

University of Management and Technology

Course Outline

Course code...CP201

Course title.....Bio-psycho-social and spiritual Perspectives in Clinical Psychology-An Integrated Approach

Program	BS Clinical Psychology
Credit Hours	2
Duration	15 Weeks
Prerequisites	<ul style="list-style-type: none">• Basic understanding of Clinical Psychology• Application of Psychology
Resource Person	Rabia Khadim
Counseling Timing (Room# (Room# Library Building, level 5, Hall F)	Tuesday (2-4pm) Thursday (2-4pm)
Contact	Rabia.khadim@umt.edu.pk

Chairman/Director signature.....

Dean's signature.....

Date.....

Learning Objective:

- This course will help students to learn about how biopsychosocial model was emerged?
- Introducing them with major theoretical models
- Applying and relating this approach to everyday problems and experiences
- Application of BioPsychoSocial and Spiritual Model over the life Span

Learning Methodology:

Following learning methodologies will be employed to teach this course:

- Power Point Lectures
- Videos on Conceptualization
- Class Discussions
- Scenario Based Demonstrations
- Case Study
- Practical and Creative Assignments

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	20%
Mid Term	20%
Final exam	40%
Total	100%

Recommended Text Books:

Borrell-Carrió F, Suchman,A.L., Epstein, R.M. (2004).The biopsychosocial model 25 years later: principles, practice, and scientific inquiry. Annual Family Medicine. 2:576-582

Cohen J, Brown Clark S: John Romano and George Engel: Their Lives and Work. University of Rochester Press, Rochester, NY, and Boydell and Brewer Limited, Suffolk UK, 2010.

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Calendar of Course contents to be covered during semester

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Week	Course Contents	Reference Chapter(s)
1	<ul style="list-style-type: none">• Definition and explanation of all contents of the model	
2	<ul style="list-style-type: none">• Human Development• BPSS and Application to different ages in order to understand human behavior	
3	<ul style="list-style-type: none">• Biological Perspective: Brain and Behavior	
4	<ul style="list-style-type: none">• Evolutionary Psychology: Genes in Action• Role of Temperament	

5	<ul style="list-style-type: none"> • Psychological Experiences and its effects 	
6	<ul style="list-style-type: none"> • Different Age: Childhood, Adolescent, Adulthood 	
7	<ul style="list-style-type: none"> • Social Perspective: Role of family and society in the up-brining of the individual 	
8	<ul style="list-style-type: none"> • Adolescent: Spurt in Growth in all Areas & Gender specific skills 	
9	<ul style="list-style-type: none"> • Adulthood 	

10	<ul style="list-style-type: none"> • Adulthood: Reverse Cycle & Disorders 	
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11	<ul style="list-style-type: none"> • Aging, Death and Bereavement 	
12	<ul style="list-style-type: none"> • Role of culture and environment • Spirituality and religiosity • 	
13	<ul style="list-style-type: none"> • Integration of the bio-psycho-social and spiritual aspects of the behavior 	
14	<ul style="list-style-type: none"> • The relevance of BPSM with clinical practice 	
15	<ul style="list-style-type: none"> • Course Overview, Feedback & Summary 	