

MACALESTER COLLEGE
PSYCHOLOGY 390
PAIN AND SUFFERING
COURSE SYLLABUS V.1

Psychology 390-01

Fall, 2022

MWF, 2:20 PM

Instructor: Eric P. Wiertelak

Student Office Hours: TBA

Olin 324, x6111

Course Description:

This seminar-format course will examine both basic research and clinical aspects of pain and suffering. Following introductory sessions on suffering, pain and pain relief, in the first half of the semester a series of topics will be explored in sessions led by the instructor, including but not limited to: pain measurement in humans and animals; the ethics and use of experimental models in pain research; chronic pain; the history of pain relief produced by drugs, acupuncture, hypnosis, and placebos; and learning processes that influence pain sensitivity. A major feature of the course for the second half of the semester will be student-led discussions of selected pain- and suffering-relevant topics.

Text: *None required.*
Primary literature readings will be assigned.

Student Responsibilities:

Students are required to read all assigned material prior to the class meeting for which the reading is assigned. Attendance at all class meetings is not only highly recommended, but critical to the seminar concept, and attendance-dependent assignments figure prominently in the semester grade.

Note: This syllabus is subject to revision by the instructor as needed in the course of the semester. The version posted on Moodle is the official version of the syllabus for this course.

Email Policy: I am happy to correspond via email during regular business hours Monday-Friday (students should check their syllabus first to see if the answer to their question is there before emailing). You will typically receive a response only during regular business hours.

Student Hours: I am also very happy to meet with students for advising, discussion of either the psychology or neuroscience majors and minors, to clarify points from our course or to discuss their progress in the course during my office hours set aside for students, or by scheduled appointment if needed. Note that there are required individual meetings incorporated in the structure of the course.

Library Resources: Working to integrate the disciplinary literature into your research can be a complex process. Consulting with the research and instruction librarians for the discipline(s) in which you are studying will save you time and help you discover better, more scholarly sources.

You can make an appointment with a librarian using the Ask Us page on the library website, which can be accessed at <https://www.macalester.edu/library/askus/>, or email your librarian(s) directly.

•Inclusion, Accessibility and Academic Accommodations:

I am committed to inclusive learning and ensuring access to course content for all students. I value the differences that students bring to their classes. If there are aspects of the course that prevent your effective learning or exclude you, please let me know as soon as you feel comfortable doing so. We will work together to develop a strategy to meet your needs and the course requirements.

If you have a disability, please contact me via email and meet with me in person or via Zoom early in the semester to discuss your accommodation plan. It is never too late to request accommodations-- if you have not yet obtained a plan or are unsure if you have a disability that requires accommodation, please contact Disability Services: disabilityservices@macalester.edu, or call 651-696-6974.

Academic Integrity Policy: Macalester College expects academic honesty from all students and faculty. I follow the college policy as detailed on the college website.

Student Health and Wellbeing: Here at Macalester, you are encouraged to make your well-being a priority throughout this semester and your career here. Investing time into taking care of yourself will help you engage more fully in your academic experience. Remember that beyond being a student, you are a human being carrying your own experiences, thoughts, emotions, and identities with you. It is important to acknowledge any stressors you may be facing, which can be mental, emotional, physical, financial, etc., and how they can have an impact on your academic experience. I encourage you to remember that adequate sleep, moving your body, and connecting with others can be strategies to help you be resilient at Macalester. If you are having difficulties maintaining your well-being, please reach out to one of the resources listed below.

On-Campus Resources

Laurie Hamre Center for Health & Wellness

Leonard Center Room 53

651-696-6275

www.macalester.edu/healthandwellness/

- **Medical Services**

Macalester has a nurse triage phone line for students. It is available 24 hours a day, seven days a week. Access Nurse can be reached by calling the Hamre Center (651-696-6275, Deaf, Hard of Hearing or Speech Limited Callers can access these numbers through MN Relay 711) and selecting option 3 on the voice mail message. If you call during office hours and reach a staff member, ask to be connected to the nurse line. Access Nurse is familiar with emergency referral resources in the area and will provide the Hamre Center with a report of the call. You can either share your name when you call or can remain anonymous. The call is always free.

- There is no charge for an office visit to see a nurse, nurse practitioner, or doctor for most appointments at the HWC. Call 651-696-6275 to make an appointment.

- **Counseling Services**

Counseling appointments may be made in person by stopping at the front desk, by email, by Request a Counseling Appointment button on website, or by calling 651-696-6275.

If you would like to talk to a counselor immediately while the Hamre Center is closed, please call Press 2, our 24/7 counselor support line at **651-696-6275** and press 2 when directed.

- Stress Reduction Resources
 - Health Promotion
 - Provides a variety of resources and events, including free physical activity classes, tea, sleep masks, earplugs, and sexual health resources
 - Check the Mac Daily regularly to stay updated on events, or email healthpromotion@macalester.edu for more information.

After Hours and Off-Campus Resources

In cases of life-threatening emergency, call 911.

Macalester Security

Call 651-696-6555 in the case of any emergency to be connected with Macalester Security. They can connect you with other campus response personnel.

Deaf, Hard of Hearing or Speech Limited Callers can access these numbers through MN Relay, **711**.

- Macalester has certified student EMTs on call Friday and Saturday nights (9pm — 2 am) and Thursday and Sunday nights (8pm – 12am) when school is in session. They will respond to health-related emergencies via calls to Macalester Security or the RHD on duty.

Urgent Care Clinics and Emergency Rooms

- Urgent care facilities can be useful for cases when Health & Wellness is closed and you believe the medical condition is severe enough that it cannot wait. If the Urgent Care facility is not open, contact a hospital emergency room.

Urgent Care Clinic - Fairview Urgent Care

2155 Ford Parkway
St. Paul, MN 55116
651-696-5070

Allina Health Urgent Care – Bandana Square

1021 Bandana Blvd E
First floor
St. Paul, MN 55108
651-241-9700

- In life-threatening situations or when someone’s immediate safety is a concern, Emergency Departments are best equipped to provide care. The hospitals that are closest to Macalester where we regularly refer students:

Regions Hospital

640 Jackson St, St Paul, MN 55101
651.254.3456 (Deaf, Hard of Hearing or Speech Limited Callers can access these numbers through MN Relay, 711)

United Hospital

333 Smith Ave N, St Paul, MN 55102
651.241.8000 (Deaf, Hard of Hearing or Speech Limited Callers can access these numbers through MN Relay, 711)

Course Evaluation:

- | | |
|--|-------|
| 1. Examination | 25% |
| The examination will be essay only and based on the instructor-lead sessions (Section 1). | |
| 2. Presentation | 20% |
| Details of this assignment will be discussed in class. | |
| 3. 15-20 page paper (multidraft) | T=35% |
| Outline | 5% |
| 1st Draft | 10% |
| 2 nd Draft (eligible for Peer Revision) | 10% |
| Final Draft | 10% |
| 4. Session Input Responses | 20% |
| This portion of the grade includes peer review reports and any other assignments not listed above. See Moodle site weekly. | |

Grades will be assigned based on percentage achieved in the class (on a plus/minus scale) using the following scale:

	A =95.0% or higher	A- =91.6% to 94.9%
B+ =88.2% to 91.5%	B =84.8% to 88.9%	B- =81.4% to 84.7%
C+ =78.0% to 81.3%	C =74.6% to 77.9%	C- =71.2% to 74.5%
D+ =67.8% to 71.1%	D =64.4% to 67.7%	D- =61% to 64.3%
NC =60.9% and below		

It is therefore possible for the entire class to receive the grade of A. On the other hand, it is also possible that very few people would receive an A.

Tentative Course Outline

Sessions	Topic
8/31-9/2	Introduction to the course, video pt. 1,2
9/5	Holiday
9/7-9	History of Pain and Pain Research I-II
9/12-16	Topics Due 9/12 (Individual Meetings—no class session) History of Pain III, Somatosensation and pain I
9/19-23	Somatosensation and pain II-III Conceptual Outline Due 9/23
9/26/30	Pain models and mechanisms

10/3-7	Pain modulation: analgesias and hyperalgesias 1
10/10-14	1st Draft Due 10/10
	Pain modulation: analgesias and hyperalgesias 2
10/17	EXAMINATION
10/19	Individual Conferences
10/20-23	Fall Break
10/24-28	Special Topics I
10/31-11/4	Special Topics II
11/7-11/11	Special Topics III
	2nd Draft Due 11/11, Peer Review Workshop
11/14-16	Peer Reviewing (No class sessions, instructor at SfN Meeting)
11/18	Special Topics IV
11/21	Special Topics V
11/23-27	Thanksgiving Break
11/28-12/2	Special Topics VI
12/5-9	Special Topics VII, Class ends 12/9
12/13	FINAL Draft due by 12:30 pm