

**PSYCHOLOGY 130 - CLINICAL PSYCHOLOGY
SUMMER, 2004**

1. Instructional Staff:

James P. McHale
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Office Hours: Before and after lectures, and by appt.

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2. Class Meeting Days and Times:

Class Meetings:	Tues. & Weds.	9 - noon 159 Mulford
Section Meetings:	Thursday	8:30 - 10 am XXXX Tolman Hall

3. Texts:

Sundberg, Winebarger, Taplin (2001). Clinical Psychology--Evolving Theory, Practice, Research. Prentice Hall, 4th edition, 2001.

Nathan & Gorman. (2002) Guide to Treatments that Work. Oxford University Press, 2002.

4. Course Description:

Psychology 130 provides a broad introduction to the field of clinical psychology, and includes coverage of psychopathology, its causes, and what is known about preventing and alleviating it. The scientific basis of clinical psychology is emphasized, with a principal focus on psychological problems in adulthood. A related course offered in Berkeley's Psychology Department, Developmental Psychopathology, covers clinical problems during childhood and adolescence. This offering of Psychology 130 is divided into two "parts". The first "part" (weeks one through three of the semester) is concerned with the foundations of clinical psychology. We begin by examining students' own background knowledge and understanding of abnormal behavior, and discuss how clinical psychologists think about concepts of normality and abnormality. We then cover major paradigms for understanding psychopathology; the field's current system for diagnosing and categorizing disorders; approaches to psychological assessment and questions important to answer in such assessments; ways of intervening; and ethical and legal issues for the profession. In part two of the course (weeks four through six), we apply principles learned during the first part of the course in examining several major problems of concern to clinical psychologists, including schizophrenia, mood disorders and suicide, anxiety disorders, and personality disorders.

To help him get through the academy, his wife quit college at the end of her junior year, against Ernest's pleas, and sought a secretarial job. He felt she was far brighter than he and saw no reason why she should sacrifice her potential to help him make his way in life. But at the same time he recognized the fiscal realities and grudgingly accepted her financial support.

The police academy proved to be even more stressful than college. Ernest's mood swings, although less frequent, still troubled him. And like his father, who was now confined to a state mental hospital, he drank to ease his psychological pain. He felt that his instructors considered him a fool when he had difficulty standing up in front of the class to give an answer that he himself knew was correct. But he made it through the physical, intellectual, and social rigors of the academy, and he was assigned to foot patrol in one of the wealthier sections of the city.

Several years later, when it seemed that life should be getting easier, he found himself in even greater turmoil. Now 32 years old, with a fairly secure job that paid reasonably well, he began to think of starting a family. His wife wanted this as well, and it was at this time that his problems with impotence began. He thought at first it was the alcohol -- he was drinking at least six ounces of bourbon every night, except when on the swing shift. Soon, though, he began to wonder whether he was actually avoiding the responsibility of having a child, and later he began to doubt that his wife really found him attractive and desirable. The more understanding and patient she was about his sometimes frantic efforts to consummate sex with her, the less "manly" he felt himself to be. He was unable to accept help from his wife, for he did not believe that this was the "right" way to maintain a sexual relationship. The problems in bed spread to other areas of their lives. The less often they made love, the more suspicious he was of his wife, for she had become even more beautiful and vibrant as she entered her thirties. In addition, she had been promoted to the position of administrative assistant at the law firm where she worked. She would mention -- perhaps to taunt him -- long, martini-filled lunches with her boss at a posh uptown restaurant.

The impetus for his contacting the therapist was an ugly argument with his wife one evening when she came home from work after ten. Ernest had been agitated for several days. To combat his fear that he was losing control, he had consumed almost a full bottle of bourbon each night. By the time his wife walked in the door on that final evening, Ernest was very drunk, and he attacked her both verbally and physically about her alleged infidelity. In her own anger and fear, she questioned his masculinity in striking a woman and taunted him with the disappointments of their lovemaking. Ernest stormed out of the house, spent the night at a local bar, and the next day somehow pulled himself together enough to seek professional help.