**PSY-399 Clinical Psychology**

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| Resource Person: | Beenish Mubeen |
| Email:  | beenish.mubeen@umt.edu.pk |
| School & Department | School of Professional Psychology | Department of Applied Psychology |
| Consultation Hours | Monday 12:00– 01:00 pm, Friday 02:00 – 04:00pm  |
| Degree Program: | BS-PSY |
| Section: | A |
| Semester: | F2023 |
| Course Pre-requisite(s): | Mental Health and Psychopathology (Child + Adult) |
| Credit Hours: | 3 |
| Course Type: (Theory/Lab) | Theory |
| Venue/Day/Time: | Tuesday 08:00am-11:00am |
| Course URL (if any): | --- |

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| 1. **Faculty Profile / Introduction**
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| Academically, she is PhD Scholar at Institute of Applied Psychology, University of the Punjab, Lahore. She has Done her Masters in Clinical Psychology from Government College University, Lahore. She is a Dedicated Psychology Teacher who believes that every student must understand the importance of psychology in their everyday lives. As well as teaching undergraduate and postgraduate students, her research interests focus on Clinical Psychology, Social Psychology, Health Psychology & Forensic Psychology.  She is engaged in Teaching and Research for about more than seven years. She worked as Head of Psychology Department at Cantonment Board Post Graduate College for two years and overall five years of Teaching Experience and five years of Clinical Experience. She joined University of Management and Technology in 2020, she is extremely passionate to work with a dynamic organization. During this period, she has been working on quality teaching and research in the institution. Till now, she has supervised 13 BS and 4 MPhil theses. She has eight publications in International and National HEC-recognized journals. Talking about professional development, she has attended various training workshops. She is skilled to design customized course curriculums by introducing interactive courses.   |

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| 1. **Course Description:**
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| This course offers an in-depth exploration of the field of clinical psychology, focusing on the assessment, diagnosis, and treatment of psychological disorders and the application of psychological principles in real-world clinical settings. Students will develop a comprehensive understanding of clinical psychology's theoretical foundations, ethical considerations, and evidence-based practices. |

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| 1. **Course Teaching Methodology:**
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| The course is designed to be interactive and engaging, with a combination of:* Power Point Lectures
* Class Discussion
* Role Play and Demonstrations
* Case Studies
* Guest Lectures
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| 1. **Program Educational Objectives (PEOs):**
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| PEO-1 | Graduate will be able to describe and apply concepts and theories relevant to the disciplines of psychology.  |
| PEO-2 | Graduate will demonstrate effective written and oral skills in various formats |
| PEO-3 | Graduate will be able to conduct and evaluate research addressing psychology related issues. |
| PEO-4 | Graduate will demonstrate ethical behavior in all aspects of psychology. |
| PEO-5 | Graduates will exhibit a life-long learning approach towards life with psychological science |

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| 1. **Program Learning Outcomes (PLOs):**

**After completing this degree program, students shall be able to:** |
|  | **Mapping the PLOs with PEOs** |
| PLO-1 | **Psychology Knowledge:** The students will have a good knowledge and understanding of the subject and its implication in different areas and to apply knowledge of Psychology to both theoretical and practical social problems. | PEO1 |
| PLO-2 | **Communication:** The students will demonstrate effective verbal and written skills. Able to communicate mindfully and respectfully to individuals and professionals of diverse ethnic, religious, and cultural backgrounds. An ability to communicate effectively, orally as well as in writing, on various social events held by the Psychologists’ community, including conferences, seminars, workshops etc. | PEO2 |
| PLO-3 | **Research:** An ability to identify, formulate, search literature, and analyze complex social and psychological problems reaching substantiated conclusions using ethical principles related to its sub-fields. | PEO3 |
| PLO-4 | **Ethics:** Apply ethical principles to practice psychology in the community. Understanding about ethical practice and best practices as psychologists. | PEO4 |
| PLO-5 | **Life-Long Learning:** Able to develop significant professional goal for life after being graduate. An ability to recognize the importance of psychology and its implacability in their personal and professional lives. | PEO5 |

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| 1. **Course Objectives (COs)**
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| CO-1 | To provide a solid understanding of key psychological theories and concepts, laying the groundwork for clinical practice. |
| CO-2 | To equip students with the ability to accurately assess and diagnose psychological issues using Informal and formal assessment. |
| CO-3 | To emphasize evidence-based approaches to clinical psychology, enabling students to select and implement effective interventions based on empirical research and clinical expertise. |
| CO-4 | To instill a strong ethical foundation, teaching students to navigate complex ethical dilemmas, maintain confidentiality, and uphold professional standards. |
| CO-5 | To provide opportunities for supervised clinical experience or practicum, to allow students to apply their knowledge and skills in real-world settings.  |

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| 1. **Course Learning Outcomes (CLOs):**

**After completing this course, students shall be able to:** |
|  | **Mapping the CLOs with PLOs** |
| CLO-1 | Comprehensive understanding of fundamental psychological theories and concepts, enabling students to apply these principles to clinical assessment and intervention effectively. | PLO1 |
| CLO-2 | Competence to accurately assess and diagnose a wide range of psychological disorders and issues. | PLO2 |
| CLO-3 | Students will be proficient in implementing evidence-based approaches in clinical psychology across various modalities. | PLO3 |
| CLO-4 | Students will develop a strong ethical foundation in clinical practice. | PLO4  |
| CLO-5 | Students will develop the clinical competence necessary for ethical and effective practice in real-world clinical settings.  | PLO5 |

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| 1. **Assurance of Learning and Assessment Items:**

*Specify Assessment Items that will assure student learning through application and achieve objectives of specific PLOs / CLOs* |
| **Assessment Item** | **Application/ Objectives****PLO / CLO** |
| Assignment 1 | **CLO1/PLO1** |
| Assignment 2 | **CLO2/PLO2** |
| Assignment 3 | **CLO3/ PLO3** |
| Assignment 4 | **CLO4/ PLO4** |
| Case Study | **CLO5/ PLO5** |
| Quiz 1 | **CLO1 / PLO1** |
| Quiz 2 | **CLO3 / PLO3** |
| Quiz 3 | **CLO4 / PLO4** |
| Quiz 4 | **CLO5/ PLO5** |
| Mid Term Exam | **CLO1, CLO2, CLO3, CLO4 / PLO1, PLO2, PLO3, PLO4** |
| Final Exam | **CLO1, CLO2, CLO3, CLO4, CLO5/ PLO1, PLO2, PLO3, PLO4, PLO5** |

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| 1. **Assessment Structure and Grading Policy\*:**
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| **Assessment Item(s)** | **Weight (%)** | **When will be assessed** |
| Quiz | 10 | Once every two weeks |
| Assignments | 10 | Once every two weeks |
| Project | 15 | One-time assessment |
| Mid-term exam | 25 | One-time assessment |
| Final exam | 40 | One-time assessment |
| **Total**  | **100** |  |
| **Notes – Norms and Important Class Policies:** *(such as submission guidelines, academic honesty, make-up policy, code of conduct)** Student who is not present in class will be marked as ABSENT despite of any justification.
* Attendance will be marked 10 minutes after the class time. Students entering class after 10 minutes will be marked as absent.
* Attendance below 80% will result in Short-Attendance grade. The participant will not be allowed to sit in the final examination.
* All assignment submission is subject to plagiarism check. Plagiarism score above 19% will render the submission void.
* Students will review LMS weekly for the announcements and updates
* There is no provision for make-up exam, mid-term exam, quizzes and assignments for any reason whatsoever.
* If any class is missed due to any reason, a makeup class will be arranged in the following week.

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*\*Rubrics for all assessments (including mid and final exams) will be provided separately to the students.*

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| 1. **Weekly Sessions Plan:**
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| **Week** | **Topics / Contents** | **Activity** | **Application/Objectives****PLO / CLO** |
| 1 | **Introduction** * Clinical Psychology: Introduction and Key Concepts
* Historical Background
* Allied Fields: Counselling Psychology, Health Psychology, Neuropsychology
 | Lecture, Discussion, Assignment 1 | **CLO1/PLO1** |
| 2 | **On Becoming a Clinical Psychologist** * + Characteristics of effective clinical psychologist
	+ Role & responsibilities of a clinical psychologist
	+ Personal values of clinical psychologist
	+ Professional Ethics
 | Lecture, Discussion | **CLO4/PLO4** |
| 3 | **Assessment in Clinical Settings*** Psychological assessment
* Informal Assessment
* How to conduct clinical interview/ case history
* History taking (Role Playing)
* Mental Status Examination
* Observation
* Baseline Charts
 | Lecture, Discussion, Quiz 1 | **CLO2/ PLO2** |
| 4  | **Formal Assessment/Diagnostic Assessment*** Tests, Scales and Inventories
* Projective Tests
* Objective Tests
 | Lecture, Discussion, Assignment 2 | **CLO2/ PLO2** |
| 5 | **The “Big Picture” of Psychotherapy** * Defining psychotherapy.
* Process of psychotherapy
* Psychotherapeutic skills.
* Diversifying therapy
* Experiential self-awareness exercises
 | Lecture, Discussion | **CLO1/ PLO1** |
| 6 | **Behavior Therapy*** Introduction to behavior Modification
* Principles of Behavior Modifications
* Functional Analysis
 | Lecture, Discussion,Practical | **CLO3/ PLO3** |
| 7  | **Behavior Therapy*** Behavioral Techniques
* Differential reinforcement
* Chaining
* Shaping
* Extinction
* Token economy
* Relaxation exercise
* Thought stopping
* systematic desensitization,
* Assertiveness training
* Covert sensitization
 | Lecture, Discussion, Assignment 3 | **CLO3/ PLO3** |
| 8 | **Psychodynamic Approaches*** Core Principles Of Psychodynamic Therapy
* Role of the Psychodynamic Therapist

**Freudian Approach*** Transference & Counter Transference
* Defense Mechanisms
* Freudian Slips
* Free Association
* Dream Analysis
 | Lecture, Discussion, Practical, Quiz-2 | **CLO3/ PLO3** |
| 9 | **MIDTERM** |  | **CLO1, CLO2, CLO3, CLO4 / PLO1, PLO2, PLO3, PLO4** |
| 10 | **Cognitive Behavior Therapy*** Introduction to cognitive behavior therapy
* Basic principles in cognitive behavior therapy
* Negative Automatic Thoughts
* Cognitive Errors
 | Lecture, Discussion, PracticalProject | **CLO1/ PLO1** |
| 11 | **Cognitive Behavior Therapy*** CBT Techniques
* Cognitive restructuring
* Journaling and thought records
* Role playing
* Guided discovery
 | Lecture, Discussion, Practical, Quiz-3 | **CLO3 / PLO3** |
| 12 | **Rational Emotive Behavior Therapy*** Introduction to Rational Emotive Behavior Therapy
* Core Concepts
* Therapeutic Techniques
* Disputing and its types
* Rational Coping Statements
* Reframing
* Forceful Coping Statements
* Humor, Encounter Exercises
* Shame Attacking Exercises
 | Lecture, Discussion, Practical | **CLO3/ PLO3** |
| 13 | **Humanistic and Existential Therapies*** Essential Skills
* Client Centered Therapy
* Transpersonal Therapy
* Gestalt Therapy
 | Lecture, Discussion, Assignment 4 | **CLO3/ PLO3** |
| 14  | **Family Therapy*** Introduction
* Goals of Family Therapy
* Genogram
* Emotions Balls
* Mirroring Activity
 | Lecture, Discussion, Practical, Quiz-4 | **CLO3/ PLO3** |
| 15 | **Research in Clinical Psychology*** Designs in Clinical Research
* Ethics in Clinical Research

**Case Report** | Lecture, Discussion | **CLO3/ PLO3****CLO5/PLO5** |
| 16 | **FINAL TERM EXAM** | **CLO1, CLO2, CLO3, CLO4, CLO5/ PLO1, PLO2, PLO3, PLO4, PLO5** |

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| 1. **Primary Text Book (s):**
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| * Barlow, D.H. (2011). *The oxford handbook of clinical psychology.* USA: Oxford University Press
* Leahy, R. (2003). *Cognitive therapy techniques: A practitioner’s guide.* New York, USA: The Guilford Press
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| 1. **Reference / Supplementary Reading (s):**
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| * Burnham, J.B. (1986). *Family therapy: First steps towards a systemic approach.* New York: Tavistock Publisher
* Comer, R.J. (2013) *Abnormal Psychology* (8th *ed*.) U.S.A: Free man & company.
* Corey,G. (2017). *Theory and Practice of Counselling and Psychotherapy* (10th ed). Cengage Learning.
* Ellis, A. & Neenan, A. (2006). *Rational emotive behavior therapy: A therapist’s guide.* California: Impact Publishers
* Groth-Marnat, G. (2016). *Handbook of psychological assessment (4th ed.).* Canada: John Wiley & Sons, Inc.
* Miltenberger, R. (2016). *Behavior modification: Principles and procedures*. Cengage Learning.
* Sharpless, B. (2019). [Psychodynamic Therapy Techniques: A Guide to Expressive and Supportive Interventions](https://b-ok.asia/book/5064375/e9585f). [Oxford University Press, USA](https://b-ok.asia/s/?q=Oxford+University+Press%2C+USA)
* Schneider, k. J & Krug, O. T. (2017). *Existential-Humanistic Therapy.* American Psychological Association.
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| 1. **Useful Online / Web Resources:**
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| N/A |