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| Subject Details | Subject Title, code and credit hours | CPSY710, Clinical psychology, 3 KU/6 ECTS |
| | Department | Psychology |
| | Program (bachelor's and master's degree) | Master's |
| | Associated Term | Spring 2026 |
| | Instructor | Nilufar Alizada |
| | E-mail: | nalizada@khazar.org |
| | Phone | |
| | Lecture room/Schedule | Friday via Teams |
| | Consultations | With an appointment |
| Teaching language | English | |
| Subject type (mandatory/elective) | Mandatory | |
| Textbooks and course materials | <ol style="list-style-type: none"> 1. Barlow, D. H., & Durand, V. M. (2015). <i>Abnormal psychology: An integrative approach</i> (7th ed.). Cengage Learning. 2. Sommers-Flanagan, J., & Sommers-Flanagan, R. (2014). <i>Clinical interviewing</i> (5th ed.). John Wiley & Sons. 3. Abramowitz, J. S., Prinstein, M. J., & Trull, T. J. (2023). <i>Clinical psychology: A scientific, multicultural, and life-span perspective</i> (9th ed.). Macmillan Learning. 4. Bernstein, D. A., Teachman, B. A., Olatunji, B. O., & Lilienfeld, S. O. (2020). <i>Introduction to clinical psychology: Bridging science and practice</i> (9th ed.). Cambridge University Press. 5. Pomerantz, A. M. (2023). <i>Clinical psychology: Science, practice, and diversity</i> (6th ed.). SAGE Publications. 6. Davey, G. C. L., Lake, N., & Whittington, A. (2021). <i>Clinical psychology</i> (3rd ed.). Routledge. | |
| Course description | <p>Clinical Psychology course introduces students to the scientific study and professional practice of assessing, diagnosing, preventing, and treating psychological disorders. The course examines major theoretical perspectives, research methods, and evidence-based interventions used in clinical psychology. Students explore the biological, psychological, and social factors that contribute to mental health and psychopathology across the lifespan.</p> <p>The course also provides an overview of common psychological disorders, including mood disorders, anxiety disorders, personality disorders, and psychotic disorders. Emphasis is placed on psychological assessment, clinical interviewing, diagnosis, and various forms of psychotherapy such as cognitive-behavioral, psychodynamic, and humanistic approaches.</p> <p>In addition, the course discusses ethical principles, cultural diversity, and professional roles in clinical practice. By the end of the course, students will develop a foundational understanding of how clinical psychologists apply scientific knowledge to evaluate and treat mental health problems and promote psychological well-being.</p> | |

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| Course objectives | <ol style="list-style-type: none"> 1. Explain the foundations of clinical psychology, including its history, major theoretical perspectives, and professional roles. 2. Describe the major psychological disorders and understand their symptoms, causes, and classifications. 3. Understand assessment and diagnostic methods used in clinical psychology, including clinical interviewing, psychological testing, and observation. 4. Evaluate different approaches to psychotherapy and treatment, such as cognitive-behavioral, psychodynamic, humanistic, and integrative therapies. 5. Analyze biological, psychological, and social factors that influence mental health and psychological disorders. 6. Discuss ethical principles and professional standards in clinical psychological practice. 7. Recognize the importance of cultural diversity and multicultural competence in psychological assessment and treatment. 8. Apply basic clinical psychology concepts to real-life cases and mental health situations. | | |
| Learning Outcomes | <ul style="list-style-type: none"> ✓ Define and explain key concepts in clinical psychology and its role in the assessment and treatment of psychological disorders. ✓ Identify and describe major categories of mental disorders according to contemporary diagnostic systems. ✓ Demonstrate understanding of psychological assessment methods, including clinical interviews, observation, and psychological testing. ✓ Compare major theoretical models and therapeutic approaches used in clinical psychology. ✓ Analyze the biopsychosocial factors that contribute to the development and maintenance of psychological disorders. ✓ Evaluate the effectiveness of different psychological treatments and evidence-based interventions. ✓ Recognize ethical and professional standards in clinical practice. ✓ Apply clinical psychology knowledge to case examples and basic problem-solving in mental health contexts. | | |
| Teaching methods | Lecture | | + |
| | Group discussions | | + |
| | Activities | | + |
| | Analysis of activities | | + |
| Assessment and Grading | Components | Deadlines | Percentage (%) |
| | Mid Term exam | Week 8 | 30 |
| | Essay | Week 15 | 10 |
| | Being active as a member of learning community | During semester | 5 |
| | Attendance | During semester | 5 (2 absences remove 1 %) |
| | Presentation/Group | The deadline is | 10 |

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| | discussion | individually adjusted for each group | |
| | Final exam | End of the semester | 40 |
| | Total | | 100 |
| Class Policy | <p>Essay Description/definition of stress and how relates to case study, use of quotes from case to illustrate points, identification of psycho-social-cultural or other factors contributing to R's situation, work-life balance, compilation of factors, intertwining situations- life events, strains, coping, social support, effects of increased strain erosion of positive concepts of self e.g. self esteem, brief outline of intervention selected to help R return to work, how will chosen intervention help cope better on return to work. Coherence: The extent to which each statement follows from previous statements Argument: The extent to which there is a convincing line of argument running throughout the work. Evidence: The extent to which claims are supported by relevant and appropriate published research evidence and/or theoretical argument Grammar, spelling and general presentation Work which is late without permission will be penalised by 3 marks per day. If plagiarism is detected in one essay, other essays by the student concerned will be examined very carefully for evidence of the same offence.</p> <p>Presentation Information: detailed, accurate, relevant; key points highlighted; Structure: rigorously argued, logical, easy to follow; Analysis and Interpretation: extensive evidence of independent thought and critical analysis; Use of relevant and accurate Evidence: key points supported with highly relevant and accurate evidence, critically evaluated; Presentation Skills: clear, lively, imaginative; good use of visual aids (where appropriate); Time Management: perfectly timed, well organised; Group Skills: engages well with group; encourages discussion and responds well to questions. Work which is late without permission will be penalised by 3 marks per day.</p> | | |
| | Week | Topics | Readings/Assignments due |
| 1. | Course Introduction Abnormal psychology | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 1- 25 | |
| 2. | Clinical Assessment and diagnosis | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page | |

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| 3. | Sommers-Flanagan & Sommers-Flanagan ch. 4, Questions and Action Skills | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 118-122 |
| 4. | Anxiety Disorders, Anxiety, Fear, and Panic: Some Definitions; Causes of Anxiety and Related Disorders | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 123-129 |
| 5. | Generalized Anxiety Disorder, Panic Disorder and Agoraphobia and others in the cluster. | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 130-162 |
| 6. | Mood Disorders, Causes of Mood Disorders, BioPsychoSocial approach and treatment of Mood Disorders | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 213 - 225 |
| 7. | Depression, major depressive disorder (including major depressive episode), persistent depressive disorder (dysthymia), premenstrual dysphoric disorder. | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 225- 237 |
| 8. | Midterm exam | |
| 9. | Dissociative Disorders, Conversion Disorder (Functional Neurological Symptom Disorder), Depersonalization-Derealization Disorder. | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 190- 207 |
| 10. | Obsessive-Compulsive and Related Disorders | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 165- 177 |
| 11. | Psychosis, Clinical Description, Symptoms, and Subtypes. - Positive Symptoms - Negative Symptoms - Disorganized Symptoms | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 477 – 485 |
| 12. | Schizophrenia and Other Psychotic Disorders include schizophrenia, other psychotic disorders, and schizotypal (personality) disorder. | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 485 - 492 |
| 13. | Bipolar and other related disorders | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 227 - 237 |
| 14. | Definition of Personality Disorders, Cluster A; Categorical and Dimensional Models, Personality Disorder Clusters, | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 441 - 454 |

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| | Statistics and Development, Gender Differences | |
| 15. | Personality Disorders Cluster B and C. | Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 454- 472 |
| 16. | Final Exam | |