San José State University
Department of Psychology

PSYC 160 (2) Clinical Psychology, Section 28123

Spring 2019

Instructor: Naomi Wagner, PhD

Office Location: DMH# 310

Telephone: (408) 924-5646

Email: Via Canvas Inbox

Office Hours: MW 10:30-12:00
MW 13:30-14:30

Class Days/Time: Mon, Wed 15:00-16:15 (PM)

Classroom: DMH# 353

Prerequisites: PSYC 100

Faculty Web Page and MYSJSU Messaging
Copies of the course materials such as the syllabus, chapter lecture notes, major assignments or handouts and study guides are posted on Canvas learning management system course website. To access it, go to: https://instructure.com
Use your SJSUOne login and password.
You are responsible for regularly checking the announcements section to learn of any updates.
Course Catalogue Description:
This course introduces the student to theories and research exploring the field of Clinical Psychology. The course provides a survey of Clinical Psychology as a profession and the role of the clinical psychologist as a diagnostician, therapist, administrator, scientist, and an agent of individual and social change.

Course Goals and Student Learning Objectives

- LO1: The definition and scope of the field of Clinical Psychology
- LO2: The current categories of mental-health professionals and their identifying features in terms of training, license, and target client-populations.
- LO3: The historical roots of Clinical Psychology and the current shift toward evidence-based practice, requiring the quantification of many variables that by nature are of more subjective quality, such as severity of problem, or the success of an intervention.
- LO4: The activities of the clinical psychologist in the areas of assessment, intervention, and prevention, with attention to variables of ethnicity, gender, and SES.
- LO5: The current definition of a mental disorder and a survey of the main mental health categories on the basis of the DSM5, with attention to issues of the dimensional approach and of co-morbidity
- LO6: A basic survey of research methods in the field of Clinical Psychology
- LO7: An overview of the main assessment methods
- LO8: The Code of Ethics that Mental Health professional must abide by, including issues of confidentiality and its limitations.
- LO9: The relevance of this course for those students wishing to pursue a professional career in the field of mental health.

Measurement of the course learning outcomes will be achieved via evaluation of the student’s written assignment for selected chapters, midterms, and a cumulative final exam.

GE learning Outcomes
Upon the completion of this course students should be able to demonstrate

- GELO 1 A broad understanding of issues related to the social sciences
- GELO 2 An ability to communicate ideas effectively both in speaking and in writing
- GELO 3 The capacity for critical and creative thinking;
- GELO 4 The ability to assess information
- GELO 5 The ability for creative and critical thinking

Class activities linked to these outcomes are:
- The identification of the main questions asked by researchers in this area
- The examination of the multiple explanations provided to the questions
- The exploration of yet unknown issue waiting for subsequent research

Program Learning Outcomes (PLO)

Upon successful completion of the psychology major requirement:

PLO1 – Knowledge Base of Psychology – Students will be able to identify, describe, and communicate the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.

PLO2 – Research Methods in Psychology – Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.

PLO3 – Critical Thinking Skills in Psychology – Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

PLO4 – Application of Psychology – Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.

PLO5 – Values in Psychology – Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society
Textbook (required)


- **Course Canvas Website:** You will find lecture-notes (power-points) and learning objectives for each chapter. The power-points are to help you in your study, but you do NEED to get the textbook! In addition, the power-points CANNOT replace regular class attendance.

Please view the calendar at the end of this syllabus for assignments, dues dates, and exams.

**NOTE that University policy F69-24, “Students should attend all meetings of their classes, not only because they are responsible for material discussed therein, but because active participation is frequently essential to insure maximum benefit for all members of the class. Attendance per se shall not be used as a criterion for grading.”**

**Definition of a Credit Hour**
Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

As an example, the expectation of work for a 3-credit course is 150-minutes of direct faculty instruction and six hours of out-of-class student work each week.
Attendance: Your attendance is strongly encouraged!

This course is based on the active participation of the student, and the main expectations are READING and ATTENDANCE. You are expected to read the assigned materials before class, so that the teacher can elaborate and expand. Because of time constraints it may not be impossible to cover all the segments of a given unit. However, you are responsible for all the assigned reading, as the exams will include questions from all part of the reading. Some parts of the chapters will be skipped, please see reading list below.

Students are expected to:

- Maintain polite and considerate behavior toward their fellow students and the instructor.
- Refrain from text-message during class
- Refrain from making or receiving phone calls during class
- Refrain from surfing the Internet during class.
- Refrain from leaving class to use their cell-phone.

Recording of Class Lectures

Common courtesy and professional behavior dictates that you notify someone when you are recording him/her. You must obtain the instructor’s permission to make audio or video recordings in this class. This permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.

Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor-generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

Attendance: Your regular attendance and participation are factors contributing to the successful completion of this course. If you do not attend class you will miss on the opportunity to ask questions and to get clarifications. In addition, please make all effort to come to class on time. Tardiness disturbs the instructor and other students, and also deprives you of the short reviews of the previous lecture that are presented at the beginning of each class.

If you hold a full time job, please make all effort to attend class regularly, and to study each night for at least an hour and a half. Cramming before the test has not been very effective for most students. As you read, take notes and go over the material that has been discussed in class, pay attention to concepts, and examples of these concepts. Be familiar with important studies.
Teacher Availability:
Do not hesitate to e-mail me or to come by with questions. If you have not done so well on any of the tests, please come to see me ASAP, in order to go over test questions that you missed, so we can understand how you interpreted the questions, and devise strategies for doing better on the next test.

Dropping and Adding
Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic calendar web page at http://www.sjsu.edu/provost/Academic_Calendars/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Extra Credit:
Please note that I do not give extra-credits. You mastery of the subject matter as measured on the exams is the factor that counts.

Assignments:

1. Exams: (70% of your grade)

There will be 3 midterm exams.

1. Midterm 1: Wednesday, February 27, 2019
   - Multiple -choice, 50 questions
   - Chapters 1,2,3 - selected topics- see study guide by page numbers

2. Midterm 2: Wednesday, March 27, 2019
   - Multiple -choice, 50 questions
   - Chapters 4,5 - selected topics- see study guide by page numbers

3. Midterm 3: Wednesday, May 8, 2019
   - Multiple -choice, 50 questions
   - Chapters 7,8, 11 -selected topics- see study guide by page numbers.
2. **Career Exploration Paper**: (5 % of your grade)

- **Purpose**: To explore potential Clinical Psychology and related areas career options, students will research a specific career path involving a background in clinical psychology – just one- (e.g., Neuropsychologist, Forensic Psychologist, Clinical Researcher, Professor, Private Practice Clinician, and Clinician in a Managed Care Setting, Counselor, School Psychologist, Marriage and Family Counselor

- The purpose of this assignment is help you become familiar with a professional avenue and with the issues related to become a successful practitioner.

- **Due date: Monday, April 8, 2019 at 11:59 PM. Upload to Canvas.**

**Outline** (See also on Canvas with grading criteria) 50 points max

1. Review the various areas of professional practice of psychology. Chapter 1 (pp. 18-24) can be the basis for this review, but it is advisable to research other areas of specialty such as forensic psychology, neuropsychology, etc. Choose a specialty that is of interest to you.

2. What types of academic content areas are covered for this specialty? You may look up academic programs at different universities. Describe the content; do not just give a label.

3. What are the academic requirements, including practicum and internship? How many years, etc

4. Who is the licensure body? What are the requirements for license?

5. Who are the potential clients? What type of concerns are typically attended to? Be specific and give examples.

6. Describe a hypothetical case of a client (s) seeking clinical service-what is the presenting problem? Describe in general terms how you are going to assess the situation and what would be your therapeutic approach.

7. Availability of jobs for that specialty, and expected entry salary for such a career, the future of this career

8. Any other information that you consider to be relevant.

3. **Final Project - Instead of a Final exam: Clinical Case Formulation** (25% of your grade). See Instructions PPT on Modules
• The due date for the Case Formulation is Monday, May 20, 2019 at 11:59 PM. This is during the Final week. Late papers will not be accepted.

<table>
<thead>
<tr>
<th>Grade Component</th>
<th>Points Available</th>
<th>Percentage of Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 exams (50 pts each)</td>
<td>150</td>
<td>70%</td>
</tr>
<tr>
<td>Career paper</td>
<td>50</td>
<td>5%</td>
</tr>
<tr>
<td>Clinical Case Formulation</td>
<td>100</td>
<td>25%</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>400</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

The grading scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+ 97-100%</td>
<td>93-96%</td>
</tr>
<tr>
<td>A 90-92%</td>
<td>87-89%</td>
</tr>
<tr>
<td>B+ 87-89%</td>
<td>83-86%</td>
</tr>
<tr>
<td>B 80-82%</td>
<td>77-79%</td>
</tr>
<tr>
<td>C+ 77-79%</td>
<td>73-76%</td>
</tr>
<tr>
<td>C 70-72%</td>
<td>67-69%</td>
</tr>
<tr>
<td>D+ 67-69%</td>
<td>63-66%</td>
</tr>
<tr>
<td>F= 59% and below</td>
<td>60-62%</td>
</tr>
</tbody>
</table>

Make up exams:

Please note exam date and plan your trips and events accordingly. You will be allowed to reschedule an exam ONLY upon the presentation of documented medical reason, or if you have a mandatory, documented school activity.

University Policies

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy, located at http://www.sjsu.edu/senate/S07-2.htm, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sjsu.edu/studentconduct/.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by
the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity Policy S07-2 requires approval of instructors.

**Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at: http://www.sjsu.edu/aec to establish a record of their disability.

In 2013, the Disability Resource Center changed its name to be known as the Accessible Education Center, to incorporate a philosophy of accessible education for students with disabilities. The new name change reflects the broad scope of attention and support to SJSU students with disabilities and the University’s continued advocacy and commitment to increasing accessibility and inclusivity on campus.

**Student Technology Resources**

Computer labs for student use are available in the Academic Success Center at http://www.at.sjsu.edu/asc/ located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

**SJSU Peer Connections**

The Learning Assistance Resource Center (LARC) and the Peer Mentor Program have merged to become Peer Connections. Peer Connections is the new campus-wide resource for mentoring and tutoring. Our staff is here to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. Students are encouraged to take advantage of our services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking
strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit Peer Connections website at http://peerconnections.sjsu.edu for more information.

SJSU Writing Center

The SJSU Writing Center is located in Suite 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The Writing Center staff can be found at http://www.sjsu.edu/writingcenter/about/staff/

Reading List: (page numbers along the 3rd edition)

Topics to be covered in this course:

Chapter 1:

1. The current APA definition of Clinical Psychology (p. 4)

   - Elements of this definition: The study of psychological disorders in order to understand them, predict their course, and practice – in terms of treatment.

2. Education and Training in Clinical Psychology (pp. 5-10)

   - The Scientist-Practitioner (Boulder Model) – balancing science and practice
• The Practitioner-Scholar (Vail Model) – emphasis on practice
• The Clinical-Scientist Model – emphasis on science, based on McFall manifesto

3. Tips for getting into Graduate School and PhD vs. PsyD programs (pp. 10-15)
4. Differences between clinical psychologists and other mental health professionals (pp. 20-24)

Chapter 2:

1. Assessment (pp. 32-35) Diagnostics issues:
   • Neurosis vs. Psychosis
   • Exogenous vs. Endogenous
   • Kraepelin and the foundations of diagnostic criteria
   • History of the DSM and the introduction of multi-axial system
   • The decision to include or exclude potential mental disorders

Chapter 3:

1. Current Controversies in clinical psychology
   • Prescription privileges (pp. 50-54)
   • Over-expansion of mental disorders (pp. 62-64)
   • Cyber-therapy (pp. 68-71 (top))

Chapter 4:

1. Cultural competence
   • Multiculturalism (pp. 76-77; p. 81)
   • Knowledge of diverse cultures (pp. 88-89)

2. Are we all alike or all different?
   • Etic vs. Emic Perspectives (p. 93)
   • Tripartite Model of Personal identity (p. 93-94)
   • Example: The parent-child relationship in different cultures
   • (p. 99-100)

Chapter 5:

1. APA Code of Ethics:
• Differences between General Principles (Aspirational: what is the idea conduct see Table 5.1) vs. Ethical Standards (can be enforced), describe specific activities (table 5.2) (pp. 104-106)
• Confidentiality is NOT absolute: The tragic case of Tatiana Tarasoff and the Duty to Warn (pp. 108-109)
• Child and Adolescent clients and to what extent is Information disclosed to family? Cultural Differences; child abuse (pp. 110-113)
• Informed Consent in therapy vs. research or assessment (p. 113-115)
• Multiple relationships and why they are unacceptable. (pp. 115-117)
• Competence; cultural competence; burnout (pp. 118-120)

Chapter 6:

1. Conducting research in Clinical Psychology

• Why do clinical psychologists do research? (pp. 130-133 (mid-page)

Chapter 7:

1. Diagnosis and Classification Issues:

• Defining normality and abnormality (pp. 151-156)
• DSM 5: Changes that were NOT made: (pp. 161-163)
• New features: (pp. 163-166)
• Controversy of DSM 5 (pp. 166-169)

2. Criticism of DSM 5 (pp. 170-176)

• Breadth of Coverage
• Controversial Cutoffs
• Cultural issues
• Gender bias
• Non-empirical influences
• Limitation on objectivity

Chapter 8:

1. The clinical interview

• General skills: (pp. 186-187)
• Specific behaviors (pp. 187-189)
• Components of the interview (pp. 189-196)

Chapters 9, 10 general overview (PPT)
Chapter 11:

1. General issues in psychotherapy:
   - Does psychotherapy work? (pp. 264-276)
   - Efficacy vs. effectiveness of psychotherapy (pp. 267-269)
   - The common factors: (pp. 271-274)
   - Specific treatments for specific disorders (pp. 276-277)
   - Past and present (pp. 280-284)
   - Overview of psychodynamic, humanistic, behavioral, cognitive, group and family therapies.

PSYC 160 (2) Clinical Psychology, Spring 2019 Course Schedule

*Please note: The sequence of the topics will remain, though we may allocate different amount of times to some of the topics.*

Table 1 Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings, Assignments, Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jan 28</td>
<td>Chapter 1: Introduction to the field of Clinical psychology (p.4)</td>
</tr>
<tr>
<td></td>
<td>Jan 30</td>
<td>Chapter 1 cont-d models of training (pp. 5-10)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Graduate school (pp. 10-15)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Clinical psychologists vs. other mental health professionals (pp. 20-24)</td>
</tr>
<tr>
<td>2</td>
<td>Feb 4</td>
<td>Chapter 2: Assessment and Diagnostic issues (pp. 32-35)</td>
</tr>
<tr>
<td></td>
<td>Feb 6</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Feb 11</td>
<td>Chapter 2: cont-d</td>
</tr>
<tr>
<td></td>
<td>Feb 13</td>
<td><strong>Chapter 3: Current Controversies</strong> (pp. 50-54; 58-62; 62-64; 68-71)</td>
</tr>
<tr>
<td>4</td>
<td>Feb 18</td>
<td>Chapter 3: cont-d</td>
</tr>
<tr>
<td></td>
<td>Feb 20</td>
<td>Chapter 3: cont-d</td>
</tr>
<tr>
<td>5</td>
<td>Feb 25</td>
<td><strong>Chapter 4: Cultural competence</strong> (pp. 76-77; p. 81)</td>
</tr>
<tr>
<td></td>
<td>Feb 27</td>
<td>Exam # 1 Chapters 1,23, see Study Guide</td>
</tr>
<tr>
<td>Week</td>
<td>Date</td>
<td>Topics, Readings, Assignments, Deadlines</td>
</tr>
<tr>
<td>------</td>
<td>------------</td>
<td>---------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>6</td>
<td>Mar 4</td>
<td>Chapter 4 cont-d (pp. 88-89; p. 93; pp. 93-94)</td>
</tr>
<tr>
<td></td>
<td>Mar 6</td>
<td>chapter 4: cont-d (pp. 99-100)</td>
</tr>
<tr>
<td>7</td>
<td>Mar 11</td>
<td><strong>Chapter 5: Ethics:</strong> General Aspirational principles vs. Ethical standards (104-106) (Table 5.2)</td>
</tr>
<tr>
<td></td>
<td>Mar 13</td>
<td>Confidentiality (pp. 108-109); child (pp. 110-113); More: pp. 113-115; 115-117; 118-120</td>
</tr>
<tr>
<td>8</td>
<td>Mar 18</td>
<td><strong>Chapter 7: Diagnosis and Classification:</strong> (pp. 151-156)</td>
</tr>
<tr>
<td></td>
<td>Mar 20</td>
<td>DSM5 (pp. 161-163); 163-166; 166-169</td>
</tr>
<tr>
<td>9</td>
<td>Mar 25</td>
<td>Chapter 7 Cont-d: (170-176)</td>
</tr>
<tr>
<td></td>
<td>Mar 27</td>
<td>Exam # 2 Chapters 4,5, see study guide</td>
</tr>
<tr>
<td>10</td>
<td>April 1-</td>
<td><strong>Spring Break</strong></td>
</tr>
<tr>
<td></td>
<td>April 6</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Apr 8</td>
<td><strong>Chapter 8: The Clinical Interview</strong></td>
</tr>
<tr>
<td></td>
<td>Apr 10</td>
<td>- General skills (pp. 186-187)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Specific behaviors (pp. 187-189)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Components of the interview (pp. 189-196)</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Career Exploration Paper due April 8, at 11:59 PM</strong></td>
</tr>
<tr>
<td>12</td>
<td>Apr 15</td>
<td>Chapter 8 Cont-d: Types of interviews (pp. 199-204)</td>
</tr>
<tr>
<td></td>
<td>Apr 17</td>
<td>Cultural components: (pp. 204-205)</td>
</tr>
<tr>
<td>13</td>
<td>Apr 22</td>
<td><strong>Chapter 11; Psychotherapy</strong></td>
</tr>
<tr>
<td></td>
<td>Apr 24</td>
<td>- Does psychotherapy work? (pp. 264-276)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Efficacy vs. effectiveness of psychotherapy (pp. 267-269)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- The common factors: (pp. 271-274)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Specific treatments for specific disorders (pp. 276-277)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Past and present (pp. 280-284)</td>
</tr>
<tr>
<td>14</td>
<td>Apr 29</td>
<td><strong>Chapter 11 cont-d</strong></td>
</tr>
<tr>
<td></td>
<td>May 1</td>
<td>- Overview of psychodynamic, humanistic, behavioral, cognitive, group and family therapies.</td>
</tr>
<tr>
<td>Week</td>
<td>Date</td>
<td>Topics, Readings, Assignments, Deadlines</td>
</tr>
<tr>
<td>------</td>
<td>------------</td>
<td>--------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>15</td>
<td>May 6</td>
<td>• Overview of psychodynamic, humanistic, behavioral, cognitive, group and family therapies.</td>
</tr>
<tr>
<td></td>
<td>May 8</td>
<td>Exam # 3 chapters 7,8, 11 see study guide</td>
</tr>
<tr>
<td>16</td>
<td>May 13</td>
<td>Overview of Ethical issues for the final project.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Final Project due May 19, at 11:59 PM Upload to Canvas as Word doc or docx.</td>
</tr>
</tbody>
</table>