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مقدمة عن مفهوم ال psychology و الفرق بينها و بين ال clinical
psychology و الفرق بين ال psychologist and psychiatrist


CLINICAL PSYCHOLOGY

ال clinical psychology ك concept ما اله علاقة بال meditation 

 Psychologist doesn't provide pharmaceutical therapy, only physicians (psychiatrist) do that

 Psychology involves studying human behavior which is a component of being a clinical psychologist

 Psychology itself is wider than clinical psychology, because it could be theoretical where you can sit down and hypothesise about certain phenomenon related to human beings

 Clinical psychology related to direct providing of help to patients whether they have mental health problems or not



Dr. Tareq Saleh

WHAT IS PSYCHOLOGY?

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

اذا ال definition هيكل في اختلافات هاد يعني انه هاد المجال
very complicated and very theoretical



It's very important to understand and study those theories » to better understand the human behavior as the brain itself could be affected by different pathologies



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.



Treatment includes psychologists role in cooperation with psychiatrists



It's very difficult nowadays to rely only on pharmacological therapy, almost always of some point of the treatment psychological therapy is added

PSYCHOLOGY IS THE SCIENCE OF HUMAN BEHAVIOR AND MENTAL PROCESSES

- Behavior is **anything we do**
 - **overt actions and reactions**



Intelligence as a topic is a part of psychology usually people who study it are psychologists



Human behavior » communication, social relations

- Mental processes are **our internal experiences**
 - **thoughts, feelings, memories...**



Some mental illnesses like dementia, parkinson, alzheimer's usually attended by neurologists but sometimes they require the help of psychologists



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



They try to use human behavior to understand human personalities then using that for example in how to drive company Human Resources based on intelligence, performance, personality



A lot of what we know about human behavior based on animal behavior, experiments done on animal to test different phenomena



What is Clinical Psych?

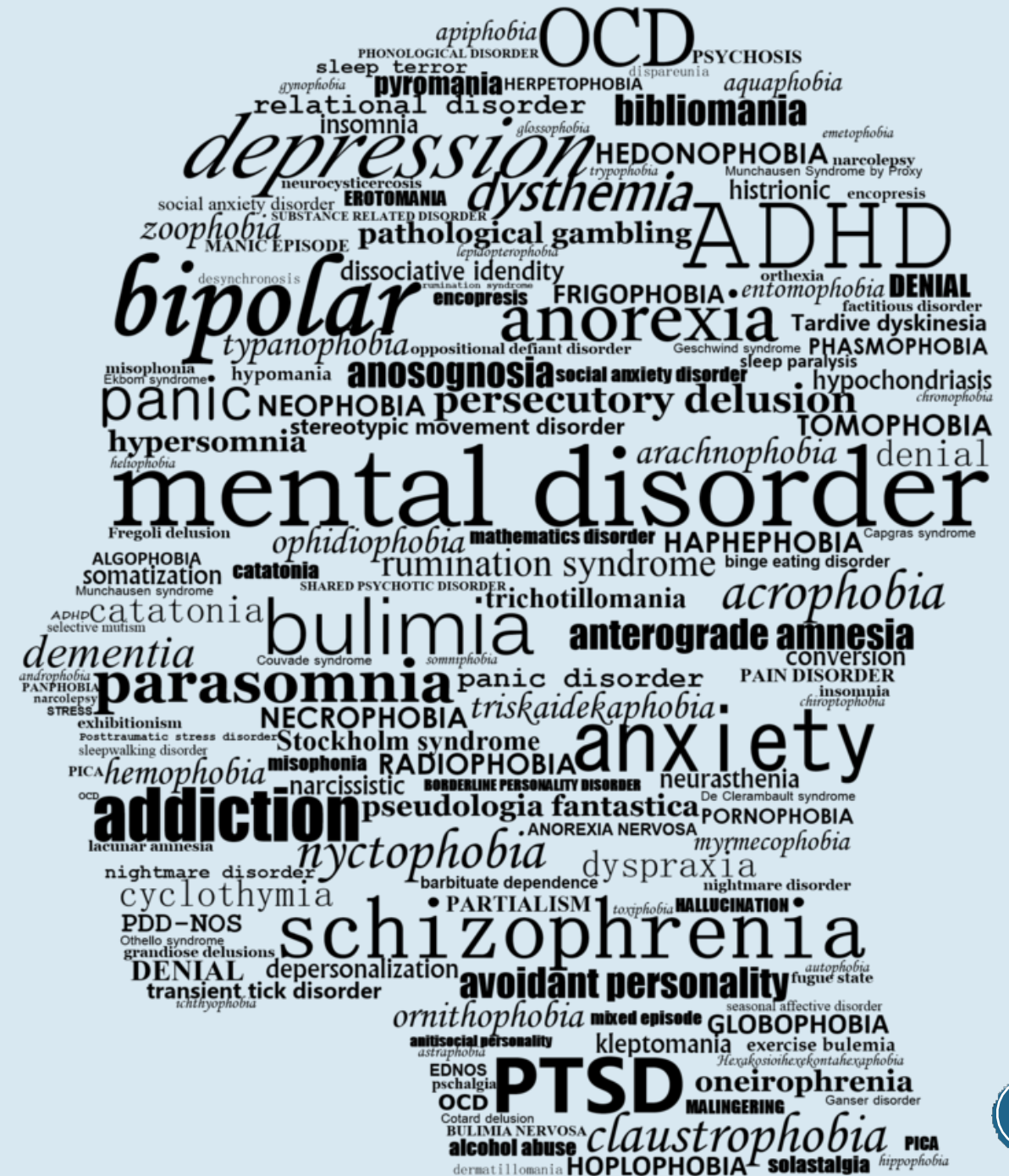
American Psychological Association:

Clinical Psychology integrates science, theory, and practice to understand, predict, and alleviate maladjustment, disability, and discomfort as well as to promote human adaptation, adjustment, and personal development.

It focuses on the intellectual, emotional, biological, psychological, social, and behavioral aspects of human functioning across the life span, in varying cultures, and at all socioeconomic levels.

J. H. Resnick (1991) proposed the following definition and description of clinical psychology:

The field of clinical psychology involves research, teaching, and services relevant to the applications of principles, methods, and procedures for understanding, predicting, and alleviating intellectual, emotional, biological, psychological, social and behavioral maladjustment, disability and discomfort, applied to a wide range of client populations (p. 7)





Science » data, experimental evidence, human behavior, mental processes, intelligence, personality, facts

بنلاحظ انه اول كلمة بالتعريف هي science يعني اشياء مثبتة و حقائق مش زي قبل بحيث كان هاد المجال يعتمد على theories .. كيف بدى احول ال theory ل fact عن طريق experiments بختبرها بطلع conclusion و هيك بنثبت صحتها .. مثلا انتشرت نظرية عن انه الرجال اذكى من النساء مثلا كيف بدى اتأكد منها بجيب مجموعة من النساء و الرجال و بقيس ال IQ الهم و هكذا



Theory » not experimentally approved, there's a lot of things are still unknown

في اشي بال science بسميه hypothetical concept يعني هذول concept that can only be rationalized by a hypothesis that might not be easy to prove



مثلا من ال phenomenon which is hard to explain is one of the signs of depression is lack of motivation بنعرف انه motivation it's also a negative symptom of people with schizophrenia .. طب شو يعني lack of motivation ؟ ممكن تنتبهله بال clinic اذا بطل يروح على المدرسة مثلا بس بضل الة تعاريف كثيرة and it's difficult to measure يعني مثلا مين اعتبره lack of motivation واحد بطل يروح على الشغل ٣ ايام بالاسبوع ولا يومين ولا يوم .. ال motivation نفسه عبارة عن theoretical concept بضل unmeasurable and unclear



A lot of those theories despite not being factual they're very important for psychology

مو شرط الي يروح على psychologists يعني عنده mental illness ممكن يكون عنده بس work issues, family problems



ELEMENTS OF THE APA DEFINITION OF CLINICAL PSYCHOLOGY

يعني مثلا ممكن حدا بشوف beast ب احلامه this
might reflect a non resolved issue





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

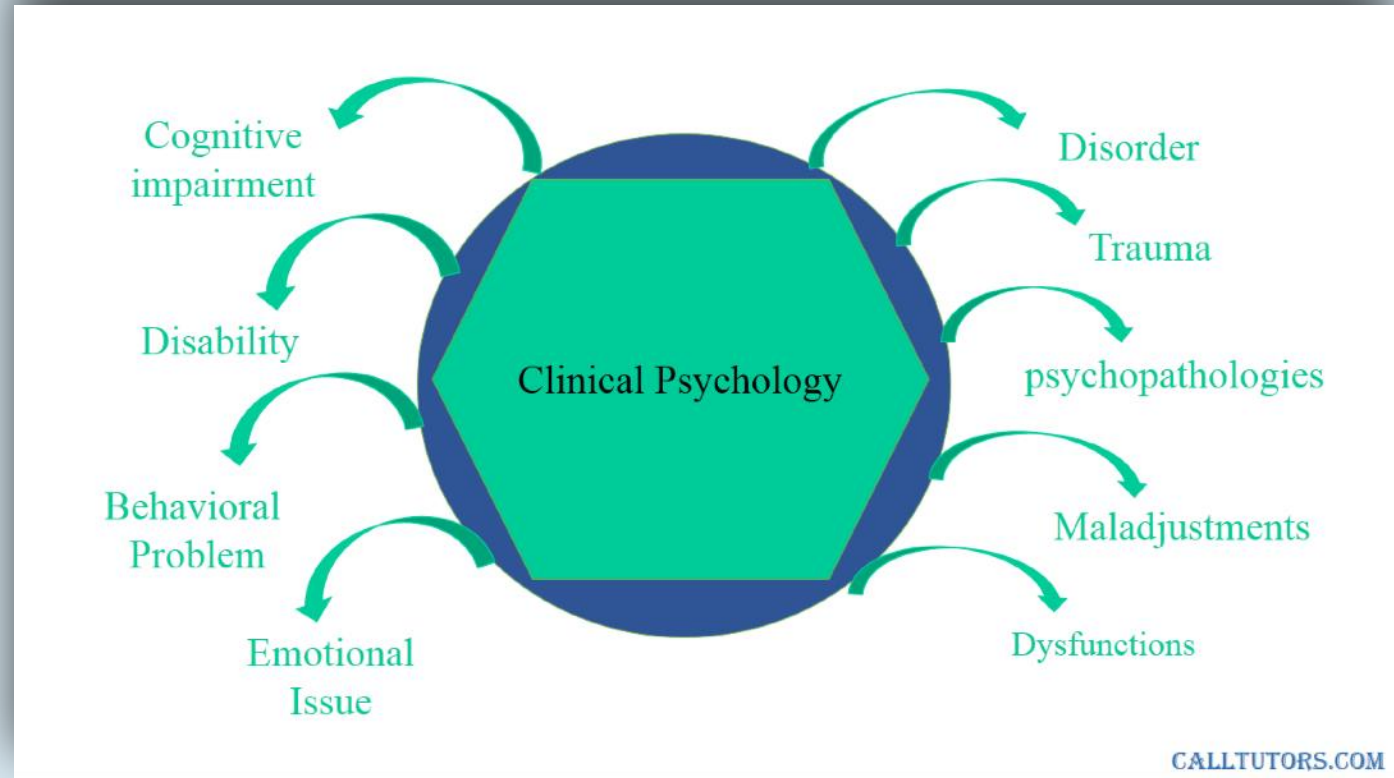
which are associated with depression **زي العلماء الي بتدور على جينات او biological reasons for mental health disorders** 


- **Emphasis on**  Everything even with human behavior is predetermined, they have a genetic biological basis, even human behavior should be explained by genes 

• **Science**

 Anything you know or behave is based on sensory experience

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



بالدباية كان كثير individual و لساته هيك لحد ما بس حاليا ممكن تلاقي **group counselling**  **treatment** بتكون ب groups و ممكن يكون في **group counselling**



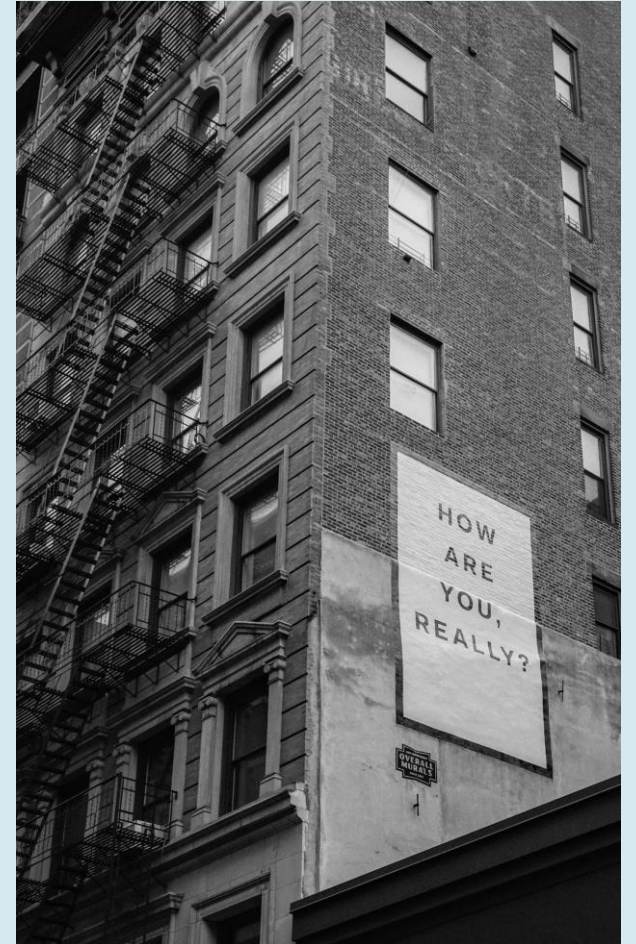
Core Principles

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.

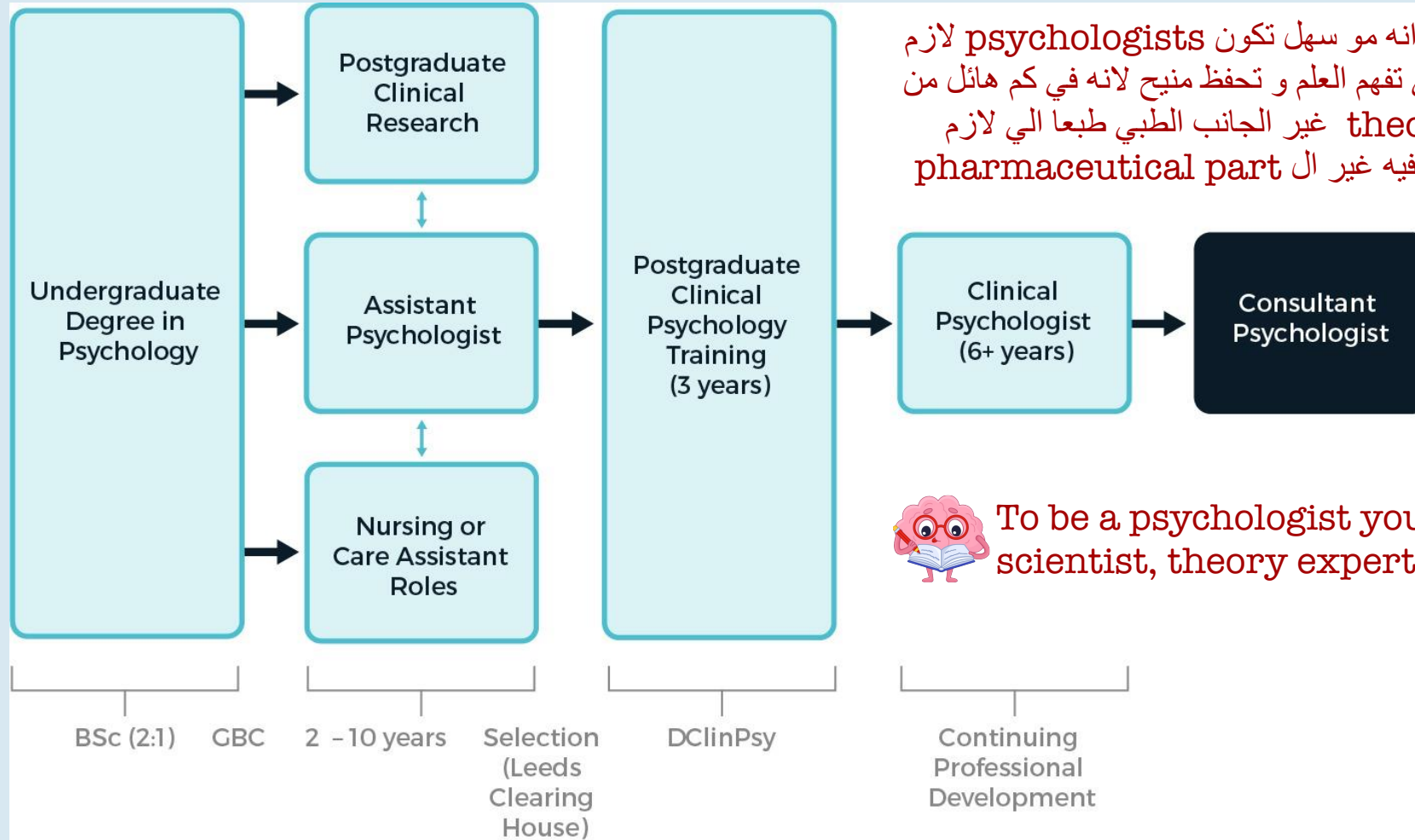
Approaches in Clinical Psychology

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




الخلاصة انه مو سهل تكون psychologists لازم تكون ذكي تفهم العلم و تحفظ منيح لانه في كم هائل من theories ال غير الجانب الطبي طبعا الي لازم تكون ملم فيه غير ال pharmaceutical part



To be a psychologist you must be a scientist, theory expert, clinician



PSYCHIATRISTS ...THE MD SIDE

- More psychopharmacological (medication) therapies  They primarily treat mental illnesses
- 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



Psychiatric emergencies » panic attack, some cases of acute psychotic disorders



Of course psychiatrists are aware of psychological theories but they are not experts in delivering psychological therapy



HISTORY OF CLINICAL PSYCHOLOGY



Ancient Roots

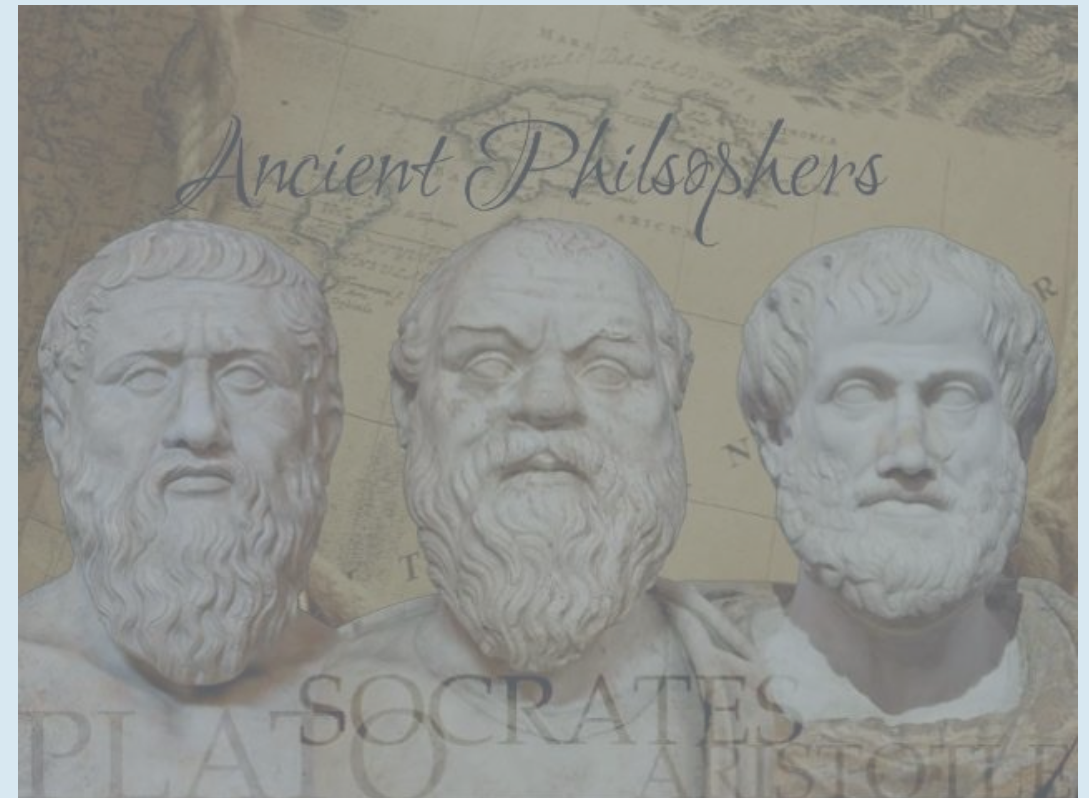
- Hippocrates (c. 446-377) females in general
▪ The first one who emphasize bio-psychosocial approach
▪ Mental disturbances by natural causes
▪ Melancholy
▪ Phrenitis (Menenjit)
▪ Mania
▪ Hysteria
- Greek Philosophers
 - Socrates (470-399)
 - Plato (428-347)
 - Role of societal forces on mental disturbances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

had the milder form of hysteria that female hysteria و ال female hysteria هاد المصطلح بطنا نستخدمه بشبه اشتقاق كلمة hysterectomy اذا hysterectomy يعني رحم الة علاقة ب female و ال hysteria مرض that they thought that women only get mad لانه زمان describes excessive negative emotions و لكن هاد الاشئ مو صح

premenstrual syndrome و لكن بشكل عام الصحيح هو انه females in general on average are more susceptible to negative emotions than men

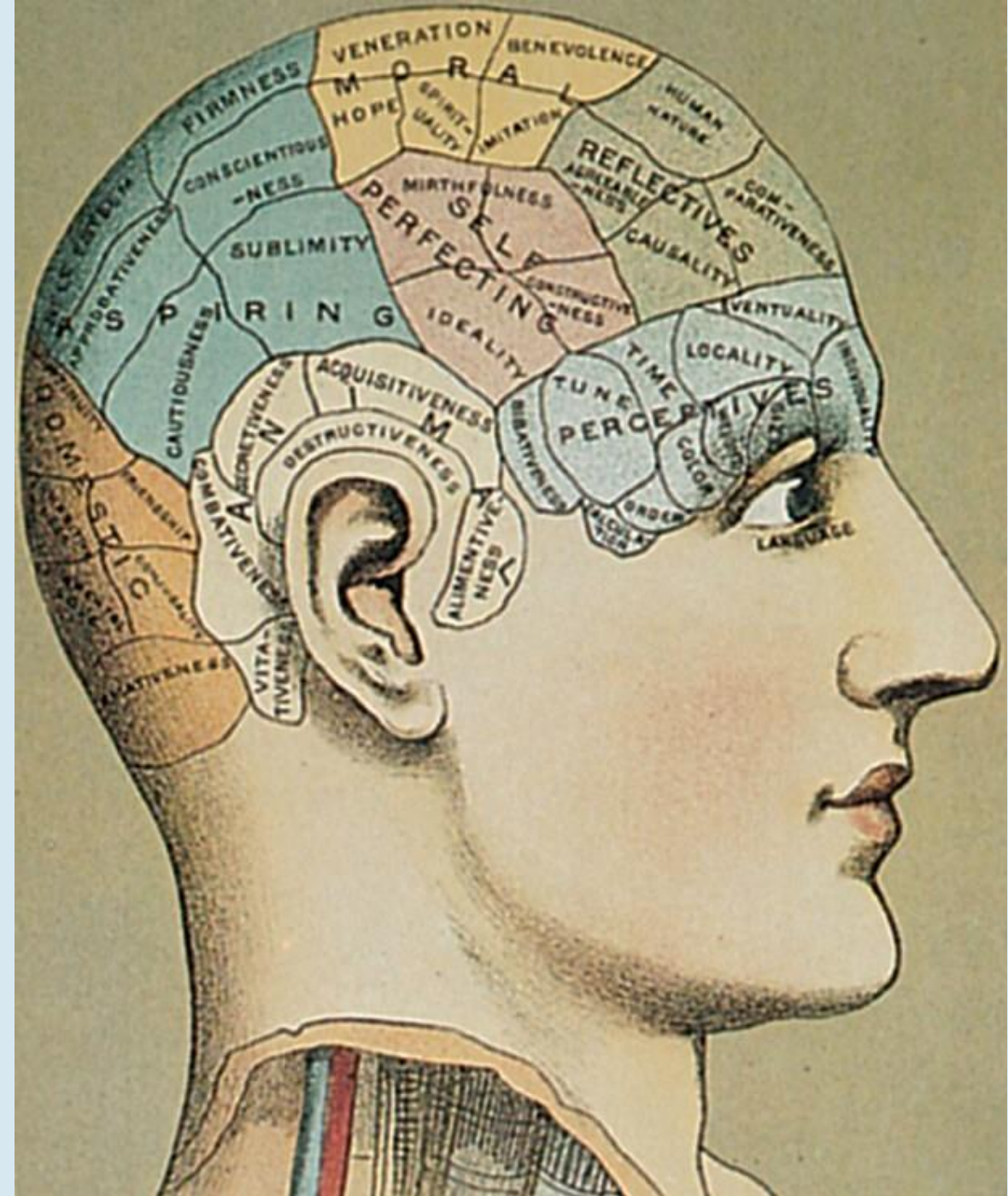
Inflammation of the brain by that they were referring to disturbances in behavior

جنون معلق



PSEUDOPSYCHOLOGIES

- Any unfounded “system” that resembles psychology and is NOT based on scientific testing
 - Palmistry: Lines on your hands (palms) predict future and reveal personality
 - Phrenology: Personality traits revealed by shape of skull





He also designed experiments that other scientistist can replicate



Ability of patient to self reflect, the patient will come to conclusions on their own not the psychologist description

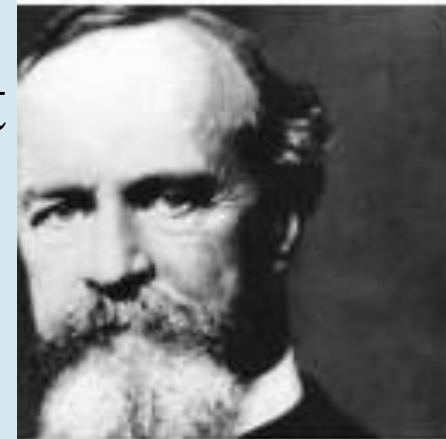
Experimental

- 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



الحرب العالمية الأولى و الثانية نتج عنهم كثير mental illnesses التي شجعوا
يصير more researches على الموضوع و يتحول ل science



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

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



Most of behaviors of a person are dictated by events that happened in their childhood



He also used hypnosis to allow patients to dig deep into their subconscious mind to find reasons for their mental health



History of Clinical Psychology

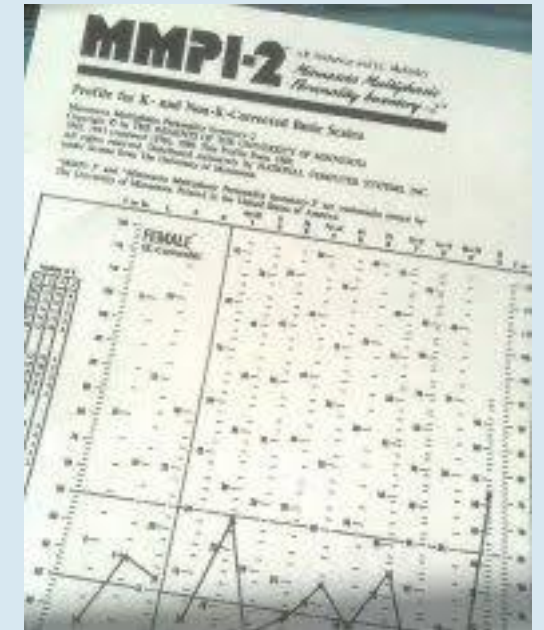


Psychological assessment »
tools available for
assessment like memory,
motivational functional, IQ

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




ال army alpha test هو اول test كان
IQ ل available قبل القرن العشرين اخترعوه الجيش
الامريكي خلال الحرب العالمية الاولى عشان يحددوا
حسب الذكاء مين يضموا للجيش مين يعطي اوامر و هكذا



Personality and Psychopathology test



HISTORY OF INTERVENTION IN CLINICAL PSYCHOLOGY

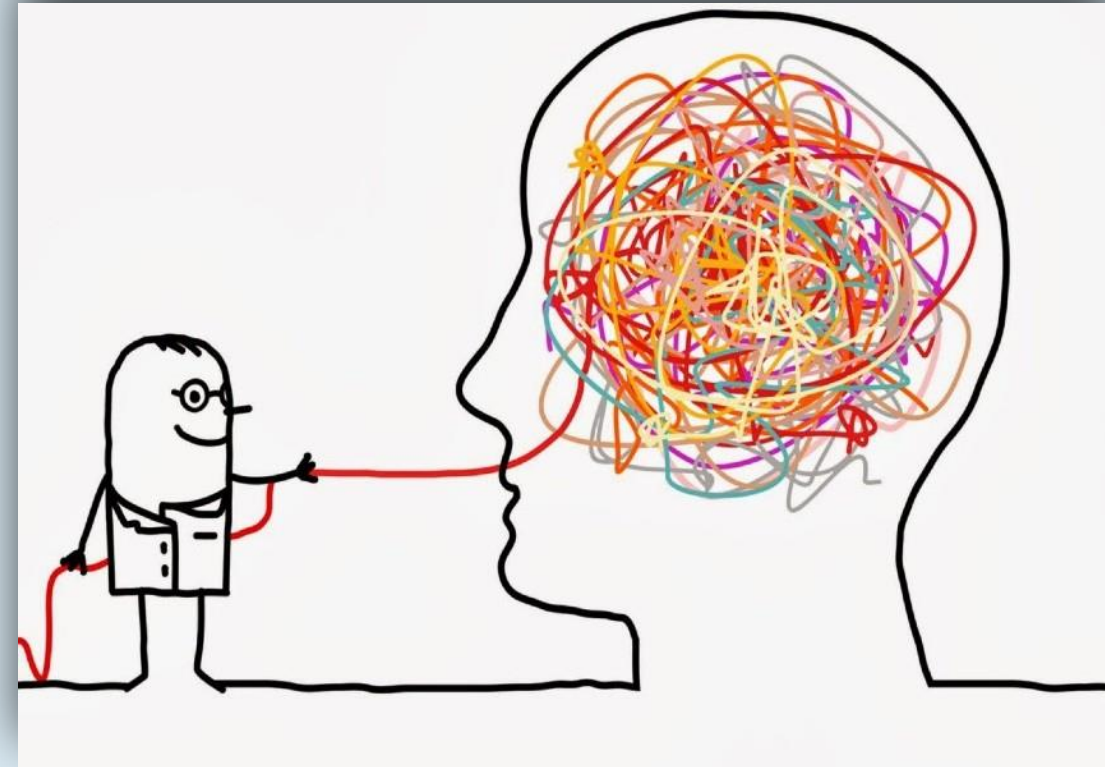
- Demand for therapy increases in 1940's and 50's
- Many therapy approaches developed:
 - **Carl Rogers Client-centered approach**   Psycho-analytical methods deviated towards more individual, patient centered ones
 - Several adaptations to Freud's model  To allow patients to discover the illness themselves and lead them to change their own behavior
 - 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

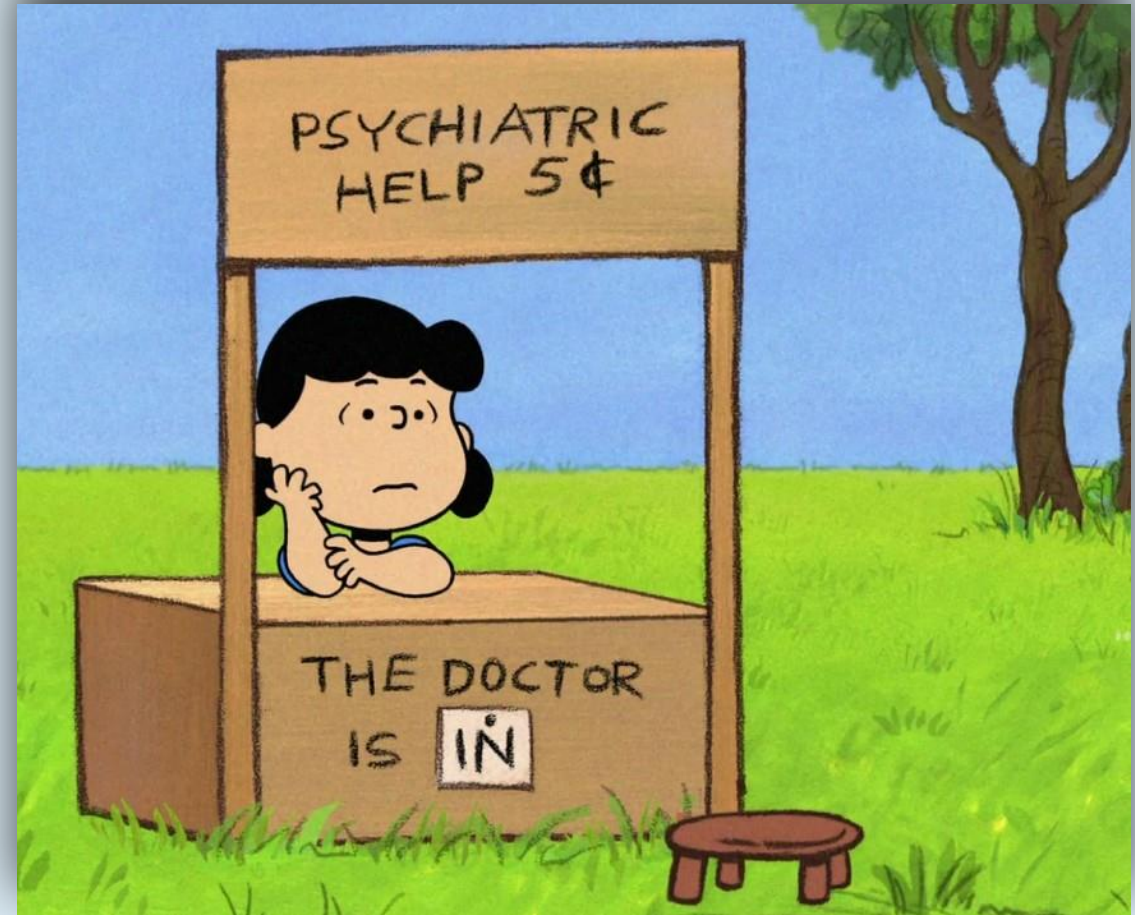
Most dominant ←



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



لقدم كل محاضرة راح
ناخدها راح يكون الها
علاقة بوحدة من هـول
الاشياء

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

Type of Test	Characteristics Measured
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

IQ is very fixed

عن طريق ال IQ test و هم من احسن ال
tests و هو valid and accurate

ممکن تاخذ تيست باي وقت عشان
تعرف شو شخصيتك، بنستفيد
بدراسة الشخصيات عشان تحدد
مثلا المدير الي بدي اياه لازم
يكون واحد تنين ثلاثة، ممكن
خلال التسييت تعرف
personality

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'

اكيد مو كل اشئ حكوه هو pseudoscience لانه كان عندهم مرضى and
they improved اكيد في اشياء من الي حكوها had some value



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?

مواضيع راح نحكي عنها المحاضرات الجاية

- ❖ 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

