

SEMESTER-VI

CPSY-326

CLINICAL PSYCHOLOGY- I

Credit Hour: 4

Type: Major

Course Objectives

The Course aims to provide Students an opportunity to have theoretical as well as practical knowledge of Clinical Psychology to help Students gain an understanding of the diagnostic and assessment procedures in Clinical Psychology and to help them understand models and intervention techniques of Clinical Psychology.

Course Contents

- **Introduction**
Historical background
- **On Becoming a Clinical Psychologist**
- **Assessment in Clinical Settings**

Behavior Therapy

- **Introduction to Behavior Therapy**
Defining human behavior with examples
Historical roots of behavior modification
Characteristics of behavior modification
Areas of application
- **Basic Principles in Behavior Therapy**
Reinforcement
Differential Reinforcement
Chaining
Shaping
Prompting and Fading
Modeling
Extinction
Punishment
Stimulus Control / Discrimination and Generalization

- **Assessment in Behavior Therapy**

- **Cognitive Behavior Therapy**

- Introduction and overview
- Basic of CBT
- Basic Skills for Therapist to Implement CBT
- Principles of CBT
- Structure of session
- Assessment in CBT
- Cognitive case conceptualization & first session
- Cognitive Techniques
- Behavioral Activation Techniques
- Emotion-Focused Techniques

- **Drug Addiction / Drug Rehabilitation Therapy**

- What is Addiction?
- Difference between Drug Use, Abuse, Misuse and Dependence
- Classification of Drugs
- Assessment and Diagnosis of Drug Addiction
- Motivational Interview
- Cognitive Behavior Therapy for Drug Addiction
- Relapse Prevention

Course Outcomes

At the completion of the Course, the Student will be able to differentiate Clinical Psychology with other fields and to understand the diagnostic and assessment procedures in Clinical Psychology. They will be able to understand models and intervention techniques used by a Clinical Psychologist

Recommended Books:

- Barlow, D. H. (2014). Clinical handbook of psychological disorders. New York: The Guilford Press.
- Beck, J. S. (2011). Cognitive therapy: Basics and beyond (2nd ed.). New York: The Guilford Press.
- Edi, G. M. R. (2010). Clinician's guide to posttraumatic stress disorder. New Jersey: Wiley. Edi, N. K. (2010). Cognitive and behavioral theories in clinical practice. New York: The Guilford Press.
- Falender, C. A. (2012). Getting the most out of clinical training and supervision. Washington: American Psychological Association.
- Sampl, S., & Kaddenm, R. (2001). Motivational enhancement therapy and cognitive behavioral therapy for adolescent cannabis users: 5 sessions. Cannabis Youth Treatment (CYT) series USA:. Department of Health and Human Services publication, USA. Retrieved from http://www.chestnut.org/LI/cyt/products/MCB5_CYT_v1.pdf
- Jongsma, A. E., & Peterson, L. M. (2006). The complete adult psychotherapy treatment planner (Practice Planners). New Jersey: John Wiley & Sons.
- Kramer, G. P., Bernstein, D. A., & Phares, V. (2008). Introduction to clinical psychology (7th ed.). New York: Prentice Hall.
- Miltenberger, R . (2015). Behavior modification: Principles and procedures (6th ed.). U.S.A: Boston, MA : South-Western
- Spiegler, M. D., & Guevremont, D. C. (1998). Contemporary behavior therapy. (3rd ed.). USA: Brooks/Cole Publishing Company.