

COURSE SPECIFICATION DOCUMENT

| | |
|------------------------------------|--|
| Academic School/Department: | CASS |
| Programme: | Psychology |
| FHEQ Level: | 6 |
| Course Title: | Clinical Psychology |
| Course Code: | PSY 6435 |
| Course Leader: | Afsane Riazi |
| Student Engagement Hours: | 120 |
| Lectures: | 30 |
| Seminar / Tutorials: | 15 |
| Independent / Guided Learning: | 75 |
| Semester: | TBA |
| Credits: | 12 UK CATS credits 6 ECTS credits 3 US credits |

Course Description:

In 2011, the Centers for Disease Control and Prevention reported that antidepressant use in the United States has increased nearly 400% in the last two decades, making antidepressants the most frequently-used class of medications by Americans aged 18-44 years. In a similar manner, a study conducted between 2001-2003 by the National Institute of Mental Health reported that, at some point in their lives, 46% of Americans met the criteria established by the American Psychiatric Association for at least one mental illness. 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: PSY 5200 and PSY 5405

Aims and Objectives: This course is designed to develop students' understanding of the theory and practice of clinical psychology and serve as an introduction to an applied field of psychology. Lectures will introduce topics in clinical psychology such as current trends and interests in clinical psychology; how evidence-based treatments are conducted and implemented; low-intensity cognitive behavioural treatments for anxiety and depression; psychological disorders in adult; ageing disorders; learning difficulties and; neuropsychological assessment and rehabilitation. Students are

expected to develop a sound understanding of clinical psychology interventions strengths and limitations. Professional issues including the ethics of clinical practice will also be addressed.

Programme Outcomes:

6Aiii, 6Aiv, 6Bi, 6Civ, 6Dii, 6Diii

A detailed list of the programme outcomes is found in the Programme Specification. This is maintained by Registry and located at:

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

Learning Outcomes:

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

- Demonstrate an understanding of current theoretical approaches that explain aetiology and maintenance of these disorders;
- Demonstrate an ability to argue how evidence-based treatments are implemented in mental health settings
- Summarise and critique ideas that enable the translation of clinical theory and empirical evaluation into clinical practice and treatment development.

Indicative Content:

Historical Foundations of Clinical Psychology
Clinical Assessment
Working in Health and Social Care settings
Attending Behaviour in Therapy (Micro-Skills)
Differences between the US and UK mental care system
Improving access to Psychological Therapies (low-intensity CBT)
Evidence-based interventions for psychological disorders (Anxiety/Depression/Sexual Dysfunction) in Adults
Challenging behaviour and learning disabilities
Ageing Disorders: Promoting well-being and patient care
Neuropsychological Assessment and Rehabilitation

Assessment:

This course conforms to the University Assessment Norms approved at Academic Board.

Teaching Methodology:

The course material will be covered in the following ways:

- I. Lecture presentations with the key concepts
- II. Group discussions on journal articles and important questions on the topics discussed
- III. Internet sites related to psychology
- IV. Intra-net access to lecture notes and reading material

Bibliography:

See syllabus for complete reading list

Recommended textbook

Trull TJ and Prinstein MJ. (2013) *The Science and Practice of Clinical Psychology* (8th ed.) Boston: Cengage

Journals

Journal of Abnormal Psychology

Journal of Consulting and Clinical Psychology

Clinical Psychology Review

Archives of General Psychiatry

British Journal of Psychiatry

American Journal of Psychiatry

Web Sites

dcp.bps.org.uk

<http://www.nimh.nih.gov/index.shtml>

<http://www.abpp.org>

<https://www.nice.org.uk/guidance>

Please Note: The core and the reference texts will be reviewed at the time of designing the semester syllabus

Change Log for this CSD:

| Major or Minor Change? | Nature of Change | Date Approved & Approval Body (School or LTPC) | Change Actioned by Academic Registry |
|------------------------|------------------|--|--------------------------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |