

REQUIRED READING LIST

Important: Read the Chapters PRIOR to each class

TEXT:

- **Varcarolis, E., and Halter, M.J. *Foundations of Psychiatric Mental Health Nursing: A Clinical Approach*. W.B. Saunders (8th Edition).**

WEEK- 1: (No Exam)

- Chapter 2: Theories and Therapies**
- Chapter 4: Treatment Settings**
- Chapter 7: The Nursing Process and Standards of Care**
- Chapter 8: Therapeutic Relationships**
- Chapter 9: Therapeutic Communication**

WEEK- 2:

EXAM I (Covers Week 1 Readings)

- Chapter 3: Psychobiology and Psychopharmacology (pp. 36-49)**
- Chapter 10: Stress Response and Stress Management**
- Chapter 12: Schizophrenia Spectrum Disorders**

WEEK- 3:

EXAM II (Covers Week 2 Readings)

- Chapter 3: (Cont.) Psychobiology and Psychopharmacology (pp. 49-61)**
- Chapter 15: Anxiety and Obsessive-Compulsive Disorders (pp. 270-273 up to *Anxiety Disorders*; include Fig. 15.1 *Anxiety Operationally Defined* and Table 15.2 *Defense Mechanisms* on p. 274)**
- Chapter 14: Depressive Disorders**
- Chapter 25: Suicide and Non-Suicidal Self-Injury**

WEEK 4:

EXAM III (Covers Week 3 Readings)

- Chapter 15: (Cont.) Anxiety and Obsessive-Compulsive Disorders (page 273 *Anxiety Disorders* through remainder of chapter)**
- Chapter 13: Bipolar and Related Disorders**
- Chapter 22: Substance-Related and Addictive Disorders**

WEEK- 5: (No Exam)

- Chapter 18: Eating and Feeding Disorders (Binge Eating pp. 346-351)**
- Chapter 16: Trauma, Stressor Related and Dissociative Disorders**
- Chapter 28: Child, Older Adult, and Intimate Partner Violence**

WEEK- 6 or Finals Week:

EXAM IV: **Exam IV is the Final Exam.** It is a comprehensive exam, (Covers Weeks 4 and 5 as well as all other Required Readings for the entire course). **The Final will be given on Friday of Week 6 for the first half of the quarter. For the second half the Final will be given during Finals Week, TBA.**

NOTE: Chapters assigned per week may vary (i.e. be required in earlier or later weeks) from quarter to quarter, depending on holiday schedules, guest speakers or other circumstances. Exam dates may also vary depending on school holidays.