

Course Code	Course Name	L-T-P	Credits
PSY419	Clinical Psychology	5-1-0	6

Module 1: Introduction to Clinical Psychology (15 lecture hours)

Definition, foundations and historical development of field of clinical psychology, roles and responsibilities of a clinical psychologist, Clinical psychology and related fields: similarities and differences, current status and future prospects of clinical psychology in India.

Suggested activities:

Presentation on ethical principles of clinical psychology practice, Group discussion on issues and challenges in the field of clinical psychology, Group interaction with a clinical psychologist

Module 2: Theoretical approaches to clinical psychology and research (15 lecture hours + 3 tutorial hours)

Theoretical approaches in Clinical Psychology: Psychodynamic approach, cognitive-behavioural approach, humanistic approach. Research methods in clinical psychology: epidemiological studies, case studies, correlation studies, experimental studies and meta-analytic studies. Research areas: description of psychopathology, development of psychological models of disorders, tests development, treatment development and outcome research.

Suggested activities:

Presentations on various theoretical models in clinical psychology, Group discussion on ethical issues and concerns in therapeutic research, Review of recent researches in clinical models of mental disorders

Module 3: Assessment and evaluation in clinical psychology (15 lecture hours + 4 tutorial hours)

Goals of psychological assessment, components of assessment: interview (unstructured assessment interviews, structured diagnostic interviews), mental status examination, behavioural observation, client's self-report checklists/inventories/questionnaires assessing symptoms, clinician rated scales, psychological testing, Case formulation and diagnosis, reporting psychological assessments.

Suggested activities

Group discussion on reliability and utility of psychological assessments, Visit to a psychological clinic where psychological assessment services are provided, Review of psychological reports issued by psychologists at clinical psychology services, Review of research studies on development and validation of psychological tests.

Module 4: Clinical Interventions (15 lecture hours + 4 tutorial hours)

Psychotherapy: Definition, goals, similarities and common denominators in psychotherapy, stages of psychotherapy (initial consultation, assessment, development of treatment goals, implementation of treatment, evaluation of treatment, termination, follow-up) Major approaches and techniques of psychotherapy: psychoanalytic psychotherapy, humanistic psychotherapy, behaviour therapy, cognitive behaviour therapy, mindfulness-based interventions, positive psychotherapy, family therapy.

Suggested activities

Visit to a psychological clinic providing psychotherapy services, reviewing documentaries/movies explaining therapeutic concepts, Roleplay exercises to learn techniques of psychotherapy, Journal reviews of research studies examining effectiveness of a therapeutic intervention

Module-V: Speciality areas in clinical psychology (15 lecture hours + 4 tutorial hours)

Adult mental disorders, clinical health psychology, child clinical psychology, clinical neuropsychology, geriatric psychology.

Suggested activities

Presentation on clinical psychology services in various speciality settings. Visit to psychological clinics/mental health establishments/rehabilitation facilities providing assessment/treatment services to children/ individuals with chronic mental illnesses/neuropsychological disorders, to learn about the treatment services.

Additional Readings (Self-study topics)

Contemporary issues and challenges in the field of clinical psychology, Ethical principles, and code of conduct of clinical psychologists, Integrative models of clinical psychology practice

Threats to the validity of psychological assessment and case formulations, Treatment planning in clinical psychology, Novel multimodal and integrative approaches in psychotherapy, Self-help approaches in psychotherapy, Art Therapy, Community based interventions for mental health, Preventive, and rehabilitative interventions by clinical psychologists.

Readings

1. Bennett, P. (2011). *Abnormal and clinical psychology: an introductory textbook*. Maidenhead, England: McGraw Hill.
2. Freeman, A., Davis, D. D., & Felgoise, S. H. (2008). *Clinical psychology: integrating science and practice*. Hoboken: John Wiley & Sons.
3. Makover, R. B. (2016). *Treatment planning for psychotherapists: a practical guide to better outcomes*. Arlington, VA: American Psychiatric Association Publishing.
4. Verma, S. K. (1998). The Development of Standards and the Regulation of the Practice of Clinical Psychology in India. *Comprehensive Clinical Psychology*, 83–92.
5. Virudhagirinathan, B. S., & Karunanidhi, S. (2014). Current status of psychology and clinical psychology in India. *International Review of Psychiatry*, 26(5), 566–571
6. Sommers-Flanagan, J., & Sommers-Flanagan, R. (2017). *Clinical interviewing*. Hoboken, NJ: Wiley.