Clinical Psychology (7th edition)
Timothy J. Trull

Chapter 1
Clinical Psychology: An Introduction

Outline
– What is Clinical Psychology?
– Closely Related Mental Health Professions
– The Clinical Psychologist
– At end of course
  • Training: Toward a Clinical Identity
  • Admission to Graduate Programs
  • A Profession in Movement
  • A Tolerance for Ambiguity and a Thirst for New Knowledge

What is Psychology?
• Psychology: Science of Behaviour and Mental Processes
  – Behaviour: actions we can observe and record
  – Mental processes: internal subjective experiences
    • e.g., sensations, perceptions, thoughts, feelings, beliefs
    • Inferred from behaviour (i.e., how people act)
  – e.g., Crying, Depressed statements are behaviors, Sadness, Feeling helpless are inferred mental states
  – Science
    • Evaluates ideas with careful observation and rigorous analysis
    • Puts ideas to critical empirical tests

What is Clinical Psychology?
• Clinical psychology involves
  – Research, teaching, and services …
  – Relevant to application of principles, methods, and procedures for understanding, predicting, and alleviating …
  – Intellectual, emotional, biological, psychological, social, and behavioral maladjustment, disability and discomfort
  – Applied to a wide range of client populations (J.H. Resnick, 1991)
  – Serious problem in Canada and world-wide (next few slides)

Mental Illnesses in Canada
• Indirectly affect all Canadians through illness in family member, friend or colleague.
• 20% will personally experience mental illness during lifetime.
• Affect people of all ages, educational and income levels, and cultures.
• Costly to individual, family, health care system and community.
• Economic cost estimated to be at least $7.331 billion in 1993.
• 86% of hospitalizations for mental illness in general hospitals.
• In 1999, 3.8% of all admissions in general hospitals (1.5 million hospital days) due to anxiety disorders, bipolar disorders, schizophrenia, major depression, personality disorders, eating disorders and suicidal behaviour.
• Mental illnesses can be treated effectively.
• Stigma attached to mental illnesses presents serious barrier not only to diagnosis and treatment but also to acceptance in community.

Causes of Disability (2000, Canada, USA, Western Europe)

Suicide Leading Cause of Violent Deaths Worldwide

Related Mental Health Professions

- Psychiatrists
  - Physicians who specialize in diagnosis, treatment, and prevention of mental illness and substance abuse disorders
  - Extensive medical training enables psychiatrist to understand body’s functions and complex relationship between emotional illness and other medical illnesses. (APA, www.psych.org)

- Counseling Psychologists
  - Traditionally work with normal or moderately maladjusted individuals
  - Engage in preventive treatment, consultation, development of outreach programs, vocational counseling, short-term counseling / therapy of 1-15 sessions.
  - Much current overlap between work of counseling and clinical psychologists, as counseling psychologists appear more interested in psychotherapy than in vocational or career counseling.

- Psychiatric Social Workers
  - Traditionally, social workers tended to deal with social forces that contributed to client’s difficulties.
  - Take case history, interview employers and relatives, arrange for vocational placement, or counsel parents.
  - Currently, their work overlaps with that of clinical psychologists and psychiatrists. Many social workers are employed by public agencies, others work in individual or family therapy in private practice, and others function as part of mental health teams in hospitals, social service agencies, or mental health clinics.

- School Psychologists
  - Work with educators to promote intellectual, social, and emotional growth of school-age children.
  - May help to plan learning environment: e.g.,
    - Assist development of children with special intellectual, emotional, or social needs.
    - Evaluate such children and recommend special programs, or placement.
    - Consult regarding school policy or classroom management.
  - Work settings range from schools, nurseries and day-care centers to hospitals, clinics and penal institutions.
Related Mental Health Professions

- Rehabilitation Psychologists
  - Focus on people who are physically or cognitively disabled from birth defect or later illness or injury
  - Help people adjust to their disabilities and physical, psychological, social, and environmental barriers that accompany them
  - Usually employed in rehabilitation institutes and hospitals

- Health Psychologists
  - Contribute to promotion of good health through research and/or practice
  - Involved in prevention and treatment of illness
  - Design, execute, and study programs to help people stop smoking, manage stress, lose weight, or stay fit
  - Various backgrounds such as clinical, counseling, and social psychology
  - Employed in medical centers and as consultants to business and industry

- Psychiatric Nurses
  - Specialty in nursing profession
  - Spend many hours in close contact with patients
  - Provide information about their hospital adjustment, foster a therapeutic environment, and implement therapeutic recommendations

Relation Among Disciplines

Activities of Clinical Psychologists

- What do clinical psychologists actually do?
  - Most information about clinical activities from series of studies conducted between 1973 and 2003
  - Random sample of members of Division 12 (Clinical Psychology Division) of American Psychological Association (APA)
  - Results of five studies presented in next slide

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<thead>
<tr>
<th>TABLE 7.1 Clinicians’ Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psyctherapy</td>
</tr>
<tr>
<td>Diagnose Assessment</td>
</tr>
<tr>
<td>Teaching</td>
</tr>
<tr>
<td>Clinical Supervision</td>
</tr>
<tr>
<td>Research/Writing</td>
</tr>
<tr>
<td>Consultation</td>
</tr>
<tr>
<td>Administration</td>
</tr>
</tbody>
</table>

*Carfied and Erzo percentage is for “community consultation.”
### Therapy/Intervention (35%)
- Most of clinicians’ time devoted to therapy / intervention
- Therapies diverse in many ways
- Diverse Theoretical Perspectives
  - Some therapy searches for insight into origins of client’s problems or purposes served by client’s problematic behaviors.
  - Other therapies focus primarily on client-therapist relationship that will help dissolve client’s debilitating defenses
  - Cognitive-behavioral therapy teaches client more effective ways of thinking and behaving
- Diverse Modes of delivery
  - Individual, Couples, or Group therapy
  - Long-term involving marked changes in client behavior or Short-term focusing on one troublesome issue

### Diagnosis/Assessment (15%)
- Assessment
  - Collect information relevant to solution of client problems
  - Use observation, interviewing, or formal testing
  - e.g. Personality tests may shed light on factors contributing to depression
- Critical part of clinician’s role
  - Understanding client’s difficulties, predicting future course of condition, selecting most appropriate treatment, ...

### Teaching (12%)
- Clinical psychologists at universities
  - Regularly teach courses
  - Graduate: advanced psychopathology, psychological testing, interviewing, intervention, personality theory
  - Undergraduate: introductory psychology, personality, abnormal psychology, introduction to clinical psychology
- Clinicians who work in hospitals or private practice
  - May teach evening courses or have part-time appointments in graduate programs
- Setting
  - Most teaching in classrooms
  - Some in informal classes, orientation work or workshops for other professionals (e.g. police officers, nurses, ministers, probation officers)

### Clinical Supervision (8%)
- Another form of teaching
  - Involves one-to-one teaching, small group approaches and other less formal, nonclassroom types of instruction
  - Help students/trainees become skilled in therapy and assessment by seeing clients and then discussing their cases with more experienced supervisor
  - Learn by doing under controlled and secure conditions of trainee-supervisor relationship.
- Clinical supervision settings vary
  - University, Internship programs, Postdoctoral training

### Research
- Scientist-practitioner model developed when clinical training programs established after WWII
- Goal is for psychologists to be trained as both scientists and practitioners, to be able to evaluate research conducted by others, and to conduct own research
- Clinical research examines many different issues
  - Causes of mental disorders, Development and validation of assessment measures, Evaluation of therapy techniques
- Research training helps develop capacity for evaluation and attitude of caution and skepticism
  - Thought to help clinical psychologists become more perceptive diagnosticians and therapists as well as researchers

### Importance of Research
- Treatments based on intuition, common-sense, or misguided theories can be ineffective and even harmful
  - Re-birthing treatment led to death of young girl at hands of mother and therapist
  - Early intervention for trauma can worsen reaction
- Use of ineffective treatments delays access to effective ones
Sample Research Topics

**Journal of Clinical Psychology (2008)**
- Special issues
  - Clinical reasoning and scientific method
  - Treatment of returning military veterans
  - Ethics in psychotherapy
  - Bipolar disorder in children and adolescents
- Articles
  - Cultivating mindfulness
  - Focusing therapist attention on client strengths
  - Depressive symptoms and social competence
  - Meditation
  - Self-criticism and treatment response
  - Television and willingness to seek therapy

- Outpatient interventions for adolescent substance abuse
- Treatment adherence, competence, and outcome in individual and family therapy for adolescent behavior problems
- Contingency management for substance-abusing adolescents
- Children and terrorism-related news: Training parents in coping and media literacy
- Mother-child relationship quality and effective discipline
- Brief cognitive-behavioral depression prevention program for high-risk adolescents
- Treatment effectiveness of parent management training in Norway for children with conduct problems
  - (continued)

**Clinical Psychology Review (2008, #6)**
- An analysis of post-event processing in social anxiety disorder
- Video feedback in widescreen: A meta-analysis of family programs
- Sex offender care for adolescents in secure care: Critical factors and counseling strategies
- A theoretical framework for antigay aggression: Review of established and hypothesized effects within the context of the general aggression model
- Behavioral couples therapy (BCT) for alcohol and drug use disorders: A meta-analysis
- Whatever happened to symptom substitution?
  - (continued)

**Consultation**
- Goal: increase effectiveness of those towards whom consultant’s efforts are directed by imparting to them some degree of expertise
- Many forms
  - One shot consultation with someone who needs help with specific case
  - Clinician may be retained on regular or permanent basis to give help to staff of an agency
  - Such consultation can be in form of case by case advice or to give presentations/workshops to staff on consultant’s areas of expertise
- Consultation
  - Can assist with clinical cases, business, personnel, and profit issues
  - Can deal with individuals or whole organizations
  - Can be remedial or oriented towards prevention
Administration

- Administration
  - Maintain clients’ records, monthly reports, ethics forms associated with research projects, work on several types of committees in organizational settings
- Some psychologists may become good full-time administrators, if
  - Sensitive to needs and problems of people in organization
  - Have patience to sometimes suffer in silence
  - Have ability to communicate well with those under their supervision
  - Able to select right people for right jobs
- Examples of administrative posts
  - Head of university psychology department, Director of VA clinic, Vice President of consulting firm, Director of clinical training program, Chief Psychologist in state hospital, Director of regional crisis center, …

Characteristics of Clinical Psychologists

- 2004 survey of 694 randomly selected psychologists from APA Division 12
- Demographics
  - 34% Female
  - 7% Members of racial minorities
- Theoretical orientation
  - 29% Eclectic/Integrative orientation
  - 28% Cognitive orientation
  - 15% Psychodynamic orientation
  - 10% Behavioral orientation
  - Change from earlier decades (+1)

Employment Sites

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This category includes professional schools, correctional facilities, managed care organizations, nursing homes, child and family services, rehabilitation centers, school systems, psychoanalytic institutes, and health maintenance organizations, and so on.

Art or Science?

- Clinical psychology
  - Focus on individual differences (idiographic approach) rather than on commonalities among people (nomothetic approach)
- Some think of clinical psychology as art
  - Make diagnostic judgments or therapeutic decisions based on skill, and subjective or intuitive awareness. These high level skills not taught to great extent just as person not taught to paint masterpiece.
- Empirically oriented clinicians have more objective orientation
  - Believe research and development of general principles produces greater understanding of specific patients
- However, all clinical psychologists, when making clinical decisions, should attend to relevant empirical research, recognize potential cultural biases, and use reliable assessment methods. This way clinical judgment will be scientifically based, accurate, and useful.