

PSY 351 - Clinical Applications of Psychology
Illinois State University
Spring 2008

Instructor:	Dr. Jeffrey H. Kahn	Class meets:	Tue, Thu: 2:00-3:15
Office:	451 DeGarmo Hall	Classroom:	208 DeGarmo Hall
Phone:	438-7939	Web:	www.ilstu.edu/~jkhahn/psy351
E-mail:	jkhahn@ilstu.edu	Office hours:	Mon 1-2, Wed 10-11, and by appt.

Course Description

This is an advanced undergraduate course that describes the activities of clinical and counseling psychologists. The course, which is designed to be a thorough introduction to clinical applications of psychology, may help to prepare students for graduate work in clinical or counseling psychology and/or a career in the helping fields. Moreover, this course will provide information that consumers of psychological services should know about potential applications of psychology.

The course is as broad in scope as is the work of clinical and counseling psychologists. We will cover ethical and professional issues related to clinical work; the process of assessing individuals for the presence of personal strengths and areas of concern; the numerous forms of prevention and treatment of individuals, families, and groups; and the application of psychology to a variety of contemporary issues. Prerequisites to this course are PSY 110/111 and PSY 350 (for which concurrent registration is acceptable).

Course Goals

Students in this course are expected to gain knowledge about clinical applications of psychology as well as demonstrate beginning skills associated with clinical applications. Students will not be trained in how to administer assessment instruments or provide therapy, but we will emphasize skills that form a foundation for such training. Upon completion of this course, the successful student will:

1. Be familiar with the scope of clinical and counseling psychology, the work roles of psychologists in these fields, and contemporary issues in clinical and counseling psychology;
2. Develop knowledge of clinical assessment and methods of prevention and intervention;
3. Develop skills in conceptualizing individuals from theoretically valid and culturally appropriate perspectives;
4. Develop skills with selecting appropriate forms of intervention for specific client needs;
5. Improve the ability to locate, comprehend, and apply information about research in clinical and counseling psychology;
6. Learn to communicate clinically related ideas effectively through writing; and
7. Be familiar with and exhibit the ethical, professional, and culturally sensitive behaviors that are expected of professional psychologists.

Readings

The textbook for this course is:

Todd, J., & Bohart, A. C. (2006). *Foundations of clinical and counseling psychology* (4th ed.). Long Grove, IL: Waveland Press.

There is also a packet of readings available at PIP printing in the Bone Student Center.

Assignments and Grades

There will be four in-class exams and four clinical projects assigned throughout the semester.

In-Class Exams. Exams will assess your understanding of the material from our readings and class. These are worth up to 75 points each (300 points total). Information about these exams will be provided on the course web site to help guide your preparation.

Clinical Projects. Clinical projects provide an opportunity to demonstrate an understanding about clinical applications of psychology in creative ways. These are worth up to 25 points each (100 points total). Full guidelines are presented on the course web page, but in summary, these projects are:

1. *Training program comparison.* Compare the program requirements among four graduate programs: (a) Ph.D. in Clinical Psychology, (b) Ph.D. in Counseling Psychology, (c) MA/MS in Clinical or Counseling Psychology, and (d) Ph.D. or Specialist degree in School Psychology. Due January 31.
2. *Assessment report.* Take an instructor-approved psychological test and write an assessment report describing your results. Due February 21.
3. *Treatment plan.* Use a paradigm of therapy to provide a theory-consistent interpretation of a client's problems, and then generate a treatment plan consistent with that paradigm. Due March 27.
4. *Book review.* Read one book about a clinical application of psychology that is written by a psychologist (or other health provider). Provide a summary of the book, and outline the overlap between what you learned in the book and what we covered in class. Due April 24.

Participation. Active participation in class activities is expected. My assumption is that everyone will attend class, complete the readings on schedule, participate in class discussions, and be fully engaged in classroom activities. If it becomes apparent that a majority of students are not able to discuss material then participation may be assessed by a short in-class quiz.

Final grades will be based on the total number of points earned (out of 400):

A = At least 360 points are earned

B = At least 320 points are earned (but not enough for an A)

C = At least 280 points are earned (but not enough for a B)

D = At least 240 points are earned (but not enough for a C)

F = Less than 240 points are earned

Tentative Course Schedule

<i>Week of</i>	<i>Topic</i>	<i>Readings</i>
Jan 15, 17	Overview of professional psychology	Ch. 1, 2
Jan 22, 24	Professional training Ethical issues in clinical practice	Ch. 16 (pp. 438-441) Barnett et al. (2007) Jones & Mehr (2007) Horn et al. (2007)
Jan 29, 31	Clinical assessment and diagnosis	Ch. 3
Feb 5, 7	Objective and projective assessment Writing assessment reports	Ch. 4 Kubiszyn et al. (2000)
Feb 12, 14	Exam 1 February 12 Clinical interviewing techniques	Gelso & Fretz (2001)
Feb 19, 21	Research on individual therapy Psychoanalysis	Ch. 5 Ch. 6 (pp. 147-155) Seligman (1995)
Feb 21, 28	Client-centered therapy The therapy relationship	Ch. 8 Gelso & Carter (1994)
Mar 4, 6	Behavioral, cognitive, and cognitive-behavioral approaches to therapy	Ch. 10 Ch. 11
Mar 11, 13	Spring Break	
Mar 18, 20	Exam 2 March 18	
Mar 25, 27	Group therapy	Ch. 15 (pp. 419-426) Dies (2003)
Apr 1, 3	Marital, family, and child therapy	Ch. 13 Brinkmeyer & Eyberg (2003)
Apr 8, 10	Vocational counseling	Fouad (2007)
Apr 15, 17	Exam 3 April 15 Prevention and outreach	Nation et al. (2003)
Apr 22, 24	Behavioral medicine Substance abuse treatment	Ch. 12 Diamond et al. (2002)
Apr 29, May 1	Multiculturalism, social justice	Ch. 15 (pp. 397-415) Goodman et al. (2004)
May 6	Exam 4 at 3:10 p.m.	

Note: Any changes to the schedule will be announced in class and posted on the course web page.

Academic Integrity

You are responsible for abiding by ISU's Code of Conduct. This document is available at <http://www.deanofstudents.ilstu.edu/downloads/crr/code-of-student-conduct.pdf>. If it becomes apparent that you have committed some form of academic dishonesty, you may receive a 0 on the assignment, an F in the course, and/or other disciplinary action.

Special Accommodations

If you need a special accommodation to fully participate in this class, please contact Disability Concerns at 438-5853 (voice), 438-8620 (TDD).
