

LECTURE I. CLINICAL PSYCHOLOGY

MAIN OBJECTIVES

Lectures – 10 hours

Seminars- 10 hours

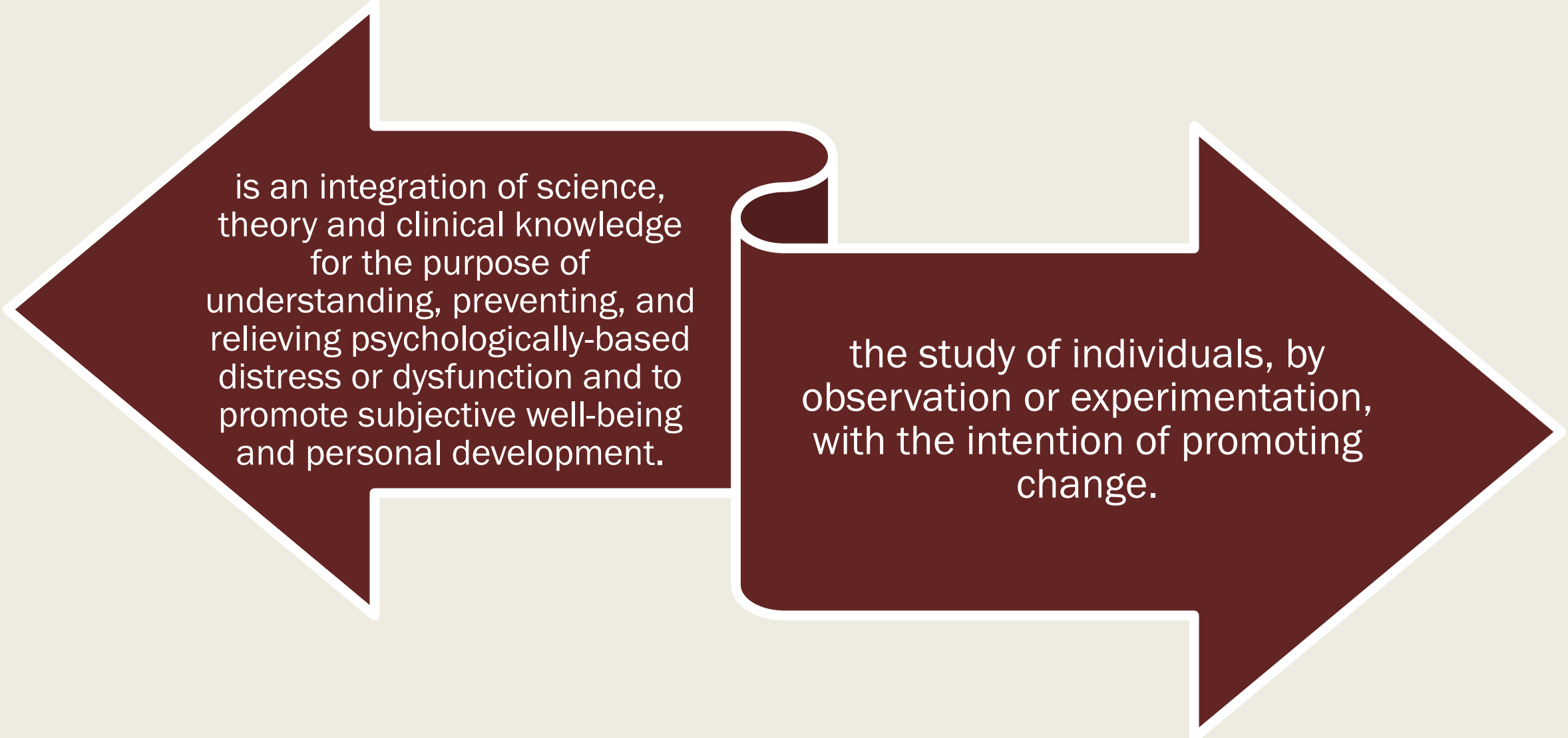
Self-training – 10 hours

Presented by:
PhD - Cernitanu Mariana

Structure

1. Clinical psychology historical moments and main objectives.
2. Main areas in clinical psychology: psychological assessment, clinical formulation and psychoterapy.
3. Functions of clinical psychologist and his role in a therapeutic team.

Clinical psychology



is an integration of science, theory and clinical knowledge for the purpose of understanding, preventing, and relieving psychologically-based distress or dysfunction and to promote subjective well-being and personal development.

the study of individuals, by observation or experimentation, with the intention of promoting change.

Historical moments of clinical psychology

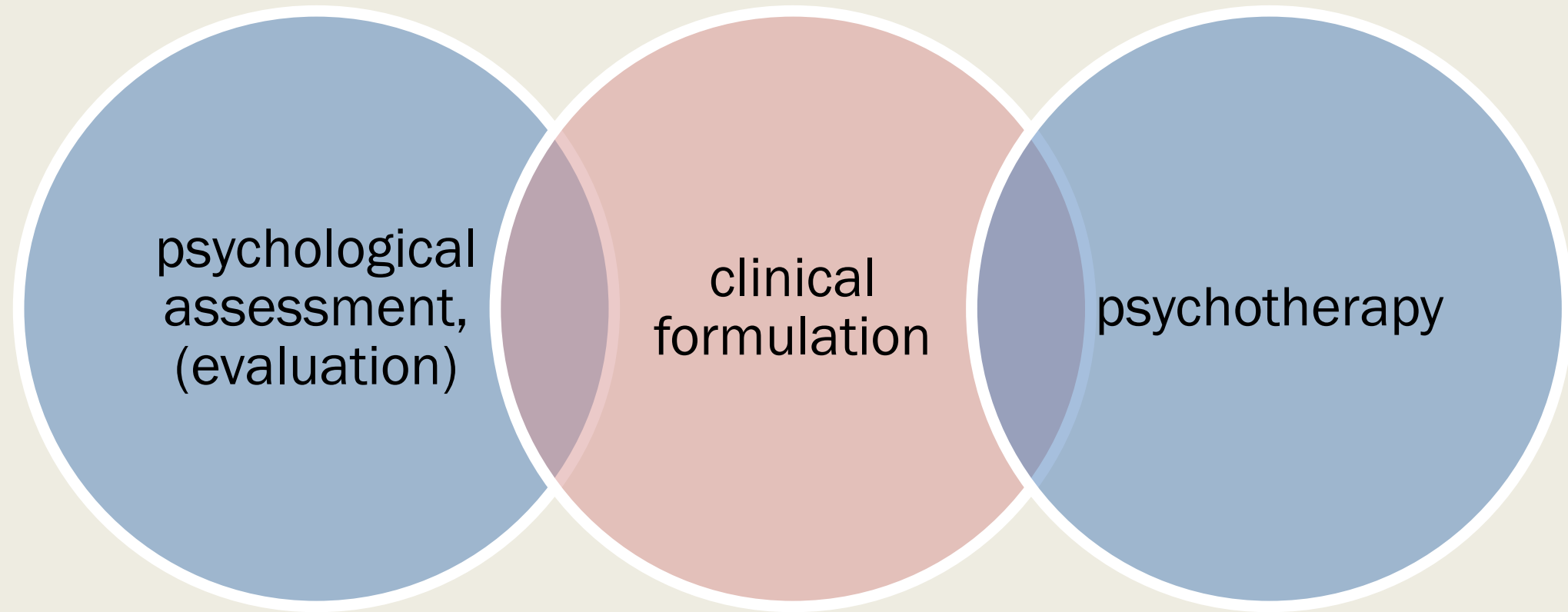
- **Lightner Witmer** (1867–1956), a past student of **Wundt** and head of the psychology department at the University of Pennsylvania, agreed to treat a young boy who had trouble with spelling. His successful treatment was soon to lead to Witmer's opening of the **first psychological clinic at Penn in 1896**, dedicated to helping children with learning disabilities.
- In 1907, Witmer was to found the first journal, *The Psychological Clinic*, where he coined the term "**clinical psychology**", defined as "the study of individuals, by observation or experimentation, with the intention of promoting change".

Historical moments of clinical psychology

The **Clinical psychology** is generally considered to have begun in **1896** with the opening of the first psychological clinic at the University of Pennsylvania by **Lightner Witmer**.

In the first half of the 20th century, clinical psychology was focused on **psychological assessment**, with little attention given to treatment.

Clinical psychology working areas



Psychological evaluation

- is defined as a way of assessing an individual's behavior, personality, cognitive abilities, and several other domains.
- The purpose behind many modern psychological evaluations is to try to pinpoint what is happening in someone's psychological life that may be inhibiting their ability to behave or feel in more appropriate or constructive ways.
- Other psychological evaluations seek to better understand the individuals unique characteristics or personality to predict (to forecast) things like workplace performance or customer relationship management.

Historical moments of psychological assessment

- Psychologists' reputation as assessment experts became solidified during World War I with the development of two intelligence tests, ***Army Alpha*** and ***Army Beta*** (testing verbal and nonverbal skills, respectively), which could be used with large groups of recruits.
- Due in large part to the success of these tests, ***assessment*** was to become the core discipline of clinical psychology for the next quarter century, when another war would propel the field into treatment.

Modern *Psychological evaluation*

- Has been around for roughly 200 years, when many psychologists throughout Europe worked to develop methods of testing.
- The first tests focused on aptitude. Eventually scientists tried to measure mental processes in patients with brain damage, then children with special needs.
- In the 1800s, [Hubert von Grashey](#) developed a battery to determine the abilities of brain-damaged patients. This test was also not favorable, as it took over 100 hours to administer.

The intelligence quotient (IQ)

- Frances Galton established the first tests in London for measuring IQ.
- An **intelligence quotient (IQ)** is a total score derived from several **standardized tests** designed to assess **human intelligence**.
- The abbreviation "IQ" was coined by the **psychologist William Stern** for the **German** term *Intelligenzquotient*.
- Historically, IQ is a score obtained by dividing a person's mental age score, obtained by administering an intelligence test, by the person's chronological age. The resulting fraction is multiplied by 100 to obtain the IQ score.

Modern *Psychological evaluation*

- **James Cattell** studies led to his paper "Mental Tests and Measurements", one of the most famous writings on personality's psychological evaluation.
- **Alfred Binet** was also studying evaluation. However, he was more interested in distinguishing children with special needs from their peers. He did his research in France, with the help of **Theodore Simon**. They created a list of questions that were used to determine if children would receive regular instruction, or would participate in special education programs. Their battery was continually revised and developed, until 1911 when the ***Binet-Simon questionnaire of aptitudes*** was finalized for different age levels.

Formal and informal evaluation benefits

- **Formal psychological evaluation** consists of standardized batteries of tests and highly structured clinician-run interviews
- In **informal evaluation**, assessments are based on *unstructured, free-flowing interviews or observations* that allow both the patient and the clinician to guide the content.

The benefits to more **formal** standardized evaluation types such as batteries and tests

- **First**, they measure a large number of characteristics simultaneously. These include personality, cognitive, or neuropsychological characteristics.
- **Second**, these tests provide empirically quantified information. The obvious benefit to this is that we can more precisely measure patient characteristics as compared to any kind of structured or unstructured interview.
- **Third**, all of these tests have a standardized way of being scored and being administered. These types of tests eliminate any possibility of bias and produce results that could be harmful to the patient and cause legal and ethical issues.
- **Fourth**, tests are *normed*. This means that patients can be assessed not only based on their comparison to a "normal" individual, but how they compare to the rest of their peers who may have the same psychological issues that they face.
- **Fifth**, standardized tests that we commonly use today are both valid and reliable. We know what specific scores mean, how reliable they are, and how the results will affect the patient.

Psychological
assessment is most
often used in the

psychiatric

medical

legal

*educ., or
psycho.
clinic
settings.*

Types of assessments
and the purposes for
them differ among
these settings.


The psychological assessment

In the **psychiatric setting**, the common needs for assessment are to determine risks, whether a person should be admitted or discharged, the location the patients should be held, as well as what therapy the patient should be receiving.

Within a **medical setting**, psychological assessment is used to find a possible underlying psychological disorder, emotional factors that may be associated with medical complaints, assessment for neuropsychological deficit, psychological treatment for chronic pain, and the treatment of chemical dependency.

Psychological assessment in the legal setting

Psychologists might be asked to assess the reliability of a witness, the quality of the testimony a witness gives, the competency of an accused person, or determine what might have happened during a crime.



They also may help support a plea (plaint) of insanity or to discount a plea. Judges may use the psychologist's report to change the sentence of a convicted person, and parole (juratii) officers work with psychologists to create a program for the rehabilitation of a parolee.

Education setting

- Psychologists may also be called on to assess a variety of things within an education setting. They may be asked to assess strengths and weaknesses of children who are having difficulty in the school systems, assess behavioral difficulties, assess a child's responsiveness to an intervention, or to help create an educational plan for a child.

Psychological clinic setting

- **In a psychological clinic setting,** psychological assessment can be used to determine characteristics of the client that can be useful for developing a treatment plan. Within this setting, psychologists often are working with clients who may have medical or legal problems or sometimes students who were referred to this setting from their school psychologist.

Assessment via computer or the Internet

- Some psychological assessments have been validated for use when administered via computer or the Internet. However, caution must be applied to these test results, as it is possible to fake in electronically mediated assessment.
- Many electronic assessments do not truly measure what is claimed, such as the **Meyers-Briggs personality test**. Although one of the most well known personality assessments, has been found both invalid and unreliable by many psychological researches and should be used with caution.

Clinical methods

- Within **clinical psychology**, the "clinical method" is an approach to understanding and treating mental disorders that begins with a particular individual's personal history and is designed around that individual's psychological needs.
- The inquiry (anacheta) includes obtaining information about relevant diseases or conditions of other people in their family.
- Self-reporting methods may be used, including questionnaires, structured interviews and rating scales.

A personal history of a patient

- **Taking a personal history** along with clinical examination allow the health practitioners to fully establish a clinical diagnosis.
- A medical history of a patient provides insights into diagnostic possibilities as well as the patient's experiences with illnesses. The patients will be asked about current illness and the history of it, past medical history and family history, other drugs or dietary supplements being taken, lifestyle, and allergies.

A clinical formulation – second area in clinical psychology

- is a hypothesis based on psychological evaluation to explain a patient's condition. It is not simply a psychiatric diagnosis like depression or anxiety, but rather a more comprehensive discussion of why the patient has the condition.
- The process of developing a clinical formulation can include a review of the symptoms as well as the patient's psychiatric and personal history. All of this information can be noted in the patient's chart to develop an explanation for what is going on.
- The clinical formulation becomes part of the patient's record, and if it is necessary to refer the patient to a different care provider, the information can be made available by permission from the patient. This can be helpful for providers who want to learn more about the origins of a patient's condition.

Clinical formulation (case formulation)

is a theoretically-based explanation or conceptualization of the information obtained from a clinical assessment. It offers a hypothesis about the cause and nature of the presenting problems and is considered an alternative approach to the more categorical approach of psychiatric diagnosis.

In clinical practice, formulations are used to communicate a hypothesis and provide framework to developing the most suitable treatment approach.

**Most systems
of formulation
contain the
following
broad
categories of
information:**

symptoms and problems;

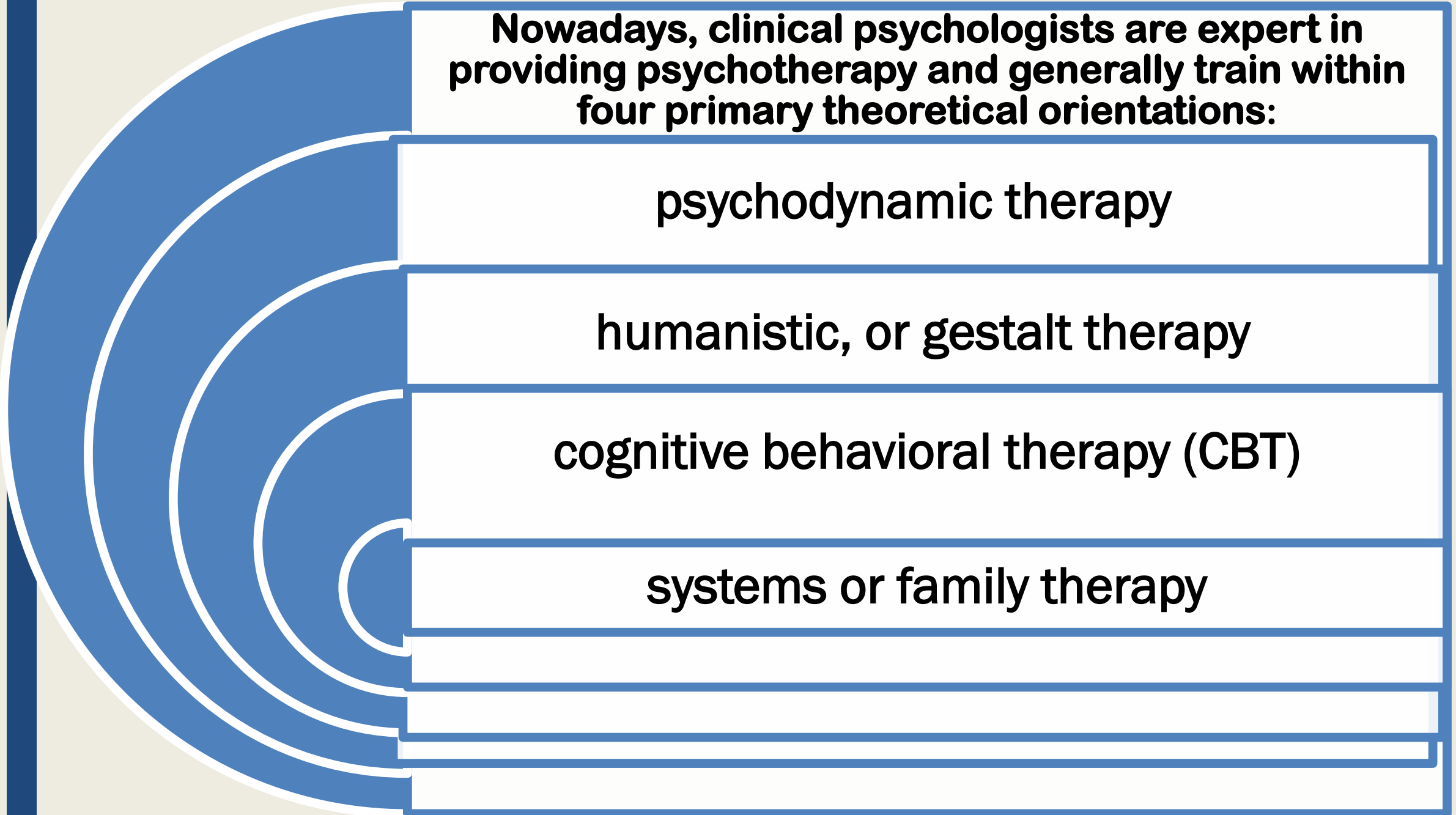
precipitating stressors or events;

predisposing life events or stressors; and

an explanatory mechanism that links the preceding categories together and offers a description of the precipitants and maintaining influences of the person's problems.

Psychotherapy - third area in clinical psychology

Psychotherapy involves a formal relationship between professional and client—usually an individual, couple, family, or small group—that employs a set of procedures intended to form a therapeutic alliance, explore the nature of psychological problems, and encourage new ways of thinking, feeling, or behaving.



Nowadays, clinical psychologists are expert in providing psychotherapy and generally train within four primary theoretical orientations:

psychodynamic therapy

humanistic, or gestalt therapy

cognitive behavioral therapy (CBT)

systems or family therapy

Psychodynamic orientation

- - the study of the forces, motives, and energy generated by the deepest of human needs – S. Freud; the study of the interrelationship of various parts of the mind, personality, or psyche as they relate to mental, emotional, or motivational forces especially at the unconscious level).

Psychodynamic Approach basic assumptions

- Our behavior and feelings are powerfully affected by unconscious motives;
- Our behavior and feelings as adults (including psychological problems) are rooted in our childhood experiences;
- All behavior has a cause (usually unconscious), even slips of the tongue. Therefore all behavior is determined;
- Personality is made up of three parts: the id, ego, and super-ego.

Humanistic and gestalt therapy

- Key to a **humanist** understanding is the belief that humans can control their own destiny, and can motivate themselves toward learning, development and self-actualization.
- **Gestalt therapy** is an existential/experiential form of psychotherapy which emphasizes personal responsibility, and focuses upon the individual's experience in the present moment, the therapist–client relationship, the environmental and social contexts of a person's life, and the self-regulating adjustments people make as a result of their overall situation.

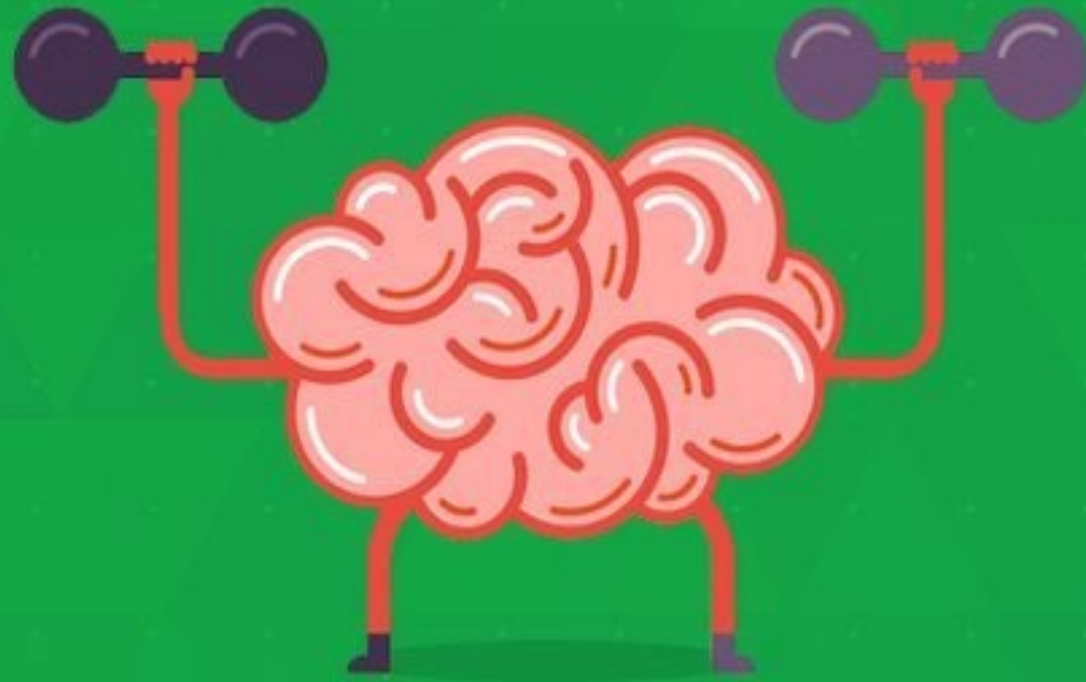
Conceptual Orientation 2 — The Existential-Humanistic Approach

- ✧ **Common themes in the View of Human Nature of Existential-Humanistic Approaches**
 - ✧ Antideterministic and more focus on conscious behavior
 - ✧ Phenomenology: Subjective reality of the client
 - ✧ Optimistic—people can change
 - ✧ Inborn tendency to self-actualize
 - ✧ Maslow's hierarchy of needs
- ✧ **Existential Therapy (Frankl, May)**
 - ✧ The world has no inherent plan; each person creates meaning and purpose
 - ✧ All have the ability to live authentically and experience fully
 - ✧ Anxiety, feeling dread, and struggles in life are a natural part of living
 - ✧ We can “choose” and self actualize (See Maslow's Hierarchy, p. 75)

Cognitive behavioral therapy (CBT)

- is a time-sensitive, structured, present-oriented psychotherapy directed toward solving current problems and teaching clients skills to modify dysfunctional thinking and behavior.
- One important part of CBT is helping clients change their unhelpful thinking and behavior that lead to enduring improvement in their mood and functioning.
- CBT uses a variety of cognitive and behavioral techniques by borrowing them from many psychotherapeutic modalities.

Cognitive Behavioral Therapy (CBT) For Rehab Centers

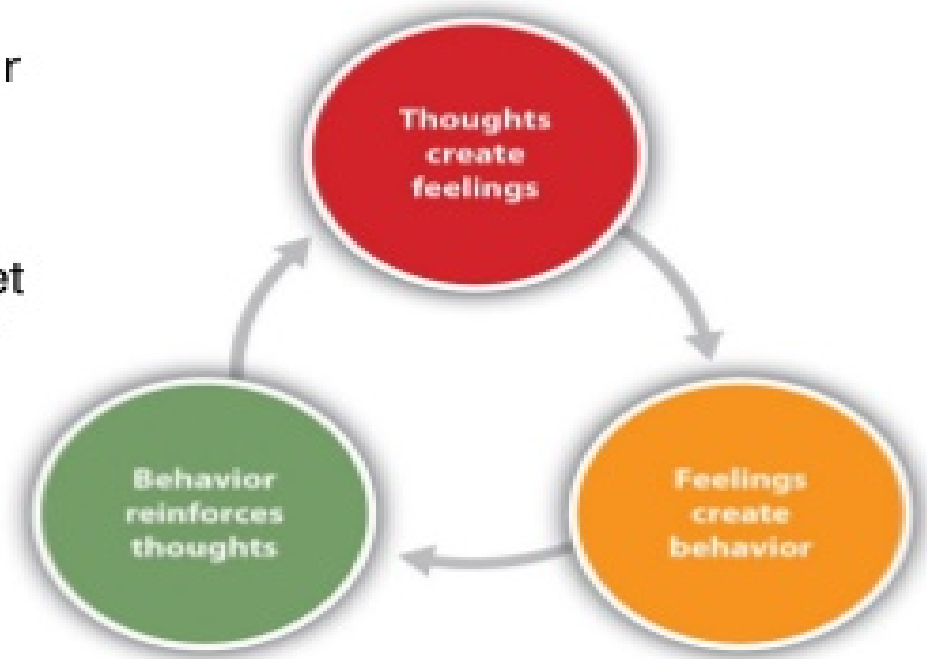


It is Not too late to develop
new and healthy habits that bring positive outcomes.

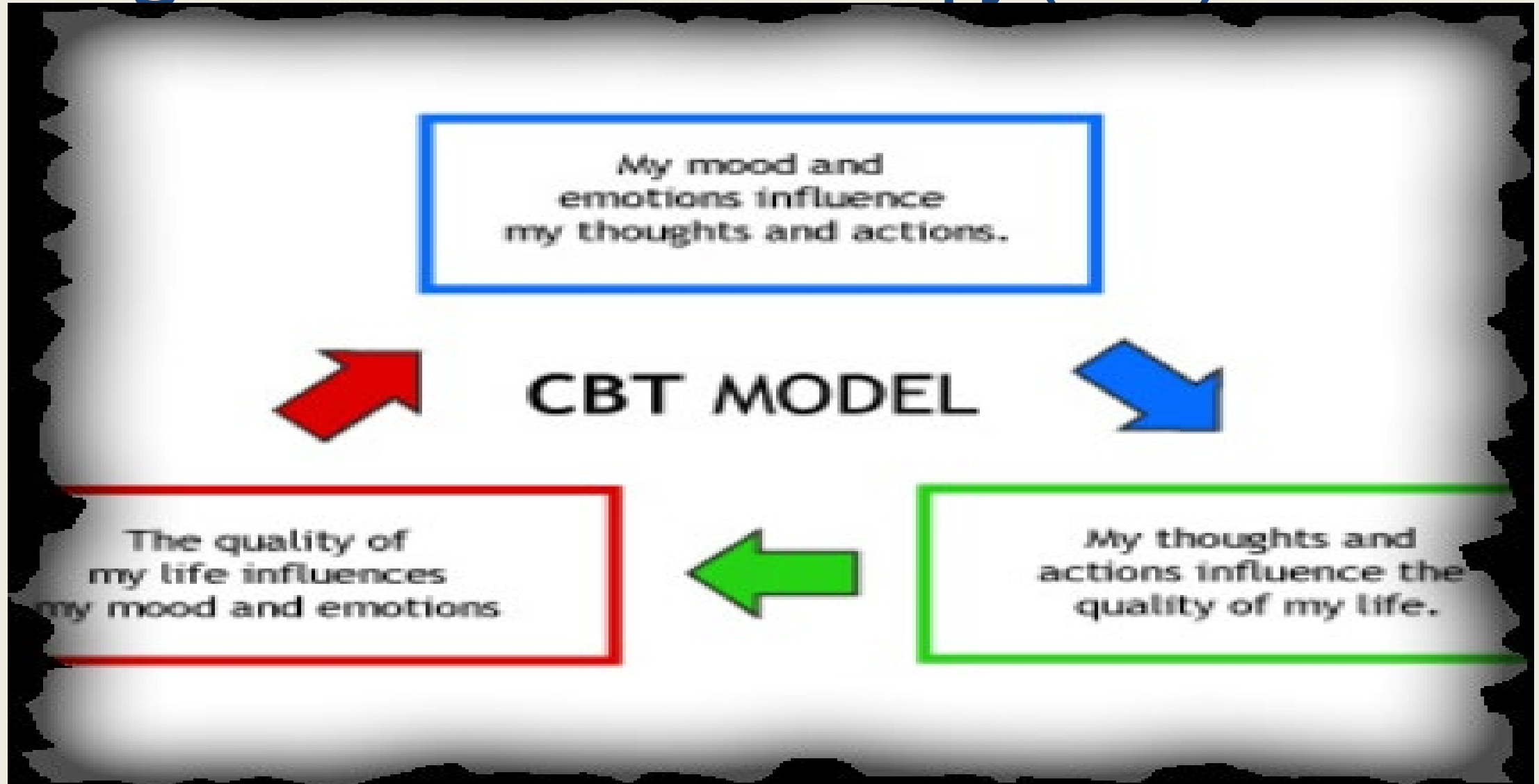
Cognitive Behavior Therapy

Basic Tenets

- The main theories are Cognitive Behavior Therapy, Rational Emotive Behavior Therapy and Cognitive Behavior Modification.
- The way individuals structure and interpret experiences, determines their moods and behaviors.
- Changing conceptualizations lies at the heart of cognitive behavioral therapy.
- Combines both cognitive and behavioral approaches.



Cognitive behavioral therapy (CBT).



The 'Vicious Circle Thought Form' for Public Speaking Anxiety

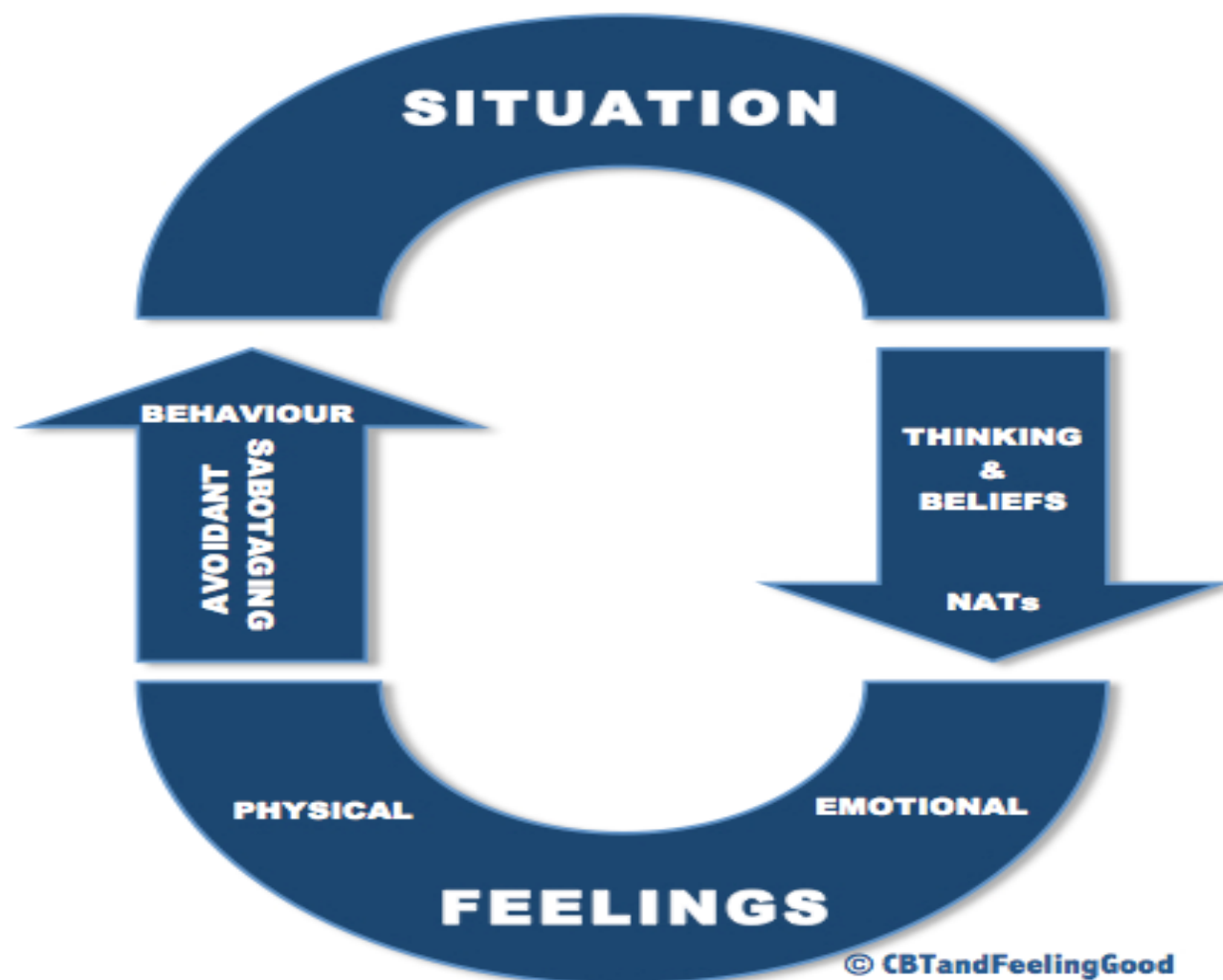
(a CBTandFeelingGood.com handout/worksheet©. Use it as a template to catch and change your own thinking)

Example situation: I have to give a presentation in work...

Behaviour:

- *Coping/safety strategies?*
- *Relating/communicating response?*
- *Self limiting/sabotaging?*
- *Avoidant?*

- Come up with reasons and ways to avoid it
- Excessive worrying spoiling the here and now
- Irritable and out of sorts
- Presenteeism
- Procrastination



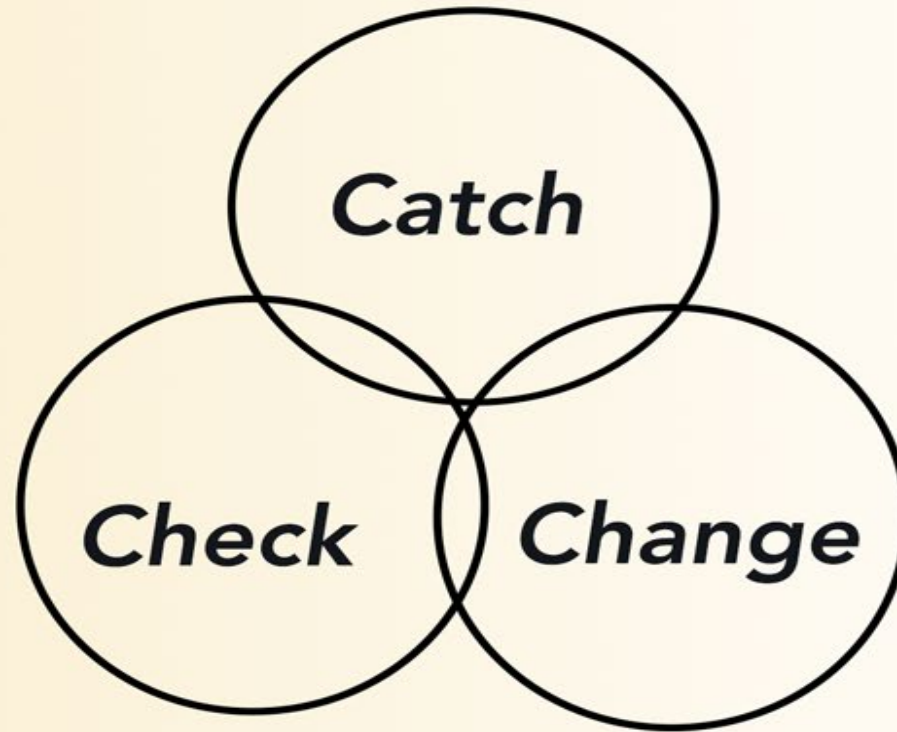
Negative Automatic Thoughts:

- *What's happening?*
- *What's going to happen?*
- *What does that mean?*
- It's going to be awful
- I can't cope
- I'm going to make a show of myself
- People will think there's something wrong with me
- I'll lose respect
- They'll see I'm a fraud
- I'll look like a quivering wreck
- Everyone will see my knees, hands, body shaking
- My voice will wobble uncontrollably
- I'll start waffling off the point and lose track of what I am saying
- I'll get asked loads of questions that I don't know the answer to
- They'll all be talking about me

Feelings – emotional and physical: upset, anxious, stressed, nervy. Sick feeling & racing heart & overload on oxygen when I visualise it.

THE 3 C'S OF COGNITIVE BEHAVIORAL THERAPY

Identify the thought that
came before the emotion

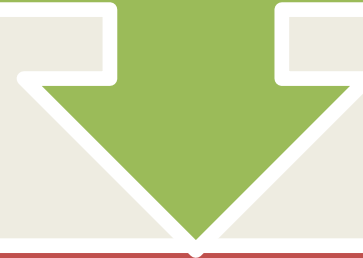


Reflect on how
accurate and useful
the thought is

Change the thought to
a more accurate
or helpful one as needed

Systems or family therapy

is a branch of psychotherapy that works with families and couples in intimate relationships to nurture change and development. It tends to view change in terms of the systems of interaction between family members. It emphasizes family relationships as an important factor in psychological health.



Our family affects who we are and who we become, both for the better and for worse. If we are born into a healthy family with healthy relationships, we are likely to learn how to maintain healthy relationships. If we are born into a dysfunctional family that struggles to connect, we may also struggle to connect with others. Family therapy offers families a way to develop or maintain a healthy, functional family.

Other functions of clinical psychologists

Clinical psychologists also are engaged in research, teaching, consultation, forensic testimony, and program development and administration.

In many countries, clinical psychology is a **regulated mental health profession**. (jobs that require you to have a license before you can begin work for public safety reasons).

Clinical psychologist functions 'overview

- Clinical psychologists assess and treat a wide range of psychological problems. These problems range from short-term emotional crises, such as those due to family conflicts, to severe and chronic mental illnesses, such as schizophrenia.
- Clinical psychologists usually seek to treat emotional and behavioral problems with psychotherapy, a form of intervention that relies primarily on verbal communication between therapist and client. In addition, many clinical psychologists study the normal human personality and the ways in which individuals differ from one another in their patterns of thinking, feeling, behaving, and relating to others.
- Clinical psychologists also use psychological tests to diagnose possible mental disorders. By identifying early signs of distress or mental disturbance, clinical psychologists work to promote mental health and to prevent mental disorders.

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