

CLINICAL PSYCHOLOGY: Version 3 (20th Feb)

Lectures: M-W 9-10, 155 Dwinelle

Discussion sections: will begin in 2nd week

Professor: Allison Harvey

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This course will provide an introduction to and overview of the field of clinical psychology. Our goal is to provide current scientific information about the nature of major forms of mental disorder. Throughout we will highlight the diverse roles that clinical psychologists perform as scientists, advocates, providers, and evaluators of direct services. We will emphasize underlying theories of dysfunction, therapy and the ways in which basic sciences (e.g., attention science, cognitive science, emotion science, neuroscience) can inform the study of psychopathology and treatment. The course will be divided into three parts. In the first part, issues relating to the definition of abnormality and the classification of psychological disorders will be highlighted. In the second part, a 'disorder focused' perspective will be taken. That is, we will examine a range of psychological disorders and neurological, one at a time. Disorders to be covered include anxiety disorders (panic, phobias, obsessive compulsive disorder), depression, sleep disorders, schizophrenia and eating disorders. Each disorder will be considered in terms of (1) classification, (2) epidemiology, (3) theories of etiology/maintenance and (4) treatment approaches. In the third part of the course, we will shift from the 'disorder focus' to elucidating common or transdiagnostic processes. Processes that are a feature/symptom of a range of disorders will be discussed with the aim of making sense of comorbidity as well as the enormous overlap in maintaining processes across disorders. Examples of common processes include: autobiographical memory, selective attention and intrusive thoughts. Throughout all parts of the course genetics, sex differences, high risk aspects and the effects of social class, culture and life events will be discussed.

Although the course is, of necessity, broad and survey-oriented, the sections will allow more in-depth coverage of selected topics. We hope to convey both our excitement about the scientific advances in the field and our alarm at the long strides that still need to be made in terms of public awareness, basic scientific understanding, and public neglect of children and adults who suffer from mental disorders.

Grading: Two midterms (20% each, total 40%), One final (20%), Essay (15%), Discussion section attendance/participation (10%), Presentation (10%). RPP or equivalent (5%) NOTE: There will be no make-up exams for any reason.

Textbooks: Davison, G.C., Neale, J.M., & Kring, A.M. (2004). Abnormal Psychology. (9th Edition). Wiley. (required). Referred to below as **DNK**.

Harvey, A.G., Watkins, E., Mansell, W. & Shafran, R. (2004). Cognitive behavioural processes across psychological disorders: A transdiagnostic approach to research and treatment. Oxford University Press. (recommended). Referred to below as **HWMS**.

Discussion sections: to begin in 2nd week. *Discussion sections are required.* You have been assigned to a time by TeleBears. Make sure you attend the discussion section you are assigned on Telebears. During the first discussion section those who ABSOLUTELY cannot make their assigned section will be asked to submit a request to switch sections. But you should only attempt to switch if you ABSOLUTELY cannot make your assigned section. We cannot guarantee that you will be able to switch but we will try. We may require documentation of your stated scheduling conflict (e.g. their printed telebears schedule).

Website: All course materials, including additional readings and the powerpoint slides that accompany the lectures, will be posted on Blackboard.berkeley.edu. It is crucial that you log in at least once per week to check for announcements and the latest information about assignments etc.

Research Participation Pool (RPP): Because clinical psychology is a scientific discipline, research experience is an integral part of Psych 130 (and many other lower-division and survey courses in the Department). This component of the course, known as the Research Participation Program (RPP), is somewhat analogous to the laboratory demonstration sections offered in the natural sciences, except that students serve as subjects rather than experimenters. The purpose of the RPP requirement is to familiarize students with the methods by which scientific research in psychology is conducted. More information on the RPP program will be provided during the first week of class. Completion of the RPP requirement – or an alternative (information will be posted on the website) - will count 5% toward your final grade.

Exams: There will be three exams, consisting of multiple choice questions that will be drawn from the lectures and set readings. The exams will *not* be cumulative. In the exams you should be able to demonstrate that you have read the material and understood the factual points and arguments. You are **REQUIRED TO TAKE ALL THREE EXAMS**. If you fail to take an exam, you will receive a score of 0 for that exam. All exams will be taken in-class and will be closed book. There will be no make-up exams for any reason. There will be no grade changes except for clerical errors of addition.

Essay and class presentation: Details will be given in the first discussion section (to be held in 2nd week).

Tentative Course Outline

**** Please try to read the assigned chapters before the class meeting on the assigned date. This will hopefully allow for a better understanding of the lecture and also give you the opportunity to ask any questions that may have come up in your reading.**

Week 1

January 19

Overview and Organization

Readings: pdf on blackboard.berkeley.edu by Salkovskis

Week 2

January 24

January 26

Defining mental disorder
Classification

Models/Paradigms

Readings: DNK, Chapters 4 & 5

