

PSY-318: Clinical Psychology (3 CHs)

Pre-requisite: PSY- 215 Psychopathology

Course Description:

To equip students with foundational knowledge and essential skills in clinical psychology, this course integrates empirical research with real-world practice. Students will explore the philosophy, scope, and models of clinical psychology; essential elements of clinical interviewing and observation; the ethical, legal, and multicultural context of clinical work; and how clinical judgment is cultivated through supervised practice. Emphasis is placed on the clinical process, case formulation, and reflective professionalism rather than diagnosis or psychometric testing.

Course Objectives:

By the end of this course, students will be able to:

- Explain the role and scope of clinical psychology in healthcare and community settings in Pakistan.
- Describe the phases of the clinical process including intake, observation, formulation, and referral.
- Demonstrate introductory-level competence in conducting mental status exams and unstructured interviews.
- Evaluate ethical, legal, and cultural factors impacting clinical judgment and intervention.
- Reflect on professional development, self-awareness, and the role of supervision in clinical training.

Course Learning Outcomes:

After completing the course, students will:

- Articulate key philosophical and historical foundations of clinical psychology.
- Demonstrate understanding of basic clinical processes including intake and observational interviewing.
- Analyze the influence of context, ethics, and culture on clinical decision-making in Pakistan.
- Understand the importance of supervision, training, and lifelong learning in clinical competence.
- Apply a reflective and person-centered lens to understanding clinical work.

Course Contents:

- Introduction to Clinical Psychology: History, models (scientist-practitioner, practitioner-scholar), distinctions from counseling and psychiatry
- Philosophical and Ethical Foundations: Humanistic, scientific, and integrative traditions; APA Ethical Code principles; therapeutic relationship as central
- The Protocols of Clinical Process: Rapport-building, Observational Skills, Clinical Presence; Introduction to case notes, Referrals,
- Mental Status Examination (MSE): Observing thought, mood, behavior, and cognition; descriptive vs. interpretive observation

- Clinical Judgment and Hypothesis Generation: Pattern recognition, heuristic biases, uncertainty, triangulation of sources
- Reflective Practice and Use of Self: Self-awareness, emotional attunement, managing countertransference, reflective journaling
- Supervision and Clinical Training: Models of supervision (developmental, integrative); feedback, evaluation, and growth
- Ethical and Legal Issues in Practice: Confidentiality, informed consent, duty to warn, mandated reporting, ethical dilemmas, Boundary of competence for counsellors.
- Working in Systems: Families, Schools, and Communities: Collaboration, case management, multidisciplinary teams, brief psychoeducation with reference to Pakistan Persepective.
- Professional Identity and Career Pathways in Clinical Psychology: Licensure, training routes, competencies, continuing education, advocacy roles with reference to Pakistan

Textbooks:

- Kramer, G. P., Bernstein, D. A., & Phares, V. (2019). *Introduction to clinical psychology* (8th ed.). Cambridge University Press.
- Sommers-Flanagan, J., & Sommers-Flanagan, R. (2020). *Clinical Interviewing* (7th ed.). Wiley.
- Plante, T. G. (2010). *Contemporary Clinical Psychology* (3rd ed.). Wiley.

Reference Books:

- American Psychological Association. (2017). *Ethical Principles of Psychologists and Code of Conduct*. APA.
- Sue, D. W., & Sue, D. (2016). *Counseling the Culturally Diverse: Theory and Practice* (7th ed.). Wiley.
- Falender, C. A., & Shafranske, E. P. (2004). *Clinical Supervision: A Competency-Based Approach*. APA.
- Norcross, J. C., & Wampold, B. E. (2019). *Relationships and Psychotherapy* (2nd ed.). APA.