

INTRODUCTION TO CLINICAL PSYCHOLOGY

Psychology 440

Fall, 2007

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Class Time: Tuesday and Thursday: 12:00 to 1:25 Place: CUE 409
Office Hours: Tuesday and Thursday: 1:30 to 2:30 (and by appointment)

A. What is Clinical Psychology

“The field of Clinical Psychology integrates science, theory, and practice to understand, predict, and alleviate maladjustment, disability, and discomfort as well as to promote human adaptation, adjustment, and personal development. Clinical Psychology focuses on the intellectual, emotional, biological, psychological, social, and behavioral aspects of human functioning across the life span, in varying cultures, and at all socioeconomic levels.” (Society of Clinical Psychology, Division 12, American Psychological Association).

B. Summary of Course

Psychology 440, Introduction to Clinical Psychology, is an upper level (juniors and seniors) introduction to the field of clinical psychology. Abnormal Psychology is a prerequisite for the course. There are four main sections to the course with a variety of topics within each section. These sections and topics are:

1. Foundations of Clinical Psychology

1. Introduction to Clinical Psychology
2. Historical Overview of Clinical Psychology
3. Current Issues in Clinical Psychology
4. Research Methods in Clinical Psychology
5. Diagnosis and Classification in Clinical Psychology

2. Clinical Assessment

1. The Assessment Interview
2. Intellectual Assessment
3. Personality Assessment
4. Behavioral Assessment
5. Clinical Judgment

3. Clinical Interventions

1. Psychological Interventions
2. Psychodynamic Psychotherapy
3. Phenomenological and Humanistic-Existential Psychotherapy
4. Behavioral and Cognitive-Behavioral Psychotherapy
5. Group Therapy, Family Therapy, and Couples Therapy

4. Specialities in Clinical Psychology

1. Community Psychology
2. Health Psychology and Behavioral Medicine
3. Neuropsychology
4. Forensic Psychology
5. Pediatric and Clinical Child Psychology

C. Class Attendance

Class attendance is necessary to do well in the course.

D. Required Texts

Trull, T. J. (2005). *Clinical Psychology* (7th edition). Belmont, CA: Wadsworth.
Kuther, T. L. (2006). *Your Career in Psychology: Clinical and Counseling Psychology*. Belmont, CA: Wadsworth.

E. Classroom Etiquette

1. Please turn your cell phones off at the start of the lecture.
2. Please do not read the newspaper once the lecture has begun.
3. Please do not surf the net once the lecture has begun.

F. Examinations

There will be four examinations in class. The examinations will consist of short essay questions over the lectures and multiple choice questions from the reading assignments.

Examination Schedule: Examination 1: September 13
Examination 2: October 9
Examination 3: November 8
Examination 4: Finals Week

G. Community Service Learning Project

You will be required to spend 12 hours working in a community placement relevant to the content of this course (i.e., a minimum of 12 hours for the semester). Troy Robey from the WSU Community Service Center will attend class on August 23 (Thursday) to describe the placements. You must attend this class.

You will need to select a service learning site for your placement that meets two criteria: (1) the service learning site is relevant to the field of clinical psychology; and (2) the service learning site involves face-to-face interactions between you and the people at the site.

Troy Robey, the speaker from Community Service Learning, will also go over how to select your placement site.

YOU NEED TO HAVE SELECTED YOUR PLACEMENT SITE BY SEPTEMBER 6. I will ask you to turn in the name of your site on SEPTEMBER 6 (Thursday) in class.

There is a written component for the service learning project. You will keep a journal about your activities at the placement. **EACH TIME** you are at your placement, you should:

- (1) describe your activities; and
- (2) what you learned from this activities.

You should have these three heading: (1) DATE; (2) ACTIVITIES; and (3) WHAT I LEARNED in your journal for each visit to your placement.

Your journal is due on NOVEMBER 15. Your journal needs to be typed.

IMPORTANT NOTE ABOUT COMMUNITY SERVICE LEARNING PLACEMENTS:: If you are taking Psychology 445, the practicum course, then this course will count as your community placement (i.e., you do not have to select a community placement if you are taking Psychology 445). However, please inform the Community Service Learning Center about this. Because the Psychology 445 practicum will involve more than 12 hours, you may complete your journal on your entire experience (total time at the agency for the semester) OR you may select 12 hours to write on over the course of the semester.

H. Presentation

Each student will give EIGHT MINUTE presentation on their placement.

I. Paper

For your paper, you will discuss the connection between your placement and clinical psychology. Here you will need to find six articles relevant to your placement. For example, if you were involved with tutoring children with ADHD, then you could select six articles on the education of children with ADHD. In a similar manner, if your placement was at Alternatives to Violence, then you could select six articles relevant to this placement (e.g., impact of domestic violence on women). As a third example, if you were working with individuals with serious mental illness at a day treatment program, then you could select six articles on the usefulness of day treatment. As a fourth example, if you were working with elderly individuals with dementia, then your articles could focus on the care of individuals with dementia.

The purpose of the paper is to describe how the six articles are relevant to your placement. Your paper would be approximately 8 to 10 pages in length (typed and in APA format). I will provide more detailed guidelines for writing the paper later.

Important dates for paper:

Placement site turned in:	September 6
Purpose of paper and list of six articles turned in:	October 6
Final paper due:	November 15

J. Class Participation

Ten percent of your final grade will be based on class participation. For example, if you ask no questions or make no comments during the semester, then you will receive 0 points for this aspect. If you ask many questions and make many comments, then you will receive maximum credit here. It is thus important for everyone to talk in class.

K. Course Grade

1. Exams = 200 points (50 points per examination).
2. Journal = 40 points
3. Presentation = 10 points
4. Paper = 50 points
5. Class Participation: 30 points

L. Disabilities

Attention Students with Disabilities: Reasonable accommodations are available for students with a documented disability. If you have a disability and may need accommodations to fully participate in the class, please visit the Disability Resource Center (DRC). All accommodations **MUST** be approved through the DRC (Admin. Annex Bldg, Rooms 205). Please stop by or call 509-335-3417 to make an appointment with a disability specialist.

M. Schedule

Assignments

Week 1: August 21 and August 23

Tu: Introduction to Course & Introduction to Clinical Psychology
Th: Historical Overview of Clinical Psychology

Trull: Ch. 1; Kuther: Ch. 1 & 2
Trull: Ch. 2

Guest Speaker from Community Service Learning Center (Troy Robey)–Attendance Mandatory

Week 2: August 28 and September 30

Tu: Current Issues in Clinical Psychology
Th: Current Issues in Clinical Psychology

Trull: Ch. 3
Kuther: Ch. 3 to 8

Week 3: September 4 and September 6

Tu: Research Methods in Clinical Psychology
Th: Diagnosis and Classification in Clinical Psychology

Trull: Ch 4
Trull: Ch 5

Week 4: September 11 and September 13

Tu: Review for the exam
Th: Exam 1(Lectures, Trull Chapters 1 to 5, Kuthers 1 to 8).

Week 5: September 18 and September 20

Tu: The Assessment Interview
Th: Intellectual Assessment

Trull: Ch. 6
Trull: Ch. 7

Week 6: September 25 and September 27

Tu: Personality Assessment
Th: Behavioral Assessment

Trull Ch. 8
Trull: Ch. 9

Week 7: October 2 and October 4

Tu: Clinical Judgment
Th: Clinical Judgment & Review for Exam 2

Trull: Ch 10

Week 8: October 9 and October 11

Tu: Exam 2 (Lectures and Trull Ch. 6 to 10)

Th: Overview of Clinical Interventions Trull: Ch. 11

Week 9: October 16 and October 18

Tu: Psychodynamic Psychotherapy Trull: Ch. 12

Th: Short-Term Psychodynamic Psychotherapy Video for Depression

Week 10: October 23 and October 25

Tu: Phenomenological and Humanistic-Existential Psychotherapy Trull: Ch. 13

Th: Emotion Focused Therapy Video for Depression

Week 11: October 30 and November 1

Tu: Behavioral and Cognitive-Behavioral Psychotherapy Trull: Ch. 14

Th: Cognitive Behavior Therapy Video for Depression

Week 12: November 6 and November 8

Tu: Couples Psychotherapy Trull: Ch. 15

Th: Exam 3 (Lectures and Trull Chapters 11 to 15)

Week 13: November 13 and November 15

Tu: Clinical Health Psychology Trull: Ch. 17

Th: Clinical Neuropsychology Trull: Ch. 18

PAPER DUE ON NOVEMBER 15

JOURNAL DUE ON NOVEMBER 15

November 19 to 23–Thanksgiving Holiday

Week 14: November 27 and November 29

Tu: Student Presentations (7 students) Trull: Ch. 19

Th: Student Presentations (6 students) Trull: Ch. 20

Note: Attendance is mandatory for student presentations (i.e., 15 points will be taken off your total points for each absence during student presentations).

Week 15: December 4 and December 6

Tu: Student Presentations (6 students) Trull: Ch. 16

Th: Student Presentations (6 students)

Note: Attendance is mandatory for student presentations.

Finals Week (December 10 to 14): Exam 4 (Lectures and Trull Chapters 16 to 20)