

## Introduction to Clinical Psychology

Psychology 250

Fall 2005

Instructor: Arnold Kozak, Ph.D.

Phone: 660-8043

email: [drkozak@exquisitemind.com](mailto:drkozak@exquisitemind.com)

[akozak@uvm.edu](mailto:akozak@uvm.edu)

Teaching Assistant: Tyler Blouin; [tblouin@uvm.edu](mailto:tblouin@uvm.edu)

Learning is not a spectator sport. Students do not learn much just by sitting in class listening to teachers, memorizing prepackaged assignments, and spitting out answers. They must talk about what they are learning, write about it, relate it to past experiences, apply it to their daily lives. They must make what they learn part of themselves. Chickering, A & Gamson, Z. F. (March 1987) Seven principles for good practice. AAHE Bulletin 39: 3-7.

What does a clinical psychologist do? Why would someone want to be a clinical psychologist? How does one become a clinical psychologist? What intellectual issues do clinical psychologists construct and face? These 4 questions will structure this course. They are the What, Why, and How of clinical psychology. We'll cover the basics of the field and spend some time looking at the historical and theoretical underpinnings of the field. We'll also look at some controversial issues. At the end of this course, you should know what a clinical psychologist can do, how this differs from other fields within psychology.

There is one textbook. Additional readings will be assigned throughout the semester. You will be responsible for the content in the book. However, class topic and material will not always follow the book. You will be expected to complete a quiz for each chapter. This will comprise 45% of your grade. Attendance and participation will comprise 25% of your. 15% of your grade will be based on brief response papers assigned throughout the term and another 15% for a 5-page term paper. A list of suggested topics will be available later in the term. Papers should be written in APA style. Opportunities for extra credit will be available. There is no midterm or final exam.

I will present themes and topics in class that expand on the material in the textbook. It is my intention that classroom time will be very interactive. I invite your questions and interruptions, as I don't prefer to stand up and lecture non-stop. I find that a question and answer format is a more interesting way to teach and to learn.

Text Book: Introduction to Clinical Psychology: Science and Practice  
by Bruce E. Compas and Ian H. Gotlib  
McGraw Hill, NY 2002

### I: INTRODUCTION TO THE FIELD

#### Week 1, Chapter 1 :: An Overview of Clinical Psychology

- o Response Paper :: Does a Psychotherapist Need to Have Psychotherapy?
- o Monday, 29 August :: Introductions: Who are You and Why are You Here? Who am I and Why am I Here?
- o Wednesday, 31 August :: Why Would You Want to Be a Clinical Psychologist?
- o Friday, 2 September :: Do Psychotherapists Need Psychotherapy? :: The Role of the Self in Clinical Work

#### Week 2, Chapter 2 :: Clinical Psychology: Past and Present

- o Assigned Reading: Kozak on Prescription Privileges; Taking Sides Issue 13 Should Psychologist Prescribe Medication?
- o Response Paper: Prescription Privileges Pro or Con?

- o Monday 5 September: No Class Labor Day
- o Wednesday 7 September :: Prescription Privileges: Turf Wars in Psychiatry and Psychology
- o Quiz on Chapter 1 and Chapter 2
- o Friday 9 September :: Knowledge Coupling: Implications for Clinical Psychology

Week 3, Chapter 3 :: Research Methods in Clinical Psychology

- o Response Paper :: Reflections on Your Developmental Stage
- o Assigned Reading :: Selection by Ken Wilber
- o Monday 12 September :: Models of the Mind and Person :: Basic Assumptions and Principles :: The Developmental Hierarchy of Ken Wilber (part 1)
- o Quiz on Chapter 3
- o Wednesday 14 September :: Models of the Mind and Person: Basic Assumptions and Principles :: The Developmental Hierarchy of Ken Wilber (part 2)
- o Friday 16 September :: Models of the Mind and Person :: Basic Assumptions and Principles: The Developmental Hierarchy of Ken Wilber (part 3)

Week 4, Chapter 4 :: Models of Development, Behavior, and Personality

- o Assigned Reading :: Taking Sides Issue 9 :: Are Prozac and Similar Antidepressants Safe and Effective?
- o Response Paper :: Nature versus nurture: Are we Determined by Biology?
- o Monday 19 September :: Celebrating the Brain: Destructive Emotions, Happiness, and Compassion
- o Quiz on Chapter 4
- o Wednesday 21 September :: Blaming the Brain: Chemical Imbalances and the Efficacy of Antidepressant Medications
- o Friday 23 September :: Blaming the Brain :: Criticisms of Received Psychiatry (promises and pitfalls of biological determinism)

Week 5, Chapter 5 :: Diagnosis and Classification in Clinical Psychology

- o Assigned Reading :: Introduction to the DSM-IV-TR; Taking Sides Issue 1 :: Is the DSM-IV a Useful Classification System?; Taking Sides Issue 2 :: Is there Gender Bias in the DSM-IV?; The Dictionary of Disorder
- o Response Paper :: How Would You Like a DSM Diagnosis?
- o Monday 26 September :: What is a Mental Disorder :: The DSM (read the introduction to the DSM-IV-TR and the Dictionary of Disorder Article)
- o Quiz on Chapter 5
- o Wednesday 28 September :: DSM Debate (read Taking Sides Issue 1)
- o Friday 30 September :: DSM Debate Continued (read Taking Sides Issue 2)

II: PSYCHOLOGICAL ASSESSMENT

Week 6, Chapter 6 :: Assessment: Understanding Individuals and Contexts

- o Assigned Readings :: Fierce Attention, Wild Chickens, Petty Tyrants; What Is Mindfulness article by Germer
- o Response Paper :: How might mindfulness be a helpful adjunct for a clinical psychologist?
- o Monday 3 October :: Mindfulness-Based Psychotherapy (Part 1)
- o Quiz on Chapter 6
- o Wednesday 5 October :: Mindfulness-Based Psychotherapy (Part 2)
- o Friday 7 October :: Mindfulness-Based Psychotherapy (Part 3)

Week 7, Chapter 7 :: Assessment: Clinical Interviewing

- o Monday 10 October :: Clinical Interviewing (Part 1)

- o Quiz on Chapter 7
- o Wednesday 12 October :: Clinical Interviewing (Part 2)
- o Friday 14 October :: Fall Recess No Class

Week 8, Chapter 8 :: Assessment: Measurements of Intelligence and Neuropsychological Testing

- o Monday 17 October :: Psychological Testing and Assessment (part 1)
- o Quiz on Chapter 8
- o Wednesday 19 October :: Psychological Testing and Assessment (part 2)
- o Friday 21 October :: The Clinical Psychologist in Law Enforcement :: Tyler Blouin

Week 9, Chapter 9 :: Assessment :: Measurement of Personality

- o Assigned Viewing :: Watch What the Bleep Do We Know
- o Response Paper :: Movie Review: What the Bleep Do We Know
- o Monday 24 October :: What is personality?
- o Quiz on Chapter 9
- o Wednesday October 26 :: Is Emotional Addiction a Metaphor?
- o Friday 28 October :: Getting into Grad School :: Notes from the Field

Week 10, Chapter 10 :: Behavioral Assessment :: Measurement of Behavior, Cognition, and Psychophysiology

- o Response Paper :: Movie reviews
- o Monday 31 October :: Psychotherapy in the Cinema (part 1)
- o Happy Halloween 1 point extra credit for coming in costume
- o Quiz on Chapter 10
- o Wednesday 2 November :: Psychotherapy in the Cinema (part 2)
- o Friday 4 November :: Psychotherapy in the Cinema (part 3)

III: PSYCHOLOGICAL INTERVENTION :: PROMOTION, PREVENTION, AND PSYCHOTHERAPY

Week 11, Chapter 11 :: Psychological Interventions: Promotion, Prevention, and Treatment

- o Assigned Reading : APA Code of Ethics
- o Response Paper :: Resolving an ethical dilemma
- o Monday 7 November :: Ethical Behavior and Dilemmas in Psychology
- o Quiz on Chapter 11
- o Wednesday 9 November :: Ethics and Suicide
- o Friday 9 November :: Is Psychotherapy Ethical?

Week 12, Chapter 12 :: Psychotherapy :: Psychoanalytic and Psychodynamic Approaches

- o Assigned Reading :: Problems of Neophyte Group Therapists
- o Response Paper :: What Did You Learn About Yourself in the Group?
- o Monday 14 November :: Group Process Experience
- o Quiz on Chapter 12
- o Wednesday 16 November :: Group Process Experience
- o Friday 18 November :: Group Process Experience

Week 13, Chapter 13 :: Humanistic, Existential, and Experiential Psychotherapy

- o Monday 21 November :: Carl Rogers Video :: Humanistic Psychotherapy
- o Wednesday 23 November :: Thanksgiving Recess, No class
- o Quiz on Chapter 13
- o Friday 25 November :: Thanksgiving Recess, No class

Week 14, Chapter 14: Psychotherapy :: Behavioral and Cognitive Approaches

- o Response Paper :: Who Would You Choose for Psychotherapy?