

## COURSE SPECIFICATION DOCUMENT

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| <b>Academic School/Department:</b> | Psychology   |
| <b>Programme:</b>                  | Psychology   |
| <b>FHEQ Level:</b>                 | 6  |
| <b>Course Title:</b>               | Clinical Psychology                                  |
| <b>Course Code:</b>                | PSY 6107   |
| <b>Student Engagement Hours:</b>   | 160  |
| Lectures:                          | 22.5   |
| Seminar / Tutorials:               | 22.5   |
| Supervision:                       | 15   |
| Independent / Guided Learning:     | 100  |
| <b>Credits:</b>                    | 16 UK CATS credits<br>8 ECTS credits<br>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, mania, and the schizophrenias, 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:**

PSY 5215 Personality, Individual Differences and Intelligence

**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. It will introduce students to the various pathologies outlined in the widely used Diagnostic and Statistical Manual of Mental Disorders- Fourth Edition Test Revision (DSM-IV-TR). Students will gain knowledge of the symptoms associated with a variety of mental illnesses, and gain insight into how the diverse theories of personality explain the causes of these illnesses. Lectures will also 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. 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:**

Psychology: 6Aiii, 6Aiv, 6Bi, 6Civ, 6Dii, 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:

- Develop an understanding of the various aspects of abnormal behavior.
- Develop an understanding of the evolution of psychological perspectives on mental illness and the changes in treatment approaches.
- Establish an awareness of the cultural and societal influences on mental health and in diagnosis.
- Recognize the interplay of biology, psychiatry, psychology, and other fields on the understanding of abnormal behaviors.
- Demonstrate an understanding of current theoretical approaches that explain aetiology and maintenance of mental health disorders.
- Demonstrate an ability to argue how evidence-based treatments are implemented in mental health settings and recognise their strengths and limitations.
- 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
- Working in Health and Social Care settings
- Differences between the US and UK mental care system
- Abnormal Behavior Defined
- Models of Abnormal Behavior
- Clinical Assessment & Classification of Abnormal Behavior
- Anxiety Disorders
- Dissociative Disorders & Somatoform Disorders
- Personality Disorders
- Mood Disorders
- 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:**

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. Supervision meetings
- IV. Internet sites related to psychology
- V. Intra-net access to lecture notes and reading material

**Indicative Texts:**

Butcher, J. N., & Hooley, J. M. (2018). *APA handbook of psychopathology:*

*Psychopathology: Understanding, assessing, and treating adult mental disorders.* American Psychological Association

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

Sue, S., Sue, D., & Sue, S. (11th Edition, 2020). *Understanding Abnormal Behavior.* Wadsworth.

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

**Journals:**

*Journal of Abnormal Psychology*

*Clinical Psychology Review*

*Archives of General Psychiatry*

*British Journal of Psychiatry*

*American Journal of Psychiatry*

**American Psychological Association Journals:**

*Journal of Abnormal Psychology*

*Journal of Consulting and Clinical Psychology*

*Journal of Counseling Psychology*

*Psychotherapy: Theory, Research, Practice, Training*

**British Psychological Society Journals:**

*British Journal of Clinical Psychology*

*British Journal of Health Psychology*

*Psychology and Psychotherapy: Theory, Research and Practice*

**Web Sites:**

<https://www.psychiatry.org/psychiatrists/practice/dsm>

dcp.bps.org.uk

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

<http://www.abpp.org>

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

See syllabus for complete reading list

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

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Change Log for this CSD:

| Major or Minor Change? | Nature of Change  | Date Approved & Approval Body (School or LTPC) | Change Actioned by Academic Registry |
|------------------------|---|--|--------------------------------------|
| Major                  | Number of credits, course description, aims and objectives, learning outcomes, indicative content, and pre-requisites | 09.11.2021, Psychology Department              |                                      |
|                        | Various updates as part of the UG programme review  | AB Jan 2022                                    |                                      |
|                        | Revision – annual update  | May 2023                                       |                                      |
|                        |   |  |                                      |
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