

COURSE SPECIFICATION DOCUMENT

Academic School / Department: Humanities & Social Sciences

Programme: Psychology

FHEQ Level: 6

Course Title: Clinical Psychology

Course Code: PSYC 6101

Total Hours: 160 (Lev 3-5) (4 US Credit)

Timetabled Hours: 45

Guided Learning Hours: 15

Independent Learning Hours: 100

Credit 16 UK CATS credits

8 ECTS credits

4 US Credits

Course Description:

Combines lectures, case studies, and audiovisual sessions to introduce students to the field of clinical psychology, psychiatry, and mental health work. An examination of the symptoms and treatment options for a range of mental and emotional disorders, including anxiety, depression, and schizophrenia, raising several important issues for discussion. These include cultural variations in the definition and diagnosis of disordered states; the social psychological problems of the move from asylums to community care; and criticisms of the medical model of abnormality. This course will explore how modern Clinical Psychology implements evidence-based treatments to improve psychologically based distress or dysfunction and promote subjective and behavioural well-being and personal development.

Prerequisites:

70 credits and PSYC 4101 Introduction to Psychology

Aims and Objectives:

- To develop student understanding of the theory and practice of clinical psychology and applied psychology.
- To provide students with an overview and understanding of various pathologies, the symptoms associated with mental illness, and the role of theories of personality in explaining the causes of these illnesses.
- To provide a background for eventual careers in fields (including work in government, international organisations, business and the media) which require articulate, clear-thinking individuals with a grasp of clinical psychology.
- To provide a framework to assist concerned citizens to think critically about issues that are of increasing importance in the 21st century.
- To promote critical engagement with a wide range of literature, and the development of both a succinct writing style, and the ability to present complex arguments orally.

Programme Outcomes:

6AI; 6BI; 6CIII; 6DIII

A detailed list of the programme outcomes are found in the Programme Specification.

This is located at the archive maintained by Registry and found at:

<https://www.richmond.ac.uk/programme-and-course-specifications/>

Learning Outcomes:

By the end of this course, successful students should be able to:

- Demonstrates a systematic understanding of different theories, perspectives and approaches used in clinical psychology to understand abnormal behavior and mental illness.
- Demonstrates a systematic understanding of practical issues and problems faced in the diagnosis and treatment of abnormal behaviour and mental illness.
- Demonstrates the communication skills needed to plan and manage for changing contexts, audiences and levels of complexity.
- Engage directly with skills that translate directly into a workplace context.

Indicative Content:

- Historical Foundations of Clinical Psychology
- Working in Health and Social Care settings
- Differences between the US and UK mental care system
- Pathologies/Models of Abnormal Behavior and their definitions with reference to the Diagnostic Statistical Manual of Mental Disorders
- Clinical Assessment & Classification of Abnormal Behavior
- Disorders (i.e. anxiety, depression, dissociative disorders, personality, mood, schizophrenia)
- Improving access to Psychological Therapies (low-intensity CBT)
- Evidence-based interventions for psychological disorders (Anxiety/Depression/Schizophrenia) in adults

Assessment:

This course conforms to the University Assessment Norms approved at Academic Board and located at: <https://www.richmond.ac.uk/university-policies/>

Teaching Methodology:

This course will be delivered face to face through a combination of lectures and interactive sessions. In addition to classroom activities, there are guided learning elements that are tutor led and arranged through Blackboard. These activities can be asynchronous online sessions, flipped classrooms, set readings with discussion boards or set guest lectures for example. Set activities are monitored by the instructor to ascertain student engagement. Students are encouraged to prepare for class and to play an active part, to raise questions, following-up ideas and interact with a wide range of provided material.

Indicative Text(s):

Abramowitz, J.S., Prinstein, M.J. and Trull, T.J. (2023) *Clinical Psychology: A scientific, multicultural, and lifespan perspective*. 9th edn. Worth Publishers.

Butcher, J.N., and Hooley, J.M. (eds). (2018) *APA handbook of Psychopathology: Volume 1: Psychopathology: Understanding, assessing, and treating adult mental disorders*. American Psychological Association.

Sue, D., Sue, D.W., Sue, D. and Sue, S. (2021) *Understanding Abnormal Behavior*. 12th edn. Cengage.

Wenzel, A. (ed.) (2021) *Handbook of cognitive behavioral therapy*. American Psychological Association. Two volumes.

See syllabus for complete reading list.

Change Log for this CSD:

Nature of Change	Date Approved & Approval Body (School or AB)	Change Actioned by Registry Services
First edition	November 2024	