

Subject Details	Subject Title, code and credit hours	PSYCH 416 Clinical Psychology, 6 ECTS	
	Department	Psychology	
	Program (bachelor's and master's degree)	Bachelor's degree	
	Associated Term	Fall 2024	
	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		
Readings	<p>Essential Reading :</p> <ol style="list-style-type: none"> 1. Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition <p>Further reading :</p> <ol style="list-style-type: none"> 2. Sommers-Flanagan, J. & Sommers-Flanagan, R. (2014). Clinical interviewing (5th ed.). Hoboken, New Jersey: John Wiley & Sons. <p>Recommended sources</p> <p>The American Psychological Association (APA) webpage is a good resource for obtaining information about the APA's ethics code as well as other information related to the ethical practice of clinical psychology. The website can be located at http://www.apa.org/ethics/. Ken Pope, past chair of APA's ethics committee, also has a very useful website pertaining to the ethics of clinical science and practice, located at http://kspope.com/. Finally, there is an Evidence-Based Behavioral-Practice website affiliated with Northwestern University and the National Institutes of Health (located at http://www.ebbp.org/skillsBasedResources.html) as well as a Society for Clinical Psychology website (http://www.div12.org/psychological-treatments/) that include a great deal of helpful information for teaching and administering cognitive-behavioral psychotherapy.</p>		
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 member of learning community	During semester	5
	Attendance		5 (2 absences remove 1 %)
	Presentation/Group discussion	The deadline is individually adjusted for each group	10
	Final exam		40
Policy	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	

		<p>outline of intervention selected to help R return to work, how will chosen intervention help cope better on return to work.</p> <p>Coherence: The extent to which each statement follows from previous statements</p> <p>Argument: The extent to which there is a convincing line of argument running throughout the work.</p> <p>Evidence: The extent to which claims are supported by relevant and appropriate published research evidence and/or theoretical argument</p> <p>Grammar, spelling and general presentation</p> <p>Work which is late without permission will be penalised by 3 marks per day.</p> <p>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>
Marking Criteria	Presentation	<p>Information: detailed, accurate, relevant; key points highlighted;</p> <p>Structure: rigorously argued, logical, easy to follow;</p> <p>Analysis and Interpretation: extensive evidence of independent thought and critical analysis;</p> <p>Use of relevant and accurate Evidence: key points supported with highly relevant and accurate evidence, critically evaluated;</p> <p>Presentation Skills: clear, lively, imaginative; good use of visual aids (where appropriate);</p> <p>Time Management: perfectly timed, well organised;</p> <p>Group Skills: engages well with group; encourages discussion and responds well to questions.</p> <p>Work which is late without permission will be penalised by 3 marks per day.</p>
Course outline	<p>The broad aim of this module is to develop and enhance a critical and self-reflective knowledge of theory and method in the area of Clinical Psychology. The module aims to offer a modern introduction to clinical psychology as it is operating on the ground – delivering clinical interventions, supervision, consultation, leadership, training and research in changing mental health services. Students will be equipped to serve within the profession of clinical psychology by developing the foundational knowledge, skills, attitudes, and behaviors necessary to apply the APA Ethical Principles and Code of Conduct, California law for mental health providers, and federal law (e.g., HIPAA) to their work with individuals, groups, organizations, and systems.</p>	
Learning Outcomes	<p>This course is designed to focus on the “scientist” aspect of being a scientist-practitioner. Although a well-trained scientist-practitioner does not separate science and practice, but rather views them as intertwined, this course will focus on an introduction to the applied aspects of clinical psychology.</p> <p>This course provides the student with a broad overview of various forms of maladaptive behavior patterns. This includes a focus on assessment, etiology, and treatment of abnormal behavior. Throughout the course, an emphasis will be placed on helping students understand that individuals are neither “normal” nor “abnormal.” Instead, the perspective taken in this course is that all individuals exhibit behaviors, thinking patterns, and emotions that can be placed along a common continuum. Students will be</p>	

	<p>encouraged to think about the various disorders and treatments from a scientific, research-oriented perspective, rather than relying on potentially unreliable sources of information (e.g., popular media and folk psychology). This course is primarily designed to benefit those who plan to continue their education in psychology or in related disciplines. However, this course may also benefit those who desire to know more about abnormal psychology for the purpose of enhancing their own lives and those of others around them.</p>	
Indicative contents	<ol style="list-style-type: none"> 1. Have an understanding of the role of different professional groups in treating human distress. Understand the principles underpinning the 'recovery model'. Understand the principles underpinning a bio-psychosocial formulation of distress. Understand what diagnosis and formulation contribute to the care and treatment of people with mental health problems. Have an understanding of how clinical psychologists work with teams and organisations. 2. Recognise the features of some common mental health conditions experienced by children and young people. Describe how children access psychological help. Understand the development of emotional distress in children and the psychological factors that contribute. Understand how theory and evidence are used to help children with some of the most common emotional and behavioural difficulties. 3. Understand that although someone in the family may be diagnosed with a mental health condition (e.g. depression, OCD, anxiety), in working with families such diagnoses are used as a starting point for exploring the meaning and function of the associated behaviours in the context of the family. Appreciate that there are different approaches to the same mental health difficulties which often work in tandem with one another. Thus the use of medication can work alongside work with families by providing a window of relief or partial relief from symptoms, enabling therapeutic work to take place more easily. Understand that any patterns of behaviours, thoughts or feelings have to be viewed in context in order to be understood. People live in and through a complex web of relationships throughout their lives. The constitutive power of this web to forge and shape identities is fundamental to systemic thinking and therapeutic practice with families. Understand that the processes involved in achieving a collaborative relationship between family and therapist rely on the skills of the therapist to pay attention to the views and beliefs of all family members, especially when they are in conflict with one another. 	
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 69-85
3.	Sommers-Flanagan & Sommers-Flanagan ch. 4, Questions and Action Skills	All material will be presented within the presentation
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	8th week
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, Statistics and Development, Gender Differences	Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 441 - 454
15.	Personality Disorders Cluster B and C.	Abnormal Psychology – An Integrative Approach (David H. Barlow) 7th edition Page 454-472