UNIVERSITY COLLEGE OF THE FRASER VALLEY

COURSE INFORMATION

DISCIPLINE/DEPARTMENT: Psychology **IMPLEMENTATION DATE:** Sept. 1993

Revised: Oct. 1998

Psychology 375	Fundamentals of Clinical Psychology	3
SUBJECT/NUMBER OF COURSE	**DESCRIPTIVE TITLE**	**UCFV CREDITS**

CALENDAR DESCRIPTION: Considers the scientific and clinical aspects of the discipline of clinical psychology. Both traditional roots and recent developments in the field are discussed. Traditional topics include: models of clinical psychology, methods of assessment and modes of intervention. Recent developments will focus on clinical health psychology, using a biopsychosocial perspective.

RATIONALE:

COURSE PREREQUISITES: PSYC 101; PSYC 102; and any two 200-level psychology courses (Prerequisite change in fall 2001 to PSYC 101; PSYC 102; PSYC 110 or (MATH 104 or MATH 106); PSYC 210 and PSYC 220.)

COURSE COREQUISITES: None

HOURS PER TERM FOR EACH STUDENT	**Lecture**	**25**	**hrs**	**Student Directed Learning**		**hrs**
	Laboratory		**hrs**	**Other - specify:**		
	Seminar	**20**	**hrs**			**hrs**
	Field Experience		**hrs**	**TOTAL**	**45**	**HRS**

MAXIMUM ENROLMENT: 25

Is transfer credit requested? **9** **Yes** **:** **No**

AUTHORIZATION SIGNATURES:

Course Designer(s): Ron Laye

Chairperson: (E. Davis) **Curriculum Committee**

Department Head: Jacalyn Snodgrass

Dean: J.D. Tunstall

PAC: Approval in Principle _____ **(Date)**

PAC: Final Approval: November 25, 1998 **(Date)**

OUTLN95/01/dd

Psychology 375
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SYNONYMOUS COURSES:

(a) replaces N/A
(course #)

(b) cannot take N/A for further credit
(course #)

SUPPLIES/MATERIALS:

TEXTBOOKS, REFERENCES, MATERIALS (List reading resources elsewhere)

TEXTS: Nietzel, Bernstein, & Milicha. (1991). Introduction to Clinical Psychology, 3rd ed. Englewood Cliffs, NJ: Prentice-Hall.

A book or series of articles on a major issue or area of Clinical Psychology, such as therapy outcome research, or therapeutic relationship.

OBJECTIVES:

1. To survey and study the profession of Clinical Psychology.
2. To critically evaluate research assessment, intervention, and professional issues.

METHODS:

Lectures, demonstration, small group practice, discussion, audio-visual presentation, student seminar presentations.

STUDENT EVALUATION PROCEDURE:

Midterm exam	25%
Final exam	30%
Quiz	5%
Research paper or project	20%
Seminar presentation	20%

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COURSE CONTENT:

WEEK	TOPICS	READINGS
1	Overview and introduction to course. Definition and history of clinical psychology and clinical health psychology.	Ch 1N Ch 1G
2	Clinical psychology as a profession: education, training, regulation, and ethics. Expanding roles for psychology in health care: health psychology, behavioral medicine, and neuropsychology.	Ch 13N Ch 12N
3	Perspectives in clinical psychology: psychodynamic, behavioral, phenomenological. Biopsychosocial perspective in health psychology.	Ch 2N Ch 1, 2G
4	Assessment and interviewing. Seminar presentations.	Ch 3, 4N
5	Psychological testing and observational methods. Seminar presentations.	Ch 5, 6N
6	QUIZ. Evaluation of therapeutic interventions. Evaluation of related research.	Ch 7N Ch 5G
7	EXAM 1	
8	Clinical intervention: overview. Psychodynamic therapy. Seminar presentations.	Ch 7N Ch 8N
9	Behavioral and cognitive therapy. Phenomenological therapies. Seminar presentations.	Ch 9 Ch 10N
10	Stress, health, and illness: psychological factors. Stress psychophysiology.	Ch 3G Ch 4G
11	Personality, stress resistance, and health.	Ch 6, 19G
12	Clinical health psychology interventions: Relaxation (physiological); cognitive.	Ch 7, 10G
13	Self-regulation: theoretical and applied considerations.	Ch 11G
14	EXAM 2 (as scheduled)	
	* N = Nietzel G = Green	

Note: Any changes in the schedule will be announced in class.