

# Clinical Psychology

## PSYC 160

Winter 2026 Section 80 Fully Online 3 Unit(s) 12/22/2025 to 01/16/2026 Modified 12/22/2025

### Course Information

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This course is fully online, asynchronous, and students may access the course materials online via Canvas.

### Course Description and Requisites

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Survey of clinical psychology as a profession. Emphasis placed on training models, specializations within the field, the scientific study of psychological interventions, and the graduate school admissions process for masters and doctoral level psychotherapists.

Prerequisite: PSYC 001.

Letter Graded

### \* Classroom Protocols

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All course policies and procedures are outlined on [Dr. Whitehead's "Course Headquarters" website](https://sites.google.com/sjsu.edu/leslye-tinson/course-policies?authuser=0). (<https://sites.google.com/sjsu.edu/leslye-tinson/course-policies?authuser=0>) All students are responsible for reading and reviewing the website and adhering to the stated policies.

### Program Information

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**Program learning outcomes (PLOs)** are skills and knowledge that students will have achieved upon completion of the Psychology BA degree. Each course in our curriculum contributes to one or more of these PLOs. The PLOs for the Psychology BA degree are:

1. Knowledge Base of Psychology. Students will be able to demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
2. 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.
3. Critical Thinking Skills. 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.

4. Applications of Psychology. Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.
- Values in Psychology. Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

## Course Goals

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This course will help students to:

1. Identify the key areas of expertise provided in the field of clinical psychology.
2. Explore graduate school programs and career options available in mental health professions.
3. Develop ideas on how to manage professional ethics.
4. Identify steps of clinical assessment and interviewing.
5. Compare different clinical intervention theories and strategies.

## Course Materials

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There is one textbook REQUIRED for the course

### Clinical psychology: A scientific, multicultural, and life span perspective

**Author:** Abramovitz, J.S., Prinstein, M. J., & Trull, T. J.

**Publisher:** Macmillan/Worth Publishers

**Edition:** 9th edition

**Year:** 2023

**ISBN:** 978-1-319-24572-6 (paperback)

**Availability:** Campus bookstore, or your favorite retailer

Other readings and materials will be available on Canvas

## Course Requirements and Assignments

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All course assignments and required details are delineated in the Canvas course. Students will be able to self-guide their learning by being able to select various assignment options for meeting the course learning outcomes. For example, there may be 2 options that a student may choose from in completing each module. Examples of assignments include but are not limited to:

- Discussion Posts
- Quizzes (multiple choice, and/or true-false questions)
- Exams (covering several chapters of material)
- Matching Items
- Short Answers
- Response Papers

- Slide Presentations
- Videos
- Infographics and other forms of presentation deemed acceptable by the instructor

## ✓ Grading Information

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A standard grading scale will be used. The minimum percentage for each letter grade is listed. **Grades are not rounded up.**

- A plus = 97% or above
- A=93%
- A minus = 90%
- B plus = 87%
- B=83%
- B minus = 80%
- C plus = 77%
- C = 73%
- C minus = 70%
- D plus = 67%
- D = 63%
- D minus = 60%
- F= below 60%

### GRADE EXCEPTIONS

- **WU is an unauthorized withdrawal.** This grade will be issued for students who do not fully complete the course and fail to DROP the class from their official registration.
- An **Incomplete** will only be issued in the case of unforeseen circumstances after the student has successfully completed at least 75-80% of the course and would otherwise be receiving a passing grade.
- A student who takes the course **Credit/No Credit** must reach a grade of C minus (at least 70% or better) in order to receive the CR grade.

## University Policies

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Per [University Policy S16-9 \(PDF\)](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the [Syllabus Information](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>) web page. Make sure to visit this page to review and be aware of these university policies and resources.

## Course Schedule

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We will have 13 days of instruction as outlined below.

When	Topic	Notes
<b>Class #1</b> 12/22/2025 12:01 AM - 11:59 PM	Module INFO & Module A	<ul style="list-style-type: none"> <li>• Complete introductory tasks in "Module INFO"</li> <li>• Chapter 1: Clinical Psychology in Context</li> <li>• Chapter 2: Who is a Clinical Psychologist?</li> </ul>
<b>Class #2</b> 12/23/2025 12:01 AM - 11:59 PM	Module B	Chapter 3: Ethics
<b>Class BREAK</b> No Classes	December 24, 2025 - January 1, 2026	<b>You are not required to work these days. Faculty will be unavailable.</b>
<b>Class #3</b> 01/02/2026 12:01 AM - 11:59 PM	Module C	Chapter 4: Assessment  Chapter 5: Interviewing
<b>Class #4</b> 01/05/2026 12:01 AM - 11:59 PM	Module D	Chapter 6: Personality Assessment
<b>Class #5</b> 01/06/2026 12:01 AM - 11:59 PM	Module E	Chapter 7: Behavioral Assessment
<b>Class #6</b> 01/07/2026 12:01 AM - 11:59 PM	Module F	Chapter 8: Intelligence Assessments
<b>Class #7</b> 01/08/2026 12:01 AM - 11:59 PM	Module G	Chapter 9: Diagnosis, Case Formulation & Treatment
<b>Class #8</b> 01/09/2026 12:01 AM - 11:59 PM	Module H	Chapter 10: Psychological Treatments, Efficacy & Multicultural Considerations

When	Topic	Notes
<b>Class #9</b> 01/12/2026 12:01 AM - 11:59 PM	Module J	<ul style="list-style-type: none"> <li>Chapter 11: Behavioral Interventions</li> <li>Chapter 12: Cognitive Behavioral Interventions (CBT)</li> </ul>
<b>Class #10</b> 01/13/2026 12:01 AM - 11:59 PM	Module K	Chapter 13: Acceptance and Commitment Therapy (ACT) and Dialectical Behavioral Therapy (DBT)
<b>Class #11</b> 01/14/2026 12:01 AM - 11:59 PM	Module L	<ul style="list-style-type: none"> <li>Chapter 14: Psychodynamic &amp; Client-Centered Therapies</li> <li>Chapter 15: Group, Families and Couple Interventions</li> </ul>
<b>Class #12</b> 01/15/2026 12:01 AM - 11:59 PM	Module M	Chapter 16: Clinical and Medical Health (Mind-Body Connection)
<b>Class #13</b> 01/16/2026 12:01 AM - 11:59 PM	Module N	Chapter 17: Psychology and the Law (Forensic Psychology)