**UNIVERSITY OF SARGODHA**

**DEPARTMENT OFPSYCHOLOGY**

COURSE OUTLINE Fall 2020

Course Tittle: Clinical Psychology

Course Code: MSc -III, PSY-601

Credit Hours: 3

Instructor: ANAM KHAN

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DESCRIPTION& OBJECTIVES

* To produce students with a strong knowledge of skill and acumen in the detection, evaluation and diagnosis of various psychological conditions.
* To understand and change abnormal behavior, cognition, and emotions through the application of principles and techniques of Clinical and counseling Psychology.
* The development of counseling and clinical psychology as a distinct profession

READINGS

Barlow, D. H., Durand, V. M. (2001). *Abnormal psychology: An integrative approach.* California: Wadsworth.

Corsini, R.J. (2005). *Current Psychotherapies*.

Davrron, G.C. Neale, J.M. (2000). *Abnormal Psychology*. New York.

Hacker, J.E. (2005). *Introduction to Clinical Psychology*.

CONTENTS

1. **Diagnosis and scientific nature of Clinical and Counseling Psychology**
2. **Historical Overview of Clinical and Counseling Psychology**
3. **Diagnostic Systems in clinical Psychology**
4. **Assessment in Clinical and Counseling Psychology**
5. **Psychological Testing in Clinical and Counseling Psychology**

COURSE SCHEDULE

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| --- | --- | --- |
| Week  | Topics and Readings Give Reading No from your list of readings above and its Page Nos. relevant to the topic(s) covered each week | Dates  |
| 1. | Definition, Introduction and scope of Clinical PsychologyHistory and Evolution of Clinical Psychology |  |
| 2. | Differences in clinical and counselling psychology Careers in clinical psychology |  |
| 3. | Process of clinical assessment, Goals in clinical assessment, Tools of clinical assessmentUses of clinical tools, Dimensions in clinical assessment  |  |
| 4. | Uses of Interviews in clinical psychologyEthical Issues in clinical Psychology |  |
| 5. | DSM-V and ICD-10, Comparison of DSM -IV and DSM-VAssessment in clinical psychology, |  |
| 6. | Introduction of objectives and projective techniques  |  |
| 7. | Introduction of cross cutting measures |  |
| 8. | Psychometric Approach; Effective Concentration; Mental Practice |  |
| 9. | Mid Term Week  |  |
| 10. | House Tree Person TestRotter Incomplete Sentence Blank Test |  |
| 11. | Bender Visual Motor Gestalt Test Siddique Shah Depression Scale |  |
| 12. | Beck Anxiety Inventory Raven Progressive Matrices |  |
| 13. | Introduction of Theoretical Approaches Psychoanalytic approach  |  |
| 14. | Affective ApproachesCognitive Behavioral Approaches |  |
| 15. | Structured and semi structured interviews Class test |  |
| 16. | Depression; Anxiety; Blood State; Stress responsively, Self Esteem; Body Image. |  |

RESEARCH PROJECT

Students are supposed to take at least two cases from counselling setting and submit report.

ASSESSMENT CRITERIA

Write here the distribution of marks. You can choose any or all from below for the purpose.

Sessional: 20 (10 marks for each case)

Midterm: 30

Final exam:50

RULES AND REGULATIONS

Zero tolerance on decided date and timing of assignment, presentation, test

Learning Outcomes

* It will inculcate a sense of team spirit and group dynamics among the students.
* Students will be able to understand various modes of exercises (mental and physical) for ensuring an optimal morale.
* They will learn the role of psychologist in initiating and sustaining optimal motivation on and off ground.