**University of Management and Technology**

**Course Outline**

**Course Code**: PSY399 **Course Title:** Clinical Psychology

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| Program | BS-VII |
| Credit Hours | 3 HRS |
| Duration | 15 weeks |
| Prerequisites | * Basic Understanding of the perspectives of psychology * Knowledge about the Adult and Child Psychopathology * Knowledge of major psychological assessment modalities |
| Resource Person | Ms. Mishal Khan Lodhi |
| Counseling Timing  (Room#(Room# Library Building, 5th Level, Hall F) | Monday: 2:00 – 3:00 pm  Friday: 9:30 – 11:00 pm |
| Contact | 0322-4761594  [mishal.lodhi@umt.edu.pk](mailto:mishal.lodhi@umt.edu.pk) |

**Chairman/Director signature……………………………….**

**Dean’s signature…………………………… Date………………………….**

**Learning Objective:**

The course is designed to develop knowledge and skills in the field of Clinical Psychology and Interventions. Students will apply all legal and ethical standards related to patient and therapist relationships in all psychological assessment and therapeutic interventions and their documentation.

On successful completion of this course, the participants will:

1. Have adequate knowledge of the concepts and theoretical models of therapeutic interventions.
2. Have learned major dimensions of therapy within its ethical and legal framework.
3. Have an understanding of how to build and work in a therapeutic relationship, with special emphasis on issues of termination, supervision and assessment.
4. Learn to build and demonstrate professional relationships with clients, colleagues, supervisors, faculty, other multidisciplinary healthcare team professionals, and community members in accordance with the ethical standards and values of the profession.

Demonstrate awareness, attitudes of respect, and appropriate responses in the delivery of psychological services sensitive to the clients’ gender, socioeconomic status, ethnicity, physical and mental capacities, religion, spirituality, and age as well as the interrelationships of these identities and statuses.

**Learning Methodology:**

Following learning methodologies will be employed to teach this course:

* Power Point Lectures
* Videos on Therapeutic Intervention
* 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%

Mid Term 25%

Term Project 10%

Presentations 10%

Final exam 35%

Total 100%

**Recommended Text Books:**

Miltenberger, R. (2011). *Behavior modification: Principles and procedures*. Cengage Learning.

Leahy, R. (2003). *Cognitive therapy techniques: A practitioner’s guide.* New York, USA: The Guilford Press

**Reference Books:**

American Psychaitric Association (2013). *Diagnostic and statistical manual for mental disorders   
 (5th ed.).* Washington, DC: Author

Barlow, D.H. (2011). *The oxford handbook of clinical psychology.* USA: Oxford University Press

Burnham, J.B. (1996). *Family therapy: First steps towards a systemic approach.* New York: Tavistock Publisher

Burns, D.D. (1980). *Feeling good.* New York: Quill

Comer, R.J. (2004) *Abnormal Psychology* (6th *ed*.) U.S.A: Free man & company.

Cowen, P., Harrison, P., & Burns, T. (2006).  *Shorter Oxford textbook of Psychiatry* (5thed.).   
 United Kingdom, UK: Oxford University Press.

Ellis, A. & MacLaren, C. (1998). *Rational emotive behavior therapy: A therapist’s guide.* California: Impact Publishers

Groth-Marnat, G. (2003). *Handbook of psychological assessment (4th ed.).* Canada: John Wiley   
 & Sons, Inc.

Hecker, J.E. & Thorpe, G. (2005). *Introduction to clinical psychology: Science , practice and   
 ethics.*London: Taylor and Francis.

Wells, A. (1997). *Cognitive therapy of anxiety disorders: A practice manual and conceptual   
 guide.* New York, USA: John Wiley & Sons

**Calendar of Course contents to be covered during semester**

**Course Code:** PSY 339 **Course Title:** Clinical Psychology

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| **Week** | **Course Contents** | **Reference Chapter(s)** |
| 1 | **Introduction to Clinical Psychology**   * Clinical Psychology: Introduction and Key Concepts * Subfields of Clinical Psychology | Abnormal Psychology  (Comer, 2013)  Chapter 1 |
| 2 | **The Big Picture of Psychotherapy**   * What is psychotherapy? Key Concepts * Process of psychotherapy * Diversifying therapy   **Ethical Issues in Psychotherapy**   * Professional issues in Psychotherapy * Professional Code of Conduct * Research in Psychotherapy and Clinical Supervision | Handbook of Clinical Psychology (Barlow, 2011)  Chapter 1  Handbook of Clinical Psychology (Barlow, 2011)  Chapter 10 |
| 3 | **Psychological Assessment**   * What is psychological assessment? * Stages of Assessment * Assessment Techniques   + Clinical Interview   + History taking   + Observation   + Baseline Charts | Handbook of Psychological Assessment  (Groth-Marnat, 2003)  Chapter 3 and 4 |
| 4 | **Assessment Modalities**   * MSE * Projective Tests (HTP) * Assessing Children: PGEE/CABS | Handbook of Psychological Assessment  (Groth-Marnat, 2003)  Chapter 5 |
| 5 | **Psychodynamic Approaches**   * Freudian Approach: Key Concepts   + Course of therapeutic psychoanalysis   + Transference, counter transference, defense mechanisms, free association and dream interpretation | Introduction to Clinical Psychology  (Hecker & Thorpe, 2005)  Chapter 6 |
| 6 | **Psychodynamic Approaches**   * Jungian Analytical Psychotherapy: Key Concepts   + Jung’s therapeutic techniques * Adler’s Individual Psychology: Key Concepts   + Adler’s therapeutic technique | Introduction to Clinical Psychology  (Hecker & Thorpe, 2005)  Chapter 6 |
| 7 | **Behavior Modification**   * History of Behavior Therapy * Behavior Modification: Introduction, Principles * Assessment Modalities in ABA | Behavior Modification  (Miltenberger, 2011)  Chapter 2, 3 |
| 8 | MID TERM EXAM |  |
| 9 | **Behavior Modification**   * Behavioral Techniques * Behavioral Skills Training | Behavior Modification  (Miltenberger, 2011)  Chapter 4 ,5,6,7,8 |

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| 10 | **Cognitive Behavior Therapy**   * Understanding: Origin and Principles * Elements and Key Concepts | Cognitive Therapy Techniques  (Leahy, 2003)  Chapter 1 & 2  Cognitive therapy for Anxiety Disorders  (Wells, 1997) |
| 11 | **Cognitive Behavior Therapy**   * Assessment Techniques in CBT * Application: Cognitive Techniques and Implementation | Cognitive Therapy Techniques  (Leahy, 2003)  Chapter 4, 5, 6 |
| 12 | **Rational Emotive Behavior Therapy**   * Origin, Core Concepts and Therapeutic Process * Application: Techniques | Rational Emotive Behavior Therapy  (Ellis & McLaren, 1968)  Chapter 3,4,5 |
| 13 | **Family Therapy**   * Introduction, Principles, Key Concepts * Assessment: Genogram * Application: Techniques and Procedures | Family Therapy Book  (Burnham, 1996)  Chapter 3,4,6,8 |
| 14 | **Other Treatment Approaches**   * Problem Solving Skills * Play Therapy * Assertiveness Training | Introduction to Clinical Psychology  (Hecker & Thorpe, 2005)  Chapter 9 |
| 15 | **Stress Management**   * Stress: Types, Sources and biology of stress * Stress management: Techniques and Coping Strategies | Introduction to Clinical Psychology  (Hecker & Thorpe, 2005)  Chapter 11 |