

SANTA CLARA UNIVERSITY
Psychology Department
Spring 2010

CLINICAL PSYCHOLOGY (PSYC 190)

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Office Hours: Before or after class or by appointment
Course Meeting Room: Daly 201
Course Meeting Times: Tuesdays and Thursdays 1:45 – 3:40 pm

Required Texts

Plante, T.G. (2005). *Contemporary Clinical Psychology, Second Edition*, New York: Wiley.

Plante, T. G. (2009). *Spiritual Practices in Psychotherapy: Thirteen Tools for Enhancing Psychological Health*. Washington, DC: American Psychological Association.

Yalom, I. (2000). *Love's Executioner*. New York: Basic Books.

Optional/Suggested Additional Texts

American Psychiatric Association (2000). *Diagnostic and Statistical Manual of Mental Disorders – Fourth Edition, Text Revision (DSM-IV-TR)*. Washington, DC: American Psychiatric Association.

Course Evaluation:

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| Midterm Learning Adventure 1: | Apr 22, 2010 | 100 points |
| Midterm Learning Adventure 2: | May 20, 2010 | 100 points |
| Final Learning Adventure: | June X, 2010 | 200 points |
| Self-Change Project or Paper: | June 3, 2010 (1:45pm) | 100 points |
| Class Participation, Scholarly Enthusiasm, and Attendance: | | + |
| + can improve your course grade | | |

Course Description

Clinical psychology involves the discipline and principles of clinical psychology in understanding the etiology, nature, development, and treatment of behavior and emotional problems and issues. Class topics include the history of clinical psychology, theoretical models, assessment and intervention approaches, specialization, consultation, ethics, and current trends in the field. Prerequisites include PSYC 1, 2, 40, and 43. PSYC 115 is suggested as well. The course is designed for psychology majors interested in a career in clinical psychology or related fields.

Course Goals

- (1) To provide an advanced overview of the field of clinical psychology from a biopsychosocial perspective.
- (2) To provide a practical and experiential understanding of the challenges involved in clinical psychology.
- (3) To provide the foundation for students seeking career in clinical psychology or related fields.

Sequence of Topics and Readings

* Note: P1 = Plante (2005) , P2 = Plante (2009), Y = Yalom (1990)

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|--------------------------|--|-------------------------|
| Week 1 (Mar 30 & Apr 1): | Introduction to Course & Clinical Psychology | P1 1 & 15* |
| Week 2 (Apr 6 & 8): | History of Clinical Psychology | P1 2 & 3; Y 1 |
| Week 3 (Apr 13 & 15): | Models of Clinical Psychology | P1 5 & 6; P2 1 & 2; Y 2 |
| Week 4 (Apr 20 & 22): | Research Issues in Clinical Psychology | P1 4; Y 3 |
| | Midterm Learning Adventure 1 (Thur Apr 22) | |

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| Week 5 (Apr 27 & 29): | Assessment in Clinical Psychology | P1 7 & 8; P2 3; Y 4 |
| Week 6 (May 4 & 6): | Intervention in Clinical Psychology | P1 9 & 10; P2 4 & 5; Y 5 |
| Week 7 (May 11 & 13): | Specialization in Clinical Psychology | P1 11; P2 7; Y 6 & 7 |
| Week 8 (May 18 & 20): & 9 | Consultation in Clinical Psychology | P1 12; P2 8; 8 |
| | Midterm Learning Adventure 2 (Thur May 20) | |
| Week 9 (May 25 & 27): | Ethics in Clinical Psychology | P1 13; P2 6; Y 10 |
| Week 10 (Jun 1 & 3): | Current and Future Trends in Clinical Psychology | P1 14; P2 9 & 10 |

* Please have readings completed during the first class session of each week

Additional Items:

1. Please note that make-up examinations are not possible. If you miss one of the midterm learning adventures (note: excused miss only, an unexcused miss will result in a failing grade), the final learning adventure will count for 300 rather than 200 points. Missing both midterm learning adventures will result in the final being worth 400 points. Missing the final or failing to submit the term paper will result in being failed from the course. According to university policy, the final exam schedule cannot be altered. You should not enroll in this class if you plan to leave town before the exam. Learning adventures will primarily be multiple choice and perhaps short essay and graded using a curve if necessary. Learning adventures are meant to encourage critical thinking and will (hopefully) require that you stretch. They will hopefully challenge even the best students.

2. The paper may be one of the following two types of projects. You may choose to write a 10-12 page (text pages, not including title page, abstract, and references) paper in APA style on a clinical psychology topic of your choice. Your topic should be discussed with me prior to your work on the paper. Second, you can participate in an Arrupe Partnership placement and write a brief 5 page reflection paper on the experience. The Arrupe placement should be a clinical focus one. Grades for late papers will reflect a 10 point per day reduction. Please refer to the class handout on how to write a paper in APA style. Note that the paper is due at the beginning of the last class.

3. We will review learning adventure results immediately after the administration of each in-class midterm. This will provide you with an opportunity to learn how you did and provide you with your chance to ask questions about the adventures.

4. Please be prompt to class. We will make every effort to begin and end each class on time. It is very disruptive to everyone and not appreciated when students come to class late.

5. If you would like to speak with me individually, please feel free to do so. Please make an appointment rather than an unscheduled visit if you can. Generally, before or after class works well.

6. In keeping with the mission of the university, relating the material to the "glory of God and to the common good" as well as helping to educate leaders with *competence, compassion, and conscience* will be integrated, where appropriate, in class discussions.

7. In order to make the most of this course (and your tuition dollar) please attend each class session, keep up with the assigned reading, and participate in class activities and discussions with scholarly vigor. To help you further in this noble endeavor, the following list of "Top 10 Ways to do Well in Clinical Psych" are offered for your consideration.

Top 10 Ways to do Well in Clinical Psych

10. Start your paper early! Choose a topic that interests you and that you can get excited about. Remember, the project must be written in APA style.
9. Try to apply the material to your life and the lives of your loved ones. Make it come alive.
8. Review the book chapters and your notes on a regular basis. Even 5 - 10 minutes each day to keep the material fresh is very helpful and minimizes stressful studying right before learning adventures.
7. Be a practicing psychologist and take care of your body. Don't cram or abuse caffeine (or other substances) and get enough sleep and food prior to learning adventures.
6. Don't even think of cheating (especially at a fine Jesuit university). Academic honesty and integrity is fundamental to our mission. Cheating (including plagiarism) will result in being dropped or failed from the course and will be referred to the university at large for disciplinary action.
5. For each topic, concept, highlighted issue, etc. ask yourself the questions, "What's the bottom line? Why is this important? What's the big picture here? If I were the professor, why would I want

students to know this?"

4. Write organized, readable notes in class highlighting the major points and concepts.
3. Keep up with the readings. Mass learning (i.e., cramming) just doesn't work (remember the memory chapter in Intro Psych?). Reading and studying a little at a time works in the long run. Besides, you'll be way ahead of the game if you have done the assigned reading before class.
2. Be an active learner. It pays off. Participate in class discussions, ask questions freely, and engage in the process. There is no such thing as a "dumb question."
1. Attend class! Don't be tempted to skip class and just photocopy someone's notes. There is no substitute for being there.

Ad Majorem Dei Gloriam

DISABILITY ACCOMMODATION POLICY:

To request academic accommodations for a disability, students must contact Disabilities Resources located on the second floor of Benson. Phone numbers are (408) 554-4111; TTY (408)554-5445. Students must register and provide documentation of a disability to Disabilities Resources prior to receiving academic accommodations.