

University of Management and Technology

Course Outline

Course code: CP635

Course title: Adult Disorders (Assessment and Psychotherapies)

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| Program | MS Clinical Psychology |
| Credit Hours | 3 |
| Duration | 15 Weeks |
| Prerequisites | Know about the foundation of psychology and has passed Basic Clinical Psychology course in previous semester. |
| Resource Person | Ms. Umaiza Bashir, Ms Asma Ijaz |
| Counseling Timing (Room#) | Monday 2:00 – 4:00 In library Building, Level 5 |
| Contact | Umaiza.bashir@umt.edu.pk Asma.ijaz@umt.edu.pk |

Chairman/Director signature.....

Dean's signature.....

Date.....

Learning Objective:

- To provide specialized knowledge, skills and insight in the area of adulthood disorders.
- To make students capable to comprehend different theoretical perspectives in the field of adult psychopathology as well as learn the empirical support for clinical cases.
- To study the DSM V classification system for the manifestation of the clinical disorders.
- To explain psychopathology of cases through the theoretical perspectives
- Determining the appropriate assessment and intervention plan for clinical cases.

Learning Methodology:

- Class room lectures
- Seminars
- Presentation
- Group projects
- Assignments
- Case presentations
- Demonstration

Grade Evaluation Criteria

Following is the criteria for the distribution of marks to evaluate final grade in a semester.

| Marks Evaluation | Marks in percentage |
|----------------------------------|----------------------------|
| Quizzes | 10 |
| Assignments | 10 |
| Presentations | 10 |
| Attendance & Class Participation | 10 |
| Term Project | 20 |
| Final exam | 40 |
| Total | 100 |

Note. *Quizzes, assignments, presentation and class participation is considered as Mid-term.*

Recommended Text Books:

Leahy, L. R. (2003). Cognitive Therapy Techniques: A Practitioner's Guide. New York: Guilford Press.

Miltenberger, R. G. (1997). Behavior modification: principles and procedures. Brooks/Cole Publishing Company, Inc.

Lura et al, (2003) Cognitive behavior therapy for psychotic symptoms. Center for clinical intervention.

Reference Books:

Jongsma.A.E, (2014) Adult Psychopathology: Homework Planner

Jongsma.A.E, (2014). The complete Adult Psychotherapy: Treatment Planner

Neill. H.O.(2000). Managing Anger

Calendar of Course contents to be covered during semester

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| Week | Course Contents | Reference Chapter(s) |
|-------------|---|---------------------------------|
| 1. | Orientation of the Course Understanding of Adulthood Psychopathology under light of bio-psycho-social perspectives | |
| 2. | Schizophrenia and Rehabilitation of psychiatric problems | |
| 3. | Psychological Assessments Interview Demonstrations | |
| 4. | Cognitive Behavior Therapy (CBT) Techniques Demonstration | |
| 5. | Substance-Related and Addictive Disorders | |
| 6. | Psychopharmacology | |
| 7. | Anxiety Disorders | |
| 8. | Projective Techniques (Thematic Apperception Test (TAT, ORT,)) | |
| 9. | Psycho-sexual Dysfunctions and Disorders | |
| 10. | Topic Presentations | |

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| 11. | Rational Emotive Behavior Therapy | |
| 12. | Somatic Symptoms and Related Disorders | |
| 13. | Gestalt Therapy | |
| 14. | Obsessive Compulsive and Related Disorder | |
| 15. | Family Therapy | |