

Lecture 1, 2

Clinical Psychology

Def=

(1)

Clinical psychology is the branch of psychology that focuses on developing assessment strategies and interventions to deal with painful experiences that touch everyone's life.

OR

(2)

The field of clinical psychology involves research, teaching and services relevant to the applications of principle, methods and procedures for understanding, predicting and alleviating intellectual, emotional, biological, psychological, social and behavioural maladjustment, disability and discomfort applied to a wide range of client population.

OR

(3) The field of clinical Psychology integrate science theory, and practice to understand, predict and alleviate maladjustment disability and discomfort as well as to promote human adaptation adjustment and personal development. Clinical Psychology focuses on the intellectual, emotional, biological, physiological, social and behavioural aspect of human functioning across the life span in varying cultural and all all socioeconomic levels.

- Emphasis on science
- Emphasis on maladjustment
- Emphasis on individual
- Emphasis on helping

OR

- (4) Clinical Psychologist evaluate prevent and relieve people of many mental illness and promote personal development

Example

A clinical psychologist might specialize in area such as substance abuse treatment, child mental health, adult mental health while clinical psychologist work in medical setting they are not physicians and in most cases cannot prescribe medications.

OR

- (9) Clinical Psychology include the scientific study and application of psychology for the purpose of
- (a) understanding
 - (b) preventing

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(c) Relieving psychologically based distress or dysfunctioning.

(d) To promote subjective well being and personal development

What do clinical Psychologists Do?

We work with a range of Psychological difficulties
A few examples

- Anxiety
- Depression
- Psychoses (severe and enduring mental illness)
- Psychological trauma (PTSD)
- Psychological effects of medical conditions
- Relationship difficulties
- Behavioural problems
- Dementia
- Acquired Brain injury

Career prospect of clinical Psychology.

Helping Professions, Medical Health, Social Services area

- (i) Case worker
- (ii) Child protection worker
- (iii) Behavioural Analyst
- (iv) Director of volunteer services
- (v) Substance abuse counselor
- (vi) Program Manager
- (vii) Probation / parole officers
- (viii) mental health counselor
- (ix) Social worker
- (x) Family / Marriage therapist
- (xi) Art therapist
- (xii) Psychometric
- (xiii) clinical Psychologist
- (xiv) counselling Psychologist
- (xv) Psychiatrist

Scope of clinical Psychology.

The scope of clinical Psychology is

To describe, analyze the human behaviours like mental, emotional and behavioural disorders.

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- To assess, diagnose, treat
Prevent mental disorders

Nature of clinical Psychologist

- Knowledge of Psychological
Theories and practice
- Interest in how people
Think and behave
- Good research skills
- Good Teamwork skills
- Excellent communication
skills
- Sensitive listening and
questioning skills.
- Time management skills
- Good Analysis skills

Differences b/w clinical and counselling.

Clinical	Counselling
(1) Clinical Psychologists are concerned with diagnosis and treatment of psychological disorders.	Counselling Psychologists deal with normal problems such as stress caused by career change or marital problems.
(2) Clinical Psychologists focus on individuals with serious mental illness (e.g. Schizophrenia, OCD).	Counselling Psychologists focus more on the psychologically healthy individuals like job related issues, family issues.
(3) Career options include Clinical Psychologists, Psychiatrists, Psychoanalysts.	Career options include Licensed social workers, counselling psychologists.

Clinical

Counselling

(4) more based in hospital and nursing home

usually take place in academic institutions

(5) interested in Psychological conditions and they study about mental disorders their diagnosis and method of treatment

more interested in Vocational assessment and cross cultural Psychology

Goals of clinical psychology



GOALS OF PSYCHOLOGY :-

These are Five basic goals of Psychology.

- 1) Describe
- 2) Explanation
- 3) Predict
- 4) Control
- 5) Improve

DESCRIBE :-

This is the "first" goal of Psychology. Describing things is something that we do every single day, and it's something that we do often. ~~every day~~ ~~single day~~ but describing in psychology is slightly different than the way

Important

we describe things everyday
 Through describing human
 behavior, we are better
 able to understand it
 and again a better
 perspective.

Descriptions help
 psychologists to distinguish
 between normal and
 abnormal behavior and
 again a more accurate
 understanding and perspective
 on human and animal
 behavior, actions, and
 thoughts. They use a
 variety of research methods
 such as case ~~case~~
 studies, surveys, self-tests
 and natural observation
 to achieve this goal.

EXPLANATION :-

Psychologists

are very interested in being able to explain behavior rather than just being able to describe it. Explaining behavior goes hand in hand with describing it. This helps in providing answers to questions about why people react in a certain way, why they do the things they do and the factors which affect personality, mental health, actions etc.

PREDICT :-

Looking at past observed behavior (describing and explaining) and act is the goal of psychology. Making prediction about how we think, and act is the goal of psychology. **"Third"** psychologists then

Important

aim to predict how that behavior will appear again in future and if other people might exhibit the same behavior.

Through the process of describing an explanation, psychologists are able to understand more about what thoughts, feelings, and behaviors happen why they might happen, and they can then use that knowledge to predict why, when and how those things might happen in the future. prediction give psychologists the ability to change. psychologist apply different test then diagnose the problem.

TESTS :- BOI, BAI,

important

RISB, TAICONTROL :-

"Forth" This is the goal of psychology aims to influence or behavior to make positive constructive, meaningful and lasting change in people lives. The goal of change / control works to impact and bring about changes in people's lives and influence their behavior for the better.

IMPROVE :-

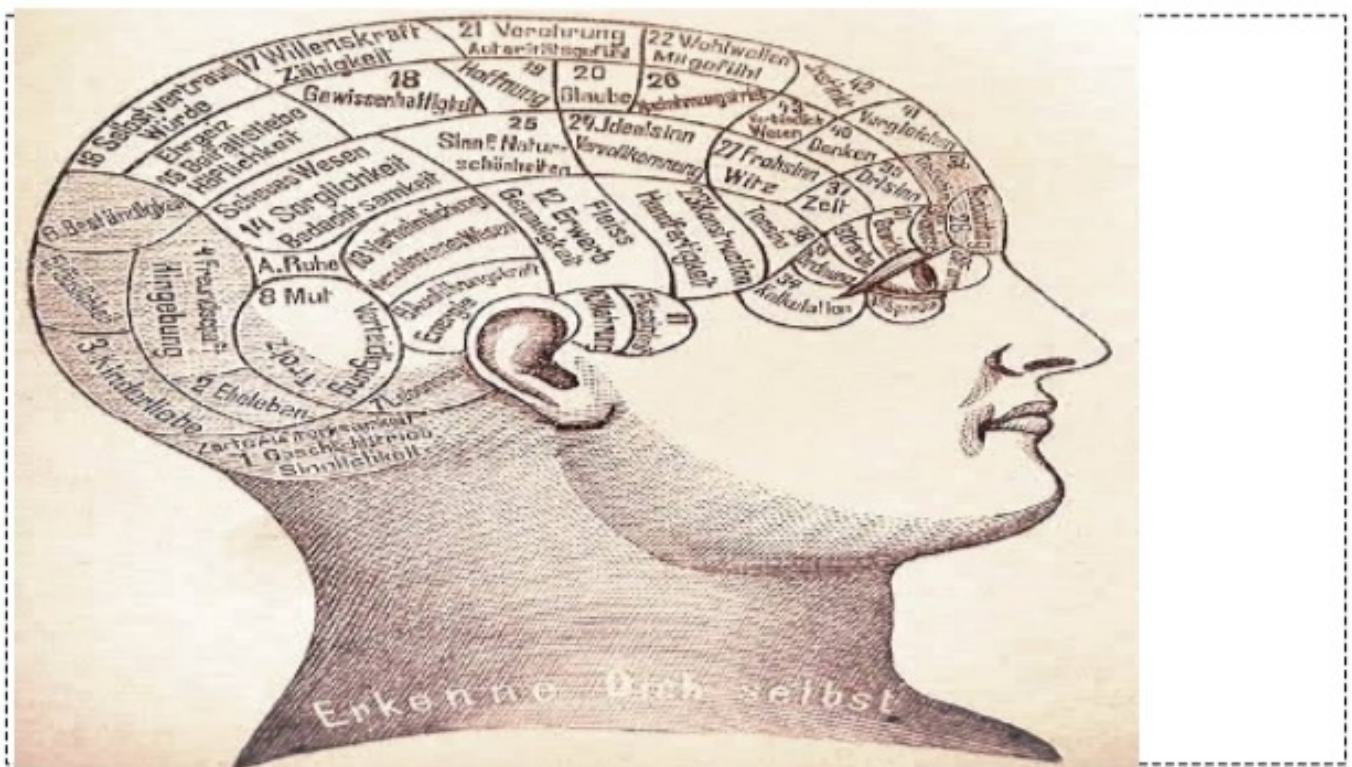
These goals improve a person's life and bring about positive changes by weeding out

negative things.

PRACTICAL USE OF PSYCHOLOGY :-

- 1) Get motivated.
- 2) Improve your leadership skills.
- 3) Become a better communicator.
- 4) Learn to better understand others.
- 5) Make more accurate decisions.
- 6) Improve your memory.
- 7) Make wiser financial decisions.
- 8) Get better grades.
- 9) Become more productive.
- 10) Be healthier.

Historical background of clinical psychology





The Greek Period

- **Primitive Greeks** viewed mental aberrations in magical and religious frame of reference. Several Greek thinkers were important in the early development of integrative approaches to illness, and, thus, were precursors to a bio-psycho-social perspective.
- **Hippocrates** believed that psychological problems, like physical illnesses, were caused by imbalances in the four bodily fluids (black bile, yellow bile, blood, and phlegm).
- **Plato** felt that mental illness resulted from sickness in the part of the soul that operates the head, controlling reason.
- **Aristotle** maintained a scientific emphasis and felt that certain distinct emotional states including joy, fear, anger and courage impacted the functioning of human body.
- **Galen** thought that humans experienced one of two irrational sub souls, one for males and one for females. He felt that the soul was the slave and not the master of the body, and that wishes of the souls in the body resulted in health and illness.



The Middle Ages


During the middle Ages (500-1450A.D), earlier notions regarding the relationship among health, illness, mind, and body re-emerged. The focus on supernatural influences to explain events became common place. Spiritual matters such as the influence of demons, witches and sins caused diseases and “insanity”, many believed. So healing and treatment became, once more, a spiritual rather than a medical issue.



The Renaissance (14th to 17th Century)

During the renaissance, renewed interest in the physical and medical worlds emerged, overshadowing previously supernatural and religious viewpoints.

- **Morgagni (1682-1771)** discovered through autopsy that a diseased organ in the body could cause illness and death.
- **Andreas Vesalius (1514-1564)** emphasized scientific observation and experimentation rather than reason, mythology, religious beliefs, and dogma (Belief).
- **Rene' Descartes (1596-1650)** argued that the mind and body were separate. This dualism of mind and body then became the basis for Western medicine until recently.
- As **biological explanations** for psychological problems emerged, medical professionals became involved in the identification and treatment of such disorders.

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- American psychologist **Lightner Witmer** opened the first psychological clinic in 1896 with a specific focus on helping children who had learning disabilities.
 - **Witmer (1907)**, a former student of Wilhelm Wundt, defined clinical psychology as "the study of individuals, by observation or experimentation, with the intention of promoting change."
 - By **1914**, 26 other clinics devoted to the practice of clinical psychology had been established in the United States. Today, clinical psychology is one of the most popular subfields and the single largest employment area within psychology.