

PSYB17-138 Clinical psychology practical

Aim of the course

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The main goal of this course is to provide insight into the practice of clinical psychology. Students acquire the basic skills needed for the first encounter and communication with patients. Based on the theoretical knowledge of characteristics of mental disorders students are able to explore a patient with mental disorder and they are able to summarize their experiences. Practical information regarding the aims of a first psychological interview in clinical practice, special problems that could occur during an interview, and possible solutions are discussed using role plays and other exercises.

Learning outcome, competences

knowledge:

- characteristics, diagnostic and psychotherapeutic aspects of main mental and behavioral disorders
- person-centered approach
- initial interview and other techniques of interviews

attitude:

- explorative
- empathetic, congruent, with unconditional positive regard
- supportive

skills:

- ability of empathy and exploration
- get in touch with a patient with mental disorder
- form and maintain an ethically proper relationship with patients
- development of basic skills for initial interview
- ability of case presentation

Content of the course

Topics of the course

- 1-4: introduction, presentations of material, initial interview, structured interviews, role play, practice of basic skills
- 5-12: empathy, person-centered approach, skilled helper model, mental disorders and special problems in interviews (difficult patients, patients with depression, with anxiety disorders or psychosis), visit of psychiatry, presentations, role-play
- 13: evaluation

Learning activities, learning methods

active presence, in groups, role-plays, presentation of material, case presentation, video

Evaluation of outcomes

Learning requirements, mode of evaluation, criteria of evaluation:

requirements

The active presence is essential (max. 3 missed classes can be accepted).

Students are required to read the material and each week, one student gives a talk to the class about the current section of the material, lasting up to 15 minutes; then we discuss it in class in an active way (for example by role-play).

A visit of a unit of psychiatry and an exploration of a patient, then students are required to give a short essay about their experiences (deadline is 10th of December)

mode of evaluation:

practical mark

criteria of evaluation:

active presence
presentation of material
essay

Reading list

Compulsory reading list

Barlow, D.H., and Durand, V.M. (2015). *Abnormal Psychology: An Integrative Approach*, 7th Edition (Wadsworth Publishing).

Recommended reading list

Argelander, H. (1976) *The initial interview in psychotherapy*. New York: Human Sciences Press

Gillon, E. (2007) *Person-Centred Counselling Psychology: An Introduction*. London: SAGE

Wosket, V. (2006) *Egan's Skilled Helper Model: Developments and Implications in Counselling*. New York: Routledge

First, M.B. et al. (2015) *Structured Clinical Interview for DSM-5 Disorders (SCID-5-CV): Clinician Version*. Amer Psychiatric Pub.

Gabbard, G.O., Beck, J.S., Holmes, J. (2007) *Oxford Textbook of Psychotherapy*, Oxford University Press

Unoka Zs., Purebl Gy., Túry F., Bitter I., (2018) *The basic of psychotherapy*, Semmelweis Kiadó