

Introduction to Clinical Psychology

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Introduction – Topics

- ▶ Importance of Clinical Psychology
- ▶ Related Mental Health Professions
- ▶ History of Clinical Psychology
- ▶ History of Assessment in Clinical Psychology
- ▶ History of Intervention in Clinical Psychology
- ▶ Prevention in Clinical Psychology

The Importance of Clinical Psychology as a Discipline

- ▶ About half of mental disorders begin before age 14
- ▶ Worldwide 800,000 people commit suicide every year
- ▶ Worldwide hundreds of millions suffer from mental disorders
 - ▶ Most undiagnosed or misdiagnosed

Defining the Importance of Clinical Psychology

- ▶ Early definitions stressed assessment, evaluation, and diagnosis
- ▶ More recent inclusion of intervention in various forms as well as prevention

Importance of Clinical Psychology as a Discipline

- ▶ Evidence-Based Practice
 - ▶ Importance of using only practices empirically found to be effective
 - ▶ Intuition should not be a part of assessment or treatment
- ▶ Critics argue (among other points):
 - ▶ Group-based data is not always sufficient in working with individuals
 - ▶ Research is not always available for all problems
 - ▶ Each person is unique in many different ways (culture, class, family, etc.)

Other Related Mental Health Professions (and Differences)

- ▶ **Counselling Psychology**
 - ▶ Historically worked with less severe problems
 - ▶ Different settings than clinical psychologists
- ▶ **School Psychology**
 - ▶ Training in both psychology and education
 - ▶ Work in diverse education-related settings
- ▶ **Psychiatry**
 - ▶ Medical school training
 - ▶ Prescribe medication

Other Related Mental Health Professions (and Differences)

- ▶ Social Work
 - ▶ Emphasis on social/community conditions
 - ▶ Different settings than clinical psychologists (especially community agencies)
- ▶ Other Mental Health Professionals
 - ▶ Psychiatric nursing
 - ▶ Child and youth care workers
 - ▶ Applied behavioral analysis counselors

History of Clinical Psychology

- ▶ Most early views concluded that demonic possession or evil spirits were the cause of mental illness
- ▶ **Hippocrates** – “father of medicine” may be first to consider a “biopsychosocial approach”
 - ▶ Biological, psychological and social factors all need to be considered.

History of Clinical Psychology

- ▶ **St. Vincent de Paul** (late 1500's) emphasized natural forces and that witchcraft or satanic possession were not the causes of mental disturbances
- ▶ Sadly, by this time, in Europe and North America, the treatment of individuals with mental illness was inhumane



History of Clinical Psychology

- ▶ Enlightenment period (later 1700's)
 - ▶ **Philippe Pinel** – French reformer: humane treatment of the mentally ill
 - ▶ **William Tuke** – English reformer: hospitals based on appropriate care
 - ▶ **Benjamin Rush** – U.S.: moral therapy
- ▶ 1800's – clinical neurology
 - ▶ Hysteria could not be recognized as biological: Charcot, Janet and Freud

History of Assessment in Clinical Psychology

- ▶ Early Clinical Psychology was almost entirely an assessment-based discipline
- ▶ Late 1800's saw scientific principles applied to understanding normal and abnormal behaviour

History of Assessment in Clinical Psychology

- ▶ **Emil Kraepelin** (Germany)
 - ▶ Believed that mental disorders were due to biological causes
 - ▶ Worked on classifications of symptoms into **syndromes**
 - ▶ Huge influence on modern psychiatry and clinical psychology
 - ▶ Much of his work formed basis for DSM and ICD and is still evident today



History of Assessment in Clinical Psychology

▶ **Alfred Binet (France)**

- ▶ French government asked Binet and collaborator Theodore Simon to design a measure to assess children with cognitive deficits
- ▶ 1908 Binet-Simon scale measured 50 tests of mental skills

▶ **Lewis Terman (US)**

- ▶ modified the work of Binet and Simon
- ▶ first widely available test of cognitive ability

History of Assessment in Clinical Psychology

- ▶ World War I - committee was struck called the American Psychological Association (APA) and asked to develop a scale to measure mental functioning of recruits
 - ▶ Army Alpha Test (verbal abilities)
 - ▶ Army Beta Test (non-verbal abilities—for those who could not read or spoke limited English)
 - ▶ These tests and the value they gave recognized clinical psychology as a sub-discipline of psychology
 - ▶ APA created a subsection of clinical psychology

History of Assessment in Clinical Psychology

- ▶ Testing began to flourish and the measurement of abilities continued to be a central focus of clinical psychologists
- ▶ Wechsler-Bellevue intelligence test 1939 (still considered the gold standard in IQ tests)

History of Assessment in Clinical Psychology

- ▶ World War II – Psychologists again active in tests for armed forces
 - ▶ Canadian Psychology Association (CPA) – Test Construction Committee developed the Revised Examination M (verbal/nonverbal items used for the selection of military personnel)
 - ▶ **Starke Hathaway** (1943) developed the Minnesota Multiphasic Personality Inventory – MMPI
 - ▶ Heavy use of statistics and test development

History of Assessment in Clinical Psychology

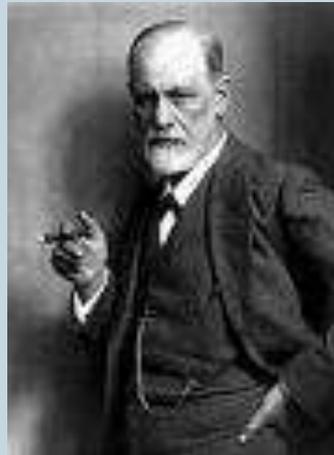
- ▶ Criticisms of Early Assessment
 - ▶ Paul Meehl's work (1954) found that a purely clinical approach to assessment was typically inferior to a more statistically oriented approach
 - ▶ Walter Mischel's work (1968) argued that the measurement of personality traits had only moderate predictive ability i.e. what a person may feel, think or actually do
 - ▶ Behavioral assessment as a field grew in part from these criticisms

History of Assessment in Clinical Psychology

- ▶ 1980's – Diagnostic and Statistical Manual for Mental Disorders (DSM-III) published by APA
 - ▶ DSM-III more focused on observable symptoms
 - ▶ Focus on reliability
- ▶ Several changes in psychological assessment have recently occurred
 - ▶ **Clinical utility** – does the assessment help with treatment
 - ▶ **Service evaluation** – do treatments work

History of Intervention in Clinical Psychology

- ▶ **Sigmund Freud** (German psychiatrist)
 - ▶ First elaborated treatment of mental health issues
 - ▶ Early connection to neurology
 - ▶ Focus on role of unconscious
 - ▶ 1900 publication of *The Interpretation of Dreams*
 - ▶ Many subsequent followers elaborating related psychodynamic theories (e.g., Jung, Adler, Anna Freud.)



History of Intervention in Clinical Psychology

- ▶ In addition to psychodynamic models, two other approaches were influential:
 1. **Lightner Witmer** (USA, 1900)– coined the term ‘clinical psychology’ – opened a clinic (1904) to assess and remediate learning difficulties
 2. **John Watson** (USA, 1920)- Conditioning principles

History of Intervention in Clinical Psychology

- ▶ WWII - 1940's & 1950's
 - ▶ Needs for therapy increased with soldiers returning from war
 - ▶ Members of public affected by loss
 - ▶ VA hired many clinical psychologists which lead to an enormous increase in both Canada and USA



History of Intervention in Clinical Psychology

- ▶ Contemporary approaches
 - ▶ **Albert Ellis** (USA, 1960's)-- Rational Emotive Therapy
 - ▶ **Eric Berne** (1960's) – Transactional Analysis
 - ▶ **Don Meichenbaum** (Canada, 1977) – Cognitive-Behavior Therapy
 - ▶ **Aaron Beck** (USA, 1979) - Cognitive Therapy
 - ▶ Cognitive Behavioral Therapy
 - ▶ Short-term Dynamic Therapy

Prevention in Clinical Psychology

- ▶ A growing area of Clinical Psychology
- ▶ The profession is evolving
 1. Ph.D. science-practitioner model (focusing on research)
 2. Psy.D. practitioner-scholar model (focusing on clinical practice).
 3. Psychological associates

Thank you