: UNPLUGGING THE BASICS (Classes 1–4)

- ❖ Class 1: What Is Abnormal Behaviour ? – Definition, myths, and the cultural lens on mental health.
- ❖ Class 2: Diagnostic Frameworks (DSM & ICD) – Understanding tools and their limitations.
- ❖ Class 3: Historical Perspectives – From asylums to modern therapy.
- ❖ Class 4: Stigma & Media – Exploring representations and bias.

## MODULE 2: UNPACKING THE DISORDERS (Classes 5–15)

- ❖ Class 5: Anxiety Disorders – Panic, phobias, GAD, social anxiety.
- ❖ Class 6: OCD & Related Disorders – Beyond the neat-freak myth.
- ❖ Class 7: Trauma & Stress-Related Disorders – PTSD and Complex PTSD.
- ❖ Class 8: Mood Disorders – Depression and bipolar spectrum.
- ❖ Class 9: Suicide & Self-Harm – Understanding, empathy, and support.
- ❖ Class 10: Schizophrenia Spectrum – Symptoms and family dynamics.
- ❖ Class 11: Dissociative Disorders – DID and depersonalization.
- ❖ Class 12: Somatic Symptom Disorders – When emotions live in the body.
- ❖ Class 13: Eating Disorders – Anorexia, bulimia, and recovery.
- ❖ Class 14: Personality Disorders – Exploring Cluster A, B and C



- ❖ Class 15: Neurodevelopmental & Psychosocial Disorders – Autism, ADHD, and more.

### **MODULE 3: TREATMENT, ETHICS & THE FUTURE (Classes 16–20)**

- ❖ Class 16: Therapy Approaches – CBT, DBT, and beyond.
- ❖ Class 17: Psychological Assessments & ECT – Tools in treatment.
- ❖ Class 18: Culture, Abnormality and Ethical Dilemmas – What defines ‘normal’?
- ❖ Class 19: – Relaxation Techniques and Asian Healing Practises
- ❖ Class 20: Community Mental Health – Advocacy and Outreach.

### **FINAL REFLECTION (Class 21)**

- ❖ Class 21: Final Reflections – Creative Projects, closure, and insights.