

# CLINICAL PSYCHOLOGY



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# WHAT IS PSYCHOLOGY?

- The term psychology comes from the Greek roots *psyche* meaning soul or mind and *logos* meaning word or study



# What is Clinical Psychology?

## Definition of Clinical Psychology

Clinical psychology is a branch of psychology that focuses on diagnosing and treating mental, emotional, and behavioral disorders. It involves working with individuals, families, and groups to provide therapy, counseling, and interventions.

## Scope of Clinical Psychology

Clinical psychologists work in various settings such as hospitals, private practices, mental health clinics, and academic institutions. They address a wide range of issues including depression, anxiety, trauma, addiction, and more.

## Importance of Clinical Psychology

Clinical psychology plays a crucial role in promoting mental health and well-being. It helps individuals understand their thoughts, emotions, and behaviors, leading to improved coping mechanisms and enhanced quality of life.

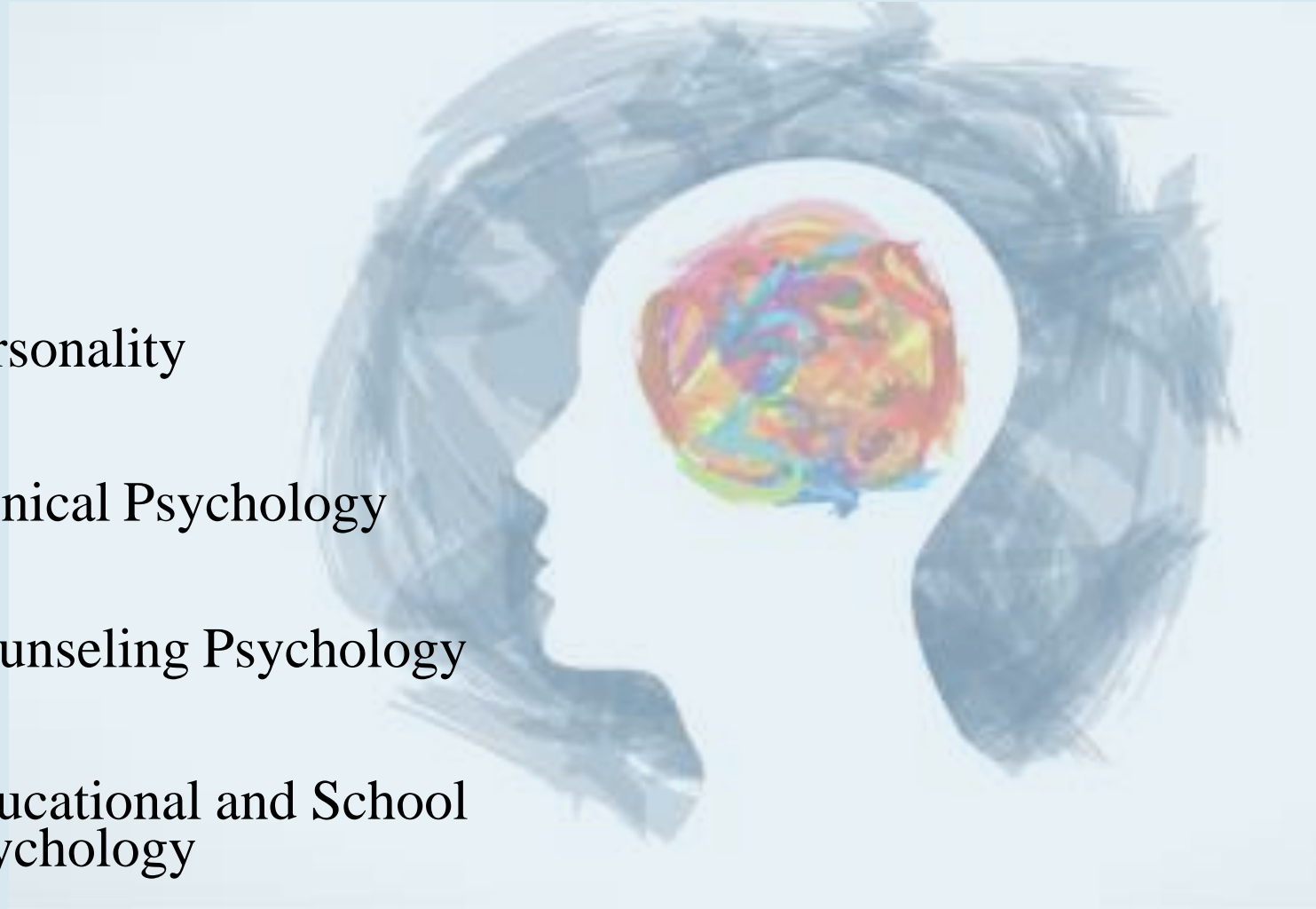
# PSYCHOLOGY IS THE SCIENCE OF HUMAN BEHAVIOR AND MENTAL PROCESSES

- Behavior is anything we do
  - overt actions and reactions
- Mental processes are our internal experiences
  - thoughts, feelings, memories...



# AREAS OF PSYCHOLOGY

- Developmental Psychology
- Social Psychology
- Experimental Psychology
- Physiological Psychology
- Cognitive Psychology
- Personality
- Clinical Psychology
- Counseling Psychology
- Educational and School Psychology
- Industrial and Organizational Psychology





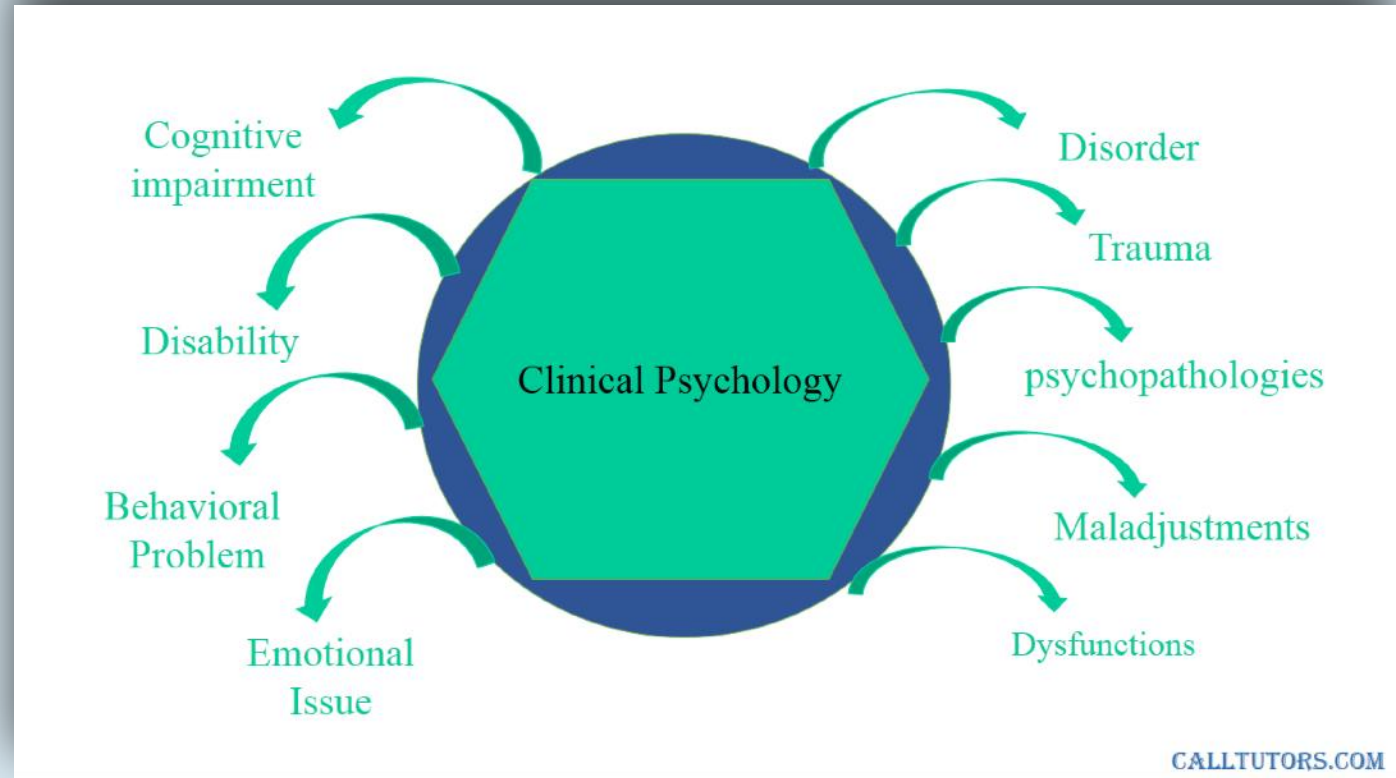
# ELEMENTS OF THE APA DEFINITION OF CLINICAL PSYCHOLOGY

1. Integration of theory and research – bi-directional relationship: the theory is an attempt to explain the symptoms; it generates research to assess the explanation, and the research results may change the theory- that is –our understanding of the causes of the symptoms (as one example).
2. The goals are on the one hand to remove distress and suffering, but also to promote adaptation; that is sometimes a conditions may not go away, and the person needs to learn to live with it and to adapt to it.
3. The various aspects of human functioning (e.g., biological, emotional, intellectual etc) are inter-related and affect one another. They cannot be viewed in isolation.



# FEATURES OF CLINICAL PSYCHOLOGY

- Emphasis on
  - **Science**
    - Determinism
    - Empiricism
    - Hypothetical constructs
  - Maladjustment & mental disorders
  - Individual & interpersonal-level
  - Helping
    - Respect for dignity
    - Responsible caring
    - Integrity in relationships
    - Responsibility to society





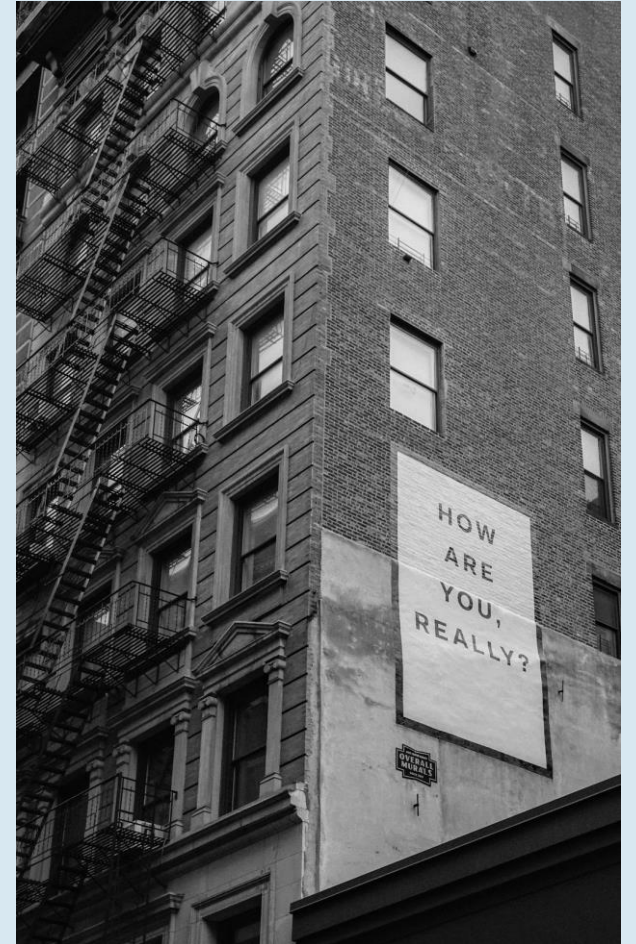
# Core Principles

## Fundamental Principles

Clinical psychology is based on empirical evidence and utilizes a scientific approach to understand and treat psychological disorders. Therapists emphasize empathy, non-judgment, and confidentiality in their practice.

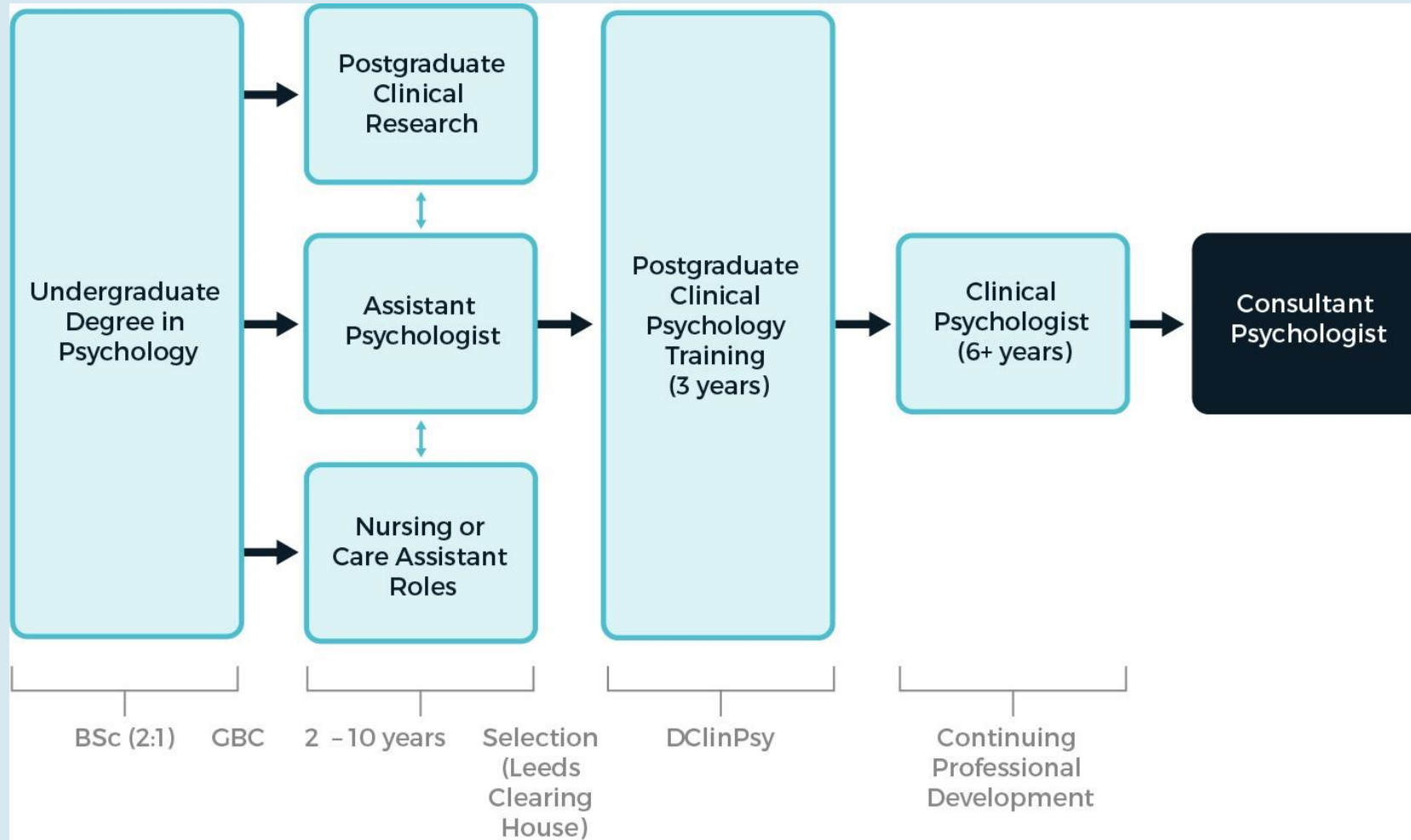
## Approaches in Clinical Psychology

Various approaches such as cognitive-behavioral therapy, psychoanalysis, humanistic therapy, and psychodynamic therapy are employed to address diverse mental health issues. These approaches are tailored to meet individual needs.



# CLINICAL PSYCHOLOGISTS

## Graduate Training in Clinical Psychology



# PSYCHIATRISTS ...THE MD SIDE

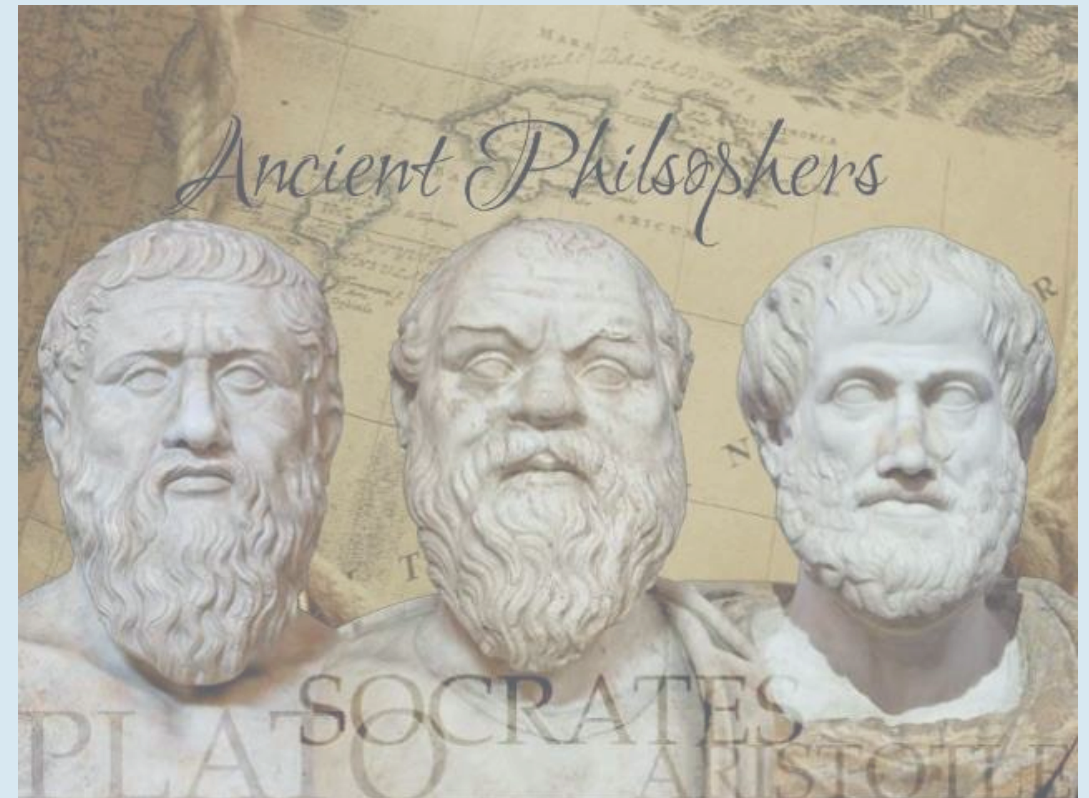
- More psychopharmacological (medication) therapies
- Less trained in conducting psychological assessment
- Traditionally leaning toward the psychoanalytic (Freud), psychodynamic models of therapy
- Shift toward evidence-based therapies e.g. Cognitive–Behavioral and Interpersonal



# HISTORY OF CLINICAL PSYCHOLOGY

## Ancient Roots

- Hippocrates (c. 446-377)
  - The first one who emphasize bio-psychosocial approach
  - Mental disturbances by natural causes
  - Melancholy
  - Phrenitis (*Menenjit*)
  - Mania
  - Hysteria
- Greek Philosophers
  - Socrates (470-399)
  - Plato (428-347)
    - Role of societal forces on mental disturbances
    - Psychological needs in development of mental disturbances
  - Aristotle (384-323)
    - Biological determinants of mental disorders





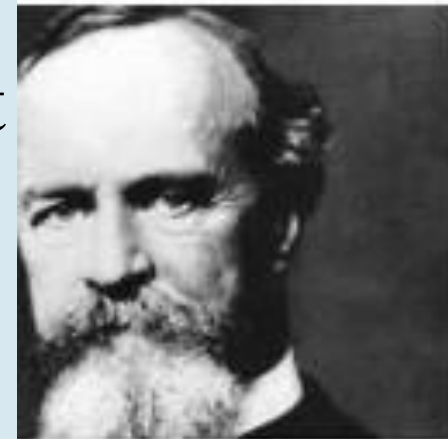


- Wilhelm Wundt: “Father” of psychology
  - 1879: Set up first lab to study **conscious** experience
  - Introspection: Looking inward (i.e., examining and reporting your thoughts, feelings, etc.)
- Wundt’s ideas brought to the US by Titchener and renamed *structuralism*; dealt with structure of mental life

Wundt introduced the term **psychophysical parallelism** as follows: “... *wherever there are regular relationships between mental and physical phenomena the two are neither identical nor convertible into one another because they are per se incomparable; but they are associated with one another in the way that certain mental processes regularly correspond to certain physical processes or, figuratively expressed, run 'parallel to one another'.*”

# Birth of the Discipline (1890-1910)

- Wilhelm Wundt (1875)
- William James (1875)
- G. Stanley Hall (1883)
- James McKeen Cattell (1888)
- By 1900-1940 Psychology laboratories at US Universities
- APA, established in 1892
- The Section on Clinical Psychology in 1919



# Key Theories in Clinical Psychology

Theory	Description
Psychoanalytic Theory	Proposed by Freud, focuses on unconscious processes and childhood experiences
Cognitive Behavioral Theory	Addresses how thoughts and behaviors interact to influence emotions and actions
Humanistic-Existential Theory	Emphasizes self-actualization, personal growth, and the search for meaning

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# HISTORY OF INTERVENTION IN CLINICAL PSYCHOLOGY

- Sigmund Freud
  - First elaborated treatment of mental health issues
  - Early connection to neurology and work of Charcot
  - Focus on role of unconscious
  - Many subsequent followers elaborating related psychodynamic theories (e.g., Jung, Adler, etc.)
- Lightner Witmer – coined term ‘clinical psychology’ – opened a clinic (1904) to assess and remediate learning difficulties



# History of Clinical Psychology

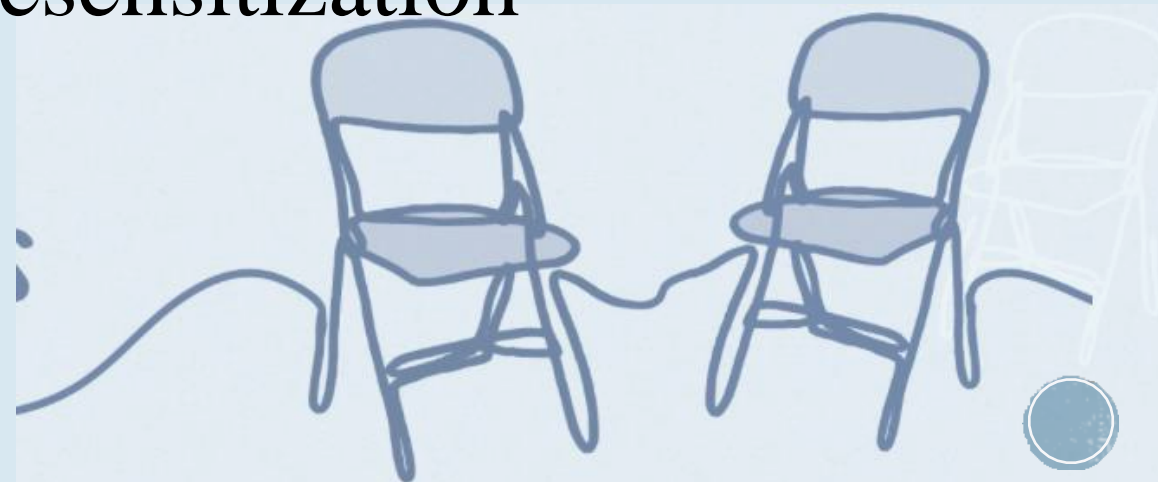
## Childhood: WWI through WWII

- Army Alpha & Army Beta Tests
- Stanford-Binet – 1916 (revised in 1937)
- Wechsler-Bellevue – 1939
- Rorschach Inkblot Test – 1921
- Thematic Apperception Test – 1938
- MMPI - 1943



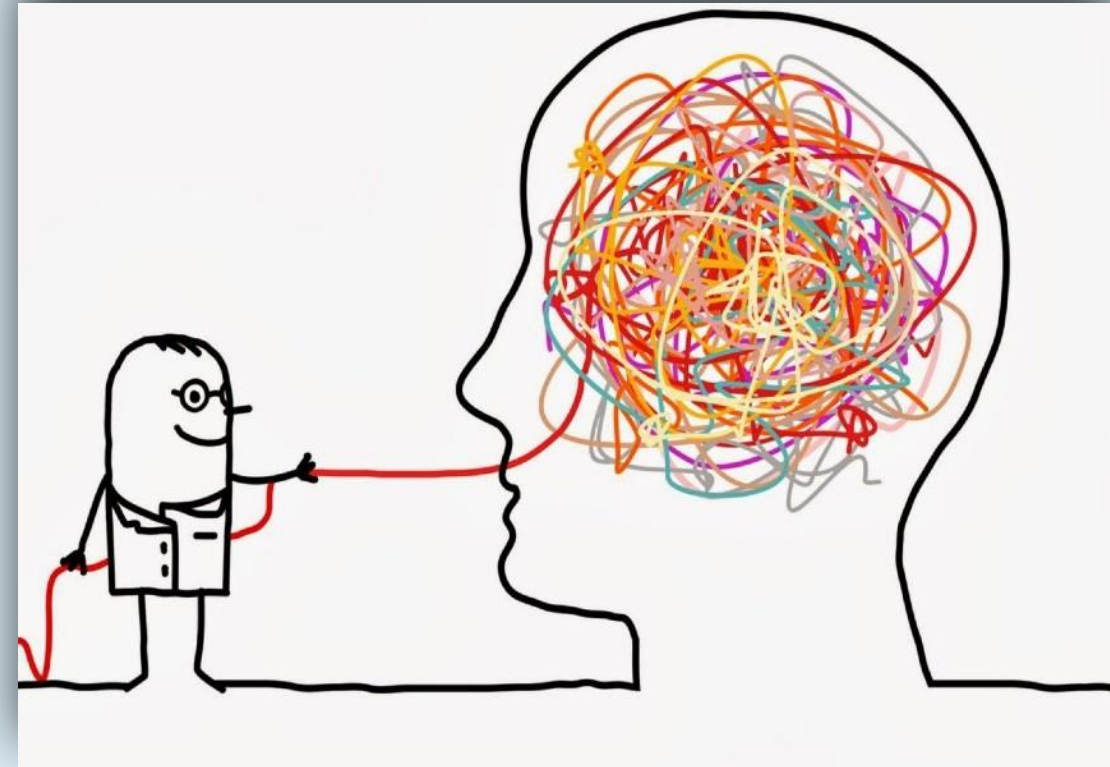
# HISTORY OF INTERVENTION IN CLINICAL PSYCHOLOGY

- Demand for therapy increases in 1940's and 50's
- Many therapy approaches developed:
  - Carl Rogers Client-centered approach
  - Several adaptations to Freud's model
  - Fritz Perls – Gestalt therapy
  - Joseph Wolpe – Systematic desensitization



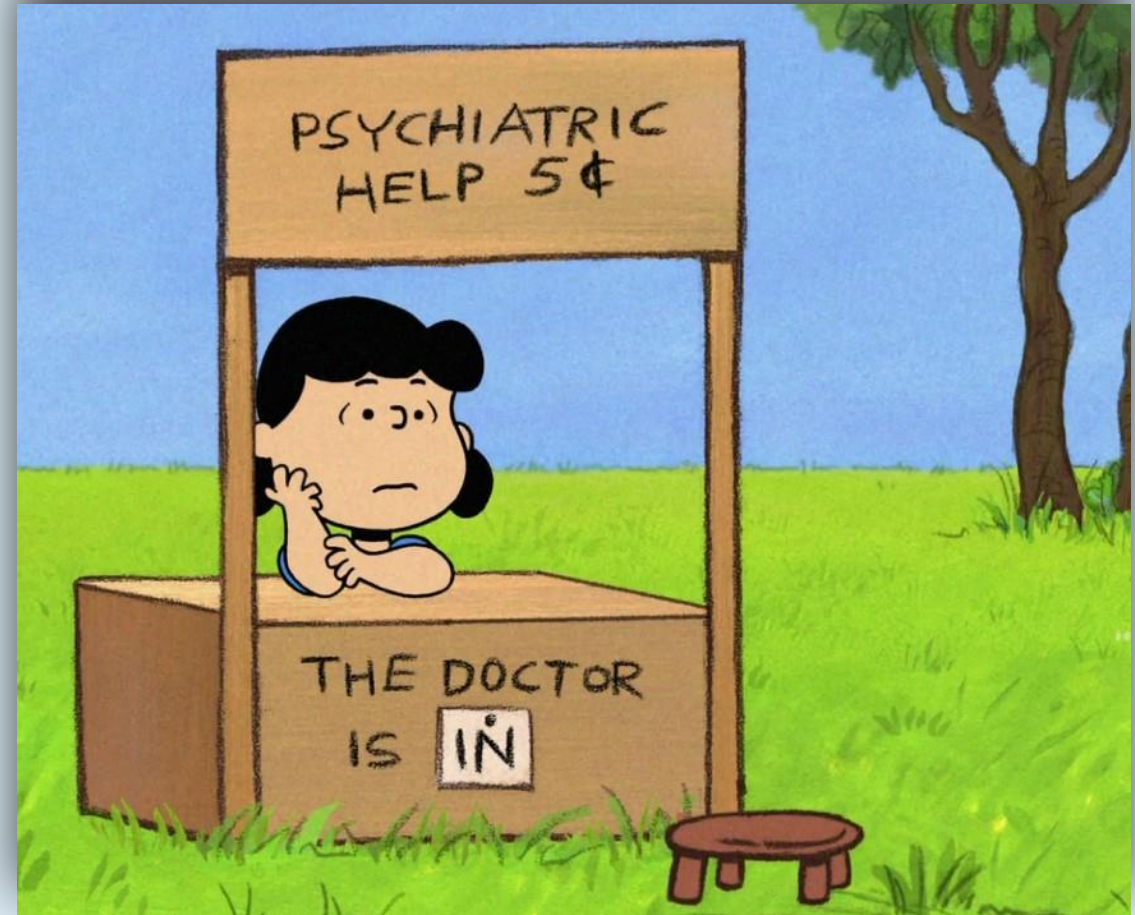
# HISTORY OF INTERVENTION IN CLINICAL PSYCHOLOGY

- Contemporary approaches
  - Albert Ellis – Rational Emotive Therapy
  - Aaron Beck – Cognitive Therapy
  - Cognitive Behavioral Therapy
  - Short-term Dynamic Therapy
- Prevention in Clinical Psychology
  - A growing area of Clinical Psychology



# PSYCHOLOGICAL PERSPECTIVES

- Psychologists have different ways of looking at behavior...some of these include:
  - Psychoanalytic perspective
  - Behaviorist perspective
  - Humanistic perspective
  - Cognitive perspective
  - Biopsychology perspective
  - Social psychological perspective
  - Evolutionary perspective



**Table 3.2** *Types of Tests Most Commonly Used by Psychologists*

<b>Type of Test</b>	<b>Characteristics Measured</b>
Achievement	Profit from past experience
Aptitude	Profit from future training and educational experiences
Behavioral/adaptive	Basic adaptive behaviors (e.g., self-care, communication, socialization)
Intelligence	Ability to adapt to novel situations quickly
Neuropsychological	Brain-behavior relationships
Personality	Psychopathology and ability to adapt and cope with stress
Vocational	Success in a specific occupation or profession

# Defining Scope of Clinical Psychology

- Early definitions stressed assessment, evaluation and diagnosis
- More recent inclusion of intervention in various forms as well as prevention
- **Evidence-Based Practice**
  - Active debate on the ‘science of clinical psychology’
  - McFall’s Manifesto for a Science of Clinical Psychology



# McFall's Manifesto – Reading Assignment

Scientific clinical psychology is the only legitimate and acceptable form of clinical psychology.

Anything less is 'pseudoscience'

Boulder Model "Scientist-practitioner" language implies that these have to be separate ("split personality")... and they should be one and the same.

-Should not be training for a particular trade, but training to function a certain way within a position (whether it's academia, admin, teaching, clinic)



# THE SHIFTING NATURE OF THE FIELD OF CLINICAL PSYCHOLOGY TODAY

- From the focus on one individual the focus has shifted to couples and families, both directly as interventions and indirectly as in prevention activities, consultations, and research
- Increasing focus on pharmacological treatment and decrease in traditional activities



# Where do you start?

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- ❖ Personality vs. Behavior
- ❖ Perception vs. Reality
- ❖ Traits vs. Values
- ❖ Theories vs. Models
- ❖ Assessment



# Assessment Techniques

## Various Assessment Methods

Clinical psychologists use a range of assessment tools such as interviews, psychological tests, observations, and self-report measures to evaluate mental health, functioning, and symptoms.



# Treatment Modalities

## Different Treatment Approaches

Treatment modalities in clinical psychology include individual therapy, group therapy, family therapy, and medication management. Therapists tailor interventions to address specific client needs.

## Interventions in Clinical Psychology

Interventions range from cognitive restructuring to exposure therapy and mindfulness techniques. Therapists collaborate with clients to develop coping strategies and promote lasting change.

# More Questions

- Do some mental disorders lend themselves to treatment better than others?
  - For example, schizophrenia is a chronic condition, whereas anxiety disorders may be more effectively treated.
- The expression of the same disorder might take different forms in different people.
- There is a high incidence of co-morbidity (occurring together) of mental disorders.



# Importance of Clinical Psychology as a Discipline

- About half of mental disorders begin before age 14
- Worldwide 800,000 people commit suicide every year
- 1 in 4 adult Americans suffers from a mental disorder in any given year
- Worldwide more than 450 million people suffer from mental disorders
  - Most undiagnosed or misdiagnosed

