

INTRODUCTION TO CLINICAL PSYCHOLOGY – FALL, 2025

3 Credit Hours

Course Information

Lectures: Thursdays, 1:10 pm to 4:00 pm

Course Instructor:

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Course Goals and Objectives

1. To understand what the field of clinical psychology is concerned with and what clinical psychologists do, all viewed within a historical context.
2. To understand the scientist-practitioner model of clinical psychology training and practice.
3. Introduce you to research methods used in clinical psychology.
3. Introduce you to psychological assessment and diagnosis
4. Introduce you to theories of psychological intervention
5. Introduce you to some specialties (e.g., clinical child psychology, health psychology, clinical neuropsychology, forensic psychology) and professional issues in the field of clinical psychology.
6. By the end of the course, this course will be expected to facilitate your professional development in deciding on a career path in the field of clinical psychology.

Required and Optional Texts

Required Textbook:

Bernstein, D. A., Teachman, B. A., Olatunji, B. O., & Lilienfeld, S. O. (2020). *Introduction to clinical psychology: Bridging Science and Practice* (9th ed.). Cambridge University Press

or

Bernstein, D. A., Teachman, B. A., Olatunji, B. O., & De Los Reyes, A. (2024). *Introduction to Clinical Psychology: Bridging Science and Practice* (10th ed.). Cambridge: Cambridge University Press.

Optional Textbook:

Trull, T. J., & Prinstein, M. (2012/2013). *Clinical Psychology* (8th edition). Belmont, CA: Thomson Wadsworth.

Assignments

Midterm and Final Exams. Two tests (will cover all course material (i.e., text, lectures). You will need to study, understand, and be able to apply the material to various situations in order to succeed on the tests. Each test will consist of questions of varying format (e.g., multiple choice, short answer) from the text and/or lecture. Arrive on time for the test - when the first person who has finished the test leaves the room, no one else may enter to take the test. No make-up examinations will be given unless prior arrangement and approval has been made with me before the exam date. If you do not get my approval for a makeup exam before or after the day of the exam, that examination will be recorded as a 0 unless you provide a signed and dated notice from an emergency room physician. Do not call the department secretary and leave a message that you are sick and will miss the exam.

The two major examinations are each worth a possible 300 points, for a semester total of 600 possible points. Each exam will include only the material covered since the previous exam. Thus, the final exam will not be cumulative but will cover the material after the midterm exam.

Communication Skills Check-Out (CS). You will role-play the interviewer, while one of your classmates will role-play the client. You are asked to use active listening skills taught in class to pass a check-out procedure on your communication skills. The grading for your checkout will be “needs improvement” (less than 80 points for each checkout), “meeting expectations” (80 to 89points), or “meritorious” (90 to 100 points). Your check-out should be completed within the time frame designated in this syllabus.

Behavioral Observations (BOs). There will be 2 BOs administered during the semester, each worth 50 points. The two BOs will count toward a possible 100 points. Missed BOs will receive a grade of 0 and may not be made up. *The BOs should be submitted by electronic mail to clinicalpsyintro@gmail.com and should be delivered by 1:10 pm on Sunday before class.*

Class Project

*For your class project, after reviewing a video clip in the first week of class, you and several of your classmates will form a presentation team in class. You and your team members will be assigned to submit a video clip with a title of “If _____, as a clinical psychologist, what would you do?” in the second week of class. The video clip of your team will be worth a total of 50 points for each team member. It should be submitted by electronic mail to clinicalpsyintro@gmail.com and should be delivered by 1:00 pm on **December 28, 2025.***

Class Presentation

For your class presentation, you and several of your classmates will form a presentation team in class at the beginning of September 2025. You and your team members will be assigned a specific chapter (one chapter out of chapters 7, 8, 11, 12, and 13) of Bernstein et al. (2020, 2024). You and your team members will review the assigned chapter and prepare an oral presentation and handouts/powerpoint slides for the class to address the questions outlined in Part 1 and Par 2.

Part 1: Initial Impressions Before delving into the course material, consider your existing knowledge and beliefs. Based on your experiences, media portrayals (movies, TV shows), or general knowledge, what are your initial impressions of the following areas of clinical psychology?

- *Psychotherapy Schools:*
 - *Psychodynamic Therapy: What comes to mind when you think about this? Do you imagine someone lying on a couch talking about their childhood?*
 - *Humanistic Therapy What do you expect this approach to focus on? Does it seem more about personal growth than problem-solving?*

- *Behavioral Therapy: Do you see these as "scientific" or "practical"? How do you think they differ from the others?*
- *Cognitive-Behavioral Therapy: Do you see these as "scientific" or "practical"? How do you think they differ from the others?*
- **Specialized Areas:**
 - *Clinical Psychology for Youth: What unique challenges do you anticipate for therapists working with children and adolescents?*
 - *Clinical Psychology for Older Adults: What are some common psychological issues you believe are faced by this population?*
 - *Health Psychology: How do you think psychology and physical health are related? What role does a psychologist play in a medical setting?*
 - *Clinical Neuropsychology: What is the connection between the brain and behavior? What kind of problems do you think a neuropsychologist addresses?*

Part 2: The Impact of New Knowledge Now that you have completed the assigned readings and lectures for this chapter, revisit your initial impressions. Did your understanding of these therapeutic approaches change? If so, explain how your thinking evolved. Be sure to address the following:

- *What new information did you learn that contradicted or expanded upon your original thoughts?*
- *Which specific concepts or theories were most different from what you originally thought?*
- *Of all the new information, which concept or principle do you believe will be the most valuable for you moving forward in your study of psychology, and why?*

This class presentation encourages you to engage in a deeper level of critical thinking and metacognition. It moves beyond simple recall, asking you to synthesize new information with your existing beliefs

*All class presentations will take place during certain weeks of the semester (please refer to the Tentative Schedule) in class. Your class presentation and handouts/powerpoint slides will be worth a total of 100 points. The integrated handouts/powerpoint slides of your team should be submitted by electronic mail to psyvcc@gmail.com one day before your oral presentation. Thus, they should be delivered by **1:10 pm** before class.*

Attendance and Participation.

Attendance and class participation will contribute a possible 100 points.

Grading

The final grade will be based on the total number of points accumulated out of a possible 1000 points.

<u>Components</u>	<u>Max Points</u>
Midterm and Final Exams (300 points each)	600
Communication Skills Check-Out	100
Two Behavioral Observations (25 points each)	50

each)	
Class Project Presentation	50
Chapter Presentation	100
Attendance and Class Participation	100

<u>Total Points</u>	<u>Grade</u>
900-1000	A
850-899	B+
800-849	B
750-799	C+
700-749	C
650-699	D+
600-649	D
0-599	F

Miscellaneous Important Information

Attendance. Students are expected to attend all classes, on time. It will be extremely difficult to succeed in this course if class lectures are missed. In addition, since class participation contributes to your grade, remember that you cannot participate in class if you do not attend class.

E-mail. Students should check their CCU e-mail account regularly, as other information will be sent to the class via e-mail.

Behavioral Observations. Your instructor values good writing in this course.

Coursework. It is the policy of the Psychology Department that work submitted for completion of the requirements of this course must not have been previously submitted for the completion of requirements in any other course. Simultaneous submissions are also disallowed.

Academic Responsibility. Note that the **University Honor Code** is in effect in this class (see the CCU Student Handbook for a full version) and all students must adhere to this honor code. Any breach of this code can result in a failing grade. The following statement should appear on all major examinations and assignments:

"On my honor as a CCU student, I have neither given nor received any unauthorized aid on this assignment/exam. To the best of my knowledge, I am not in violation of academic honesty." _____ signature

Class Courtesy. Arrive on time. If you arrive late, please try not to disturb others. Do not leave early. If you have to leave early inform your instructor in advance. Do not prepare for departure before class ends. I encourage questions and discussions, as long as the talking is with everyone. Any use of cell phones during class is highly distracting and disrespectful. Thus, the use of cell phones is not permitted during class time for any purpose and they are to be kept turned off and out of view, inside pocketbooks, knapsacks, etc. Any student whose phone rings during class is hereby asked to leave the class (no need to wait for me to ask you to leave). Cell phones distract other students from learning, disrupt lectures, and create an environment in which events outside the classroom appear to be more important than those occurring inside the classroom—precisely the kind of environment none of us wants or needs for our classes. With respect to laptops, you are welcome to use your laptop in this class, but only for class-related purposes (e.g., note-taking). No other use of the laptop (e.g., instant messaging, internet surfing) is allowed.

Tentative Schedule –Introduction to Clinical Psychology

The order of material to be covered during the semester is outlined below along with assigned chapter readings. It is the student's responsibility to read the assigned chapters as the corresponding topics are covered in class.

Week	Class Content	Readings & BOs
09/11	Introduction, Syllabus Review, Questions About Course What Is Clinical Psychology?	Bernstein et al. (2020): Chapter 1
9/18	Basic Features of Clinical Assessment	Bernstein et al. (2020): Chapter 3
9/25	Interviewing	Bernstein et al. (2020): Chapter 4
10/2	Interviewing (continued...) Observation in Clinical Psychology	Bernstein et al. (2020): Chapter 4
10/9	Observation in Clinical Psychology (continued...) Testing in Clinical Psychology (continued...)	Bernstein et al. (2020): Chapter 4 Bernstein et al. (2020): Chapter 5 BO 1 due
10/16	Testing in Clinical Psychology	Bernstein et al. (2020): Chapter 5
10/23	Midterm	
10/30	Psychodynamic and Humanistic Psychotherapies	Bernstein et al. (2020): Chapter 7 Class presentation for Psychodynamic Therapy

11/6	Psychodynamic and Humanistic Psychotherapies (continued...) Behavioral and Cognitive-Behavioral Psychotherapies	Bernstein et al. (2020): Chapter 7 (continued...) Class presentation for Humanistic Therapy Bernstein et al. (2020): Chapter 8 Class presentation for Behavioral Therapy CS due
11/13	Behavioral and Cognitive-Behavioral Psychotherapies (continued...)	Bernstein et al. (2020): Chapter 8 (continued...) Class presentation for Cognitive-Behavioral Therapy
11/20	Clinical Psychology for Youth and Older Adults	Bernstein et al. (2020): Chapter 11 Class presentation for Youth BO 2 due
11/27	Clinical Psychology for Youth and Older Adults (continued...)	Bernstein et al. (2020): Chapter 11 (continued...) Class presentation for Older Adults
12/4	Health Psychology	Bernstein et al. (2020): Chapter 12 Class presentation for Health Psychology
12/11	Health Psychology (continued...) Clinical Neuropsychology	Bernstein et al. (2020): Chapter 12 (continued...) Class presentation for Health Psychology (if needed...) Bernstein et al. (2020): Chapter 13 Class presentation for Clinical Neuropsychology Class Project due

12/18	Clinical Neuropsychology (continued...) Class Project Showcase	Bernstein et al. (2020): Chapter 13 (continued...)
1/8	Final	

Note. The order of topics is subject to change.