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PSYX 378.01: Introduction to Clinical Psychology

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Psychology 378
Fall 2022
Introduction to Clinical Psychology

Course Information

Time/Day: Tuesday/Thursday 2:00pm – 3:20pm

Location: Liberal Arts 11

Instructor & Teaching Assistant Information

Instructor: Rachel Williamson, Ph.D. (she/her)

Email: rachel.williamson@umontana.edu

Office: Skaggs Bldg, Room 239

Office Hours: Wednesdays 9am —11am or by appointment

Teaching Assistant: Benny Ilac (he/him; they/them)

Email: bennett.ilac@umontana.edu

Office Hours: TBD

Class Notes:

- The diversity that all students bring to this class is a resource and a strength. If you have suggestions to add to the course content and diversify perspectives, please let me know and I will do my best to integrate these suggestions.
- If you use a different name or pronouns than those provided by the University, please let me know.

Required Readings

Pomerantz, A. M. (2019). *Clinical Psychology: Science, Practice, and Culture (Fifth Edition)*. Thousand Oaks, CA: Sage Publications. ISBN: 9781544333618. (Available for purchase on-line.)

[Textbook companion website](#) (contains useful study aids).

The journal *Clinical Case Studies* (Sage Publications) is an excellent counterpart to the material covered via the Pomerantz text and other supplemental articles. Case studies from this journal will be discussed in class to illustrate the modern practice of clinical psychology. Pdfs will be uploaded to Moodle at least 1 week in advance of the relevant class; I will expect that everyone has read the assigned case study and is ready to chat about it! This journal is also available from our library.

Course Description

PSYX 378 is an overview of the field of clinical psychology as a profession and as a practice. Abnormal Psychology (PSYX 340) is a prerequisite for this course.

Student Learning Outcomes

1. To distinguish clinical psychology from other mental health professions
2. To understand the integration of science and practice in clinical psychology
3. To become aware of current controversies and major issues in the mental health fields and in health care
4. To understand how different clinicians would approach similar presenting problems and situations
5. To understand the differences between treatment approaches and theoretical orientations in clinical psychology

- 6. To learn basic aspects of professional roles and relationships in helping professions and the healthcare system and to practice relevant skills in thinking about and discussing clinical situations in behavioral health care

Course Requirements

Exams (October 6th, November 10th, December 8th)

Exams will be a mix of multiple-choice questions and short answer questions based on material covered in class and the textbook. Exams are not cumulative.

Discussion Posts

You are responsible for posting on the class discussion board a short (250-300 words) reflection related to the reading/topic of the week for 5 out of 11 content weeks (weeks 2-5, 7-10, 12-14). 3-4 of these posts must be submitted before Exam 2, and the remaining 1-2 must be submitted after.

The purpose of this exercise is to critically engage with the reading, and connect the ideas/information within this course, as well as with other courses/experiences. A post may be in response to another student’s post but should demonstrate independent and critical thinking. Discussion posts for the week must be posted by 9pm on the Monday before class (i.e., posts must be submitted before they are covered in class).

1	2	3
Post is under 250 words and/or demonstrates minimal effort/thought related to the topic.	Post is 250+ words and demonstrates some knowledge of the topic but limited engagement (e.g., does not go beyond summarizing).	Post is 250+ words and demonstrates knowledge of and engagement with the topic through posing original questions, applying content to new contexts, etc.

Reaction Papers (October 28th and November 28th by Noon)

Brief reaction papers to two of the controversy articles will comprise 20 points of your grade. These will be turned in via Moodle on the dates listed in the course schedule. Each reaction paper should be between 2-3 pages, double-spaced, and turned in as a .doc, .docx, or .pdf format only. (10 points each). Reaction papers should not be a summary of the reading, but instead should reflect your thoughts on each topic. An excellent paper (9-10 points) integrates ideas presented from the reading, theoretical perspectives learned in- or outside of this class, and your personal reactions to the material in equal measure. A good response (6-8 points) is an in-depth reaction to one or two specific ideas presented in the reading. A poor response (5 or fewer points) is an article summary or paraphrase of the material.

Self-Evaluation (December 2nd by Noon)

At the end of the course, you will have the opportunity to determine your participation grade (out of 6) for the course. Participation is not just reflected in attendance or the amount you speak up in class (though I’d love to hear from you in class!), but in your general engagement with the course content and assignments.

Midterm Conference (September 26th - November 4th)

Stop by my office for a brief, 10-minute meeting with me to chat course progress, your hopes and dreams, etc. If you can’t make the designated office hours, contact me to set up another time.

BONUS!

Research Experience. Up to 2 extra credit points can be earned by participating in psychology research through SONA (see also alternative option).

- **Participation in original research:** In this option, you will sign up to participate in actual psychology experiments. Individual experiments may range in credits they award. Typically, each credit takes about

30 minutes. Participate in psychology research through SONA. Each SONA credit is worth 1 point. Be sure to assign SONA credits to PSYX 378-01 in order to receive extra credit. Additionally, make yourself aware of SONA deadlines, as the website closes prior to the end of the semester. For detailed instructions, [visit the SONA homepage](#).

- **Alternative option:** Reading and summarize original research. In this option, you will find, read, and summarize an original research article in Psychology. Each summary should be 2-3 pages long. Each summary is worth 1 research credit. To get credit, email it to the TA before December 2nd.

Course Expectations, Guidelines and Policies

Academic Integrity

Academic dishonesty is antithetical to the mission of the University of Montana; all students must practice academic honesty. Misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. Academic misconduct –including plagiarism- will result in an “F” for the course and might result in dismissal from your academic program and the university. Please let me know if you have any questions about what might constitute plagiarism. Please review the [Student Conduct Code](#).

Class Attendance and Punctuality

You are expected to attend every scheduled class period and to be on time. Some obvious exceptions include: your own illness, illness or health care needs of a family member, and travel for an academically relevant event (e.g., conference attendance). Please let me know of class absences as soon as you can. If you choose to use a laptop or tablet to take notes, please restrict your use of these devices to course-related activities during our class meetings.

Policy on Incomplete Grades

An ‘Incomplete’ is assigned when student hardship precludes completion of the course during the semester. It is the student’s responsibility to discuss with me the possibility of an Incomplete prior to the end of the semester. Any student taking an Incomplete is required to finish the course requirements *as soon as possible after the semester’s close*. The student must communicate their/her/his plan for course completion to me as soon as they are able to do so. ***Per University policy, Incompletes become failing grades automatically after 12 months.***

Disability Modifications

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and [Office for Disability Equality](#). If you have a disability that adversely affects your academic performance, and you have not already registered with the Office for Disability Equality (ODE), please contact them (Aber Hall 1st Floor or call 406.243.2243). I will work with you and ODE to provide reasonable and appropriate disability accommodations.

Grading

Exams (x3):	60%	Points	Letter Grade
Discussion Posts (x5):	15%	93 – 100	A
Discussion papers (x2):	20%	90 – 92	A-
Self-Evaluation:	3%	87 – 89	B+
Midterm Conference	2%	83 – 86	B
TOTAL	100%	80 – 82	B-
		70 – 79	C
		< 70	F

Course Schedule and Reading List

Week	Date	Topics & Readings
1	Tues., Aug. 30	Syllabus and Course Overview
1	Thurs. Sept. 1	Clinical Psychology: Definition and Training (Ch. 1)
2	Tues., Sept. 6	Evolution of Clinical Psychology (Ch. 2)
2	Thurs., Sept. 8	Evolution of Clinical Psychology (Ch. 2)
3	Tues., Sept. 13	Current Controversies and Directions in Clinical Psychology (Ch. 3)
3	Thurs., Sept. 15	Diversity and Cultural Issues in Clinical Psychology (Ch. 4)
4	Tues., Sept. 20	Diversity and Cultural Issues in Clinical Psychology (Ch. 4)
4	Thurs., Sept. 22	Ethical and Professional Issues in Clinical Psychology (Ch. 5)
5	Tues., Sept. 27	Conducting Research in Clinical Psychology (Ch. 6)
5	Thurs., Sept. 29	Conducting Research in Clinical Psychology (Ch. 6)
6	Tues., Oct. 4	Open Office Hours
6	Thurs., Oct. 6	Exam 1
7	Tues., Oct. 11	Diagnosis and Classification Issues: DSM-5 and More (Ch. 7)
7	Thurs., Oct. 13	Diagnosis and Classification Issues: DSM-5 and More (Ch. 7)
8	Tues., Oct. 18	The Clinical Interview (Ch. 8)
8	Thurs., Oct. 20	The Clinical Interview (Ch. 8)
9	Tues., Oct. 25	Personality Assessment and Behavioral Assessment (Ch. 10)
9	Thurs., Oct. 27	Personality Assessment and Behavioral Assessment (Ch. 10)
10	Tues., Nov. 1	General Issues in Psychotherapy (Ch. 11)
10	Thurs., Nov. 3	General Issues in Psychotherapy (Ch. 11)
11	Tues., Nov. 8	Election Day (No Classes)
11	Thurs., Nov. 10	Exam 2
12	Tues., Nov. 15	Psychodynamic Psychotherapy (Ch. 12)

Week	Date	Topics & Readings
12	Thurs., Nov. 17	Psychodynamic Psychotherapy (Ch. 12)
13	Tues., Nov. 22	Humanistic Psychotherapy (Ch. 13)
13	Thurs., Nov. 24	Thanksgiving Day (No Classes)
14	Tues., Nov. 29	Behavior Therapy (Ch. 14)
14	Thurs., Dec. 1	Cognitive Psychotherapy and Mindfulness-Based Therapies (Ch. 15)
15	Tues., Dec. 6	Cognitive Psychotherapy and Mindfulness-Based Therapies (Ch. 15)
15	Thurs., Dec. 8	Exam 3
16	Dec. 12- 16	Finals Week