

PSY 330 - Clinical and Counseling Psychology

(Capstone Course - Clinical/Counseling Psychology Concentration)

ON-LINE/WEB BASED COURSE VERSION

Credits: 3 - Traditional Grading

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Description and Objectives. This course is a survey of Clinical and Counseling Psychology. You will be exposed to a broad overview of knowledge, theory, assessment, intervention, research, and ethics as they apply to Clinical and Counseling Psychology. Specific specialty areas within the Clinical/Counseling domain are highlighted. Hypothetical client cases will be presented throughout the semester, as you learn about initial interviews, assessment, diagnosis, testing, conceptualization, intervention, consultation, multicultural considerations, and related ethical issues.

As a Capstone Course in the Clinical/Counseling Psychology Concentration, the primary objective of this course is to further prepare you for a career in Clinical/Counseling Psychology or other mental health professions. This course draws on the knowledge attained throughout the major, with a focus on the application of that content knowledge to vocations in mental health. You will develop an understanding of assessment and diagnosis, prevention, intervention and treatment, the client-therapist interaction, and various multicultural and ethical issues that come into play in working with clients. In combination with the companion capstone course, PSY 488 Field Placement, this course will provide you with the initial knowledge and experience for pursuing a job and/or advanced training in clinical/counseling psychology and related professions.

Upon successful completion of this course you will be able to 1). Conceptualize client problems, 2). Understand and evaluate the various tools and methods for diagnosis and assessment, 3). Understand and evaluate the various therapeutic approaches to the treatment of clients, and 4). Appropriately take into account ethical and multicultural issues in the assessment and treatment of clients.

Instructor. Dr. Rosén is a Psychology Professor at Colorado State University and past Director of the Psychological Services Center at Colorado State University. He received his doctorate in Clinical Psychology from the State University of New York at Stony Brook in 1984 and completed his Residency in Clinical Psychology at the University of Mississippi Medical Center. He has several research publications and professional presentations. At Colorado State University, Dr. Rosén teaches undergraduate and graduate level courses in Clinical and Counseling Psychology, Child Exceptionality and Psychopathology, Child and Adolescent Therapy, Consultation, and Advanced Clinical Practicum.

Text. Introduction to Clinical Psychology: An Evidence-Based Approach, 4th Edition - John Hunsley, Catherine M. Lee. ISBN : 978-1-119-30151-6

<https://www.wiley.com/en-us/Introduction+to+Clinical+Psychology%2C+4th+Edition-p-9781119301516>

Course Requirements. You will be required to take **three** examinations and satisfactorily complete **three** projects.

Examinations (100 points each). There will be three examinations. Each exam will contain several short answer essay questions. Each exam will concentrate on material (lectures and chapters in text) since the last exam and may also cover a small amount of material from the previous section(s). *All exams will be "open book" – notebook, and text. You will be required to complete each exam online through Canvas, within the time and dates specified by the instructor.* You will write at least one essay for each chapter that you are being tested on - you will pick from a number of questions that reflect the content of that chapter. These are questions that will provoke your thinking and don't have right or wrong answers. I will be wanting you to write a couple (**at least two**) short paragraphs for each short answer essay. And, it will be important that you cite information from the textbook and/or lectures in your answer. Remember, the exams are all open book. The required tests have time limits - 240 minutes (4 hours) for each exam. Exam grades will be posted on *Canvas*.

Projects. You will complete three projects. These projects were developed to enrich your experience in this course and to help you get a jump start on pursuit of your career goals. These projects will facilitate your further exploration of Clinical/Counseling Psychology and a career in a mental health field. *Please access the resources listed on the Canvas course site to help you prepare each Project.* Please be aware of due dates. Late projects will receive an automatic 5-point deduction. *Projects will be submitted through Canvas.*

Project #1: Vita and Goals (30 points) – Develop a professional vita (minimum two pages) that outlines your accomplishments and positions you for a future as a mental health professional – suitable for a graduate school application or a job application. In addition, submit a one-page bulleted list of Short Term (1-3 years), Medium Term (4-5 years), and Long Term (6-10 years or more) Professional Goals. List at least three major goals for each time-period. Minimum length: Vita - two pages. Professional Goals list – one page.

Project #2: Personal Statement (35 points) – Develop a Personal Statement suitable for a graduate school application or as a cover letter for a job application. Explain how your interest in Clinical/Counseling Psychology or a related Mental Health Profession developed, how you see your fit with the particular mental health career, and an assessment of your strengths and weaknesses. Minimum length - 500 words.

Project #3: Clinical Interests (35 points) – Develop a document that outlines and explains the specific psychological disorder, mental health topic, or general area of clinical focus that you find particularly interesting in the field of mental health. In addition, outline your plans to pursue work in that area of interest. Include a description of the mental health issue(s) you are interested in, some details about the interest area and why it is an important mental health issue, why you personally are interested in that particular topic, how you plan

to pursue your interest, your timetable for that plan, what resources you will need to make your plan work, and what your first next step will be. Minimum length - 500 words.

Grading. Your performance on the three **exams** and three **projects**, will determine your grade. The points will be totaled as follows:

A	= 360 - 400	C	= 280 - 319
B	= 320- 359	D	= 240 - 279
F	= 239 and below		

Canvas. All grades, lecture notes, examinations, projects, and miscellaneous materials will be posted on *Canvas*. Go to <http://info.canvas.colostate.edu/login.aspx>

Incompletes. A grade of Incomplete must be arranged individually with Dr. Rosén.

Extra Help. If you are having difficulty with any aspect of the course (lectures, text, tests, papers, deadlines, etc.), please talk to me as soon as possible. I want PY460 to be an educational, enjoyable, and successful experience.

Accommodations. Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 requires Colorado State University to provide academic adjustments or accommodations for students with documented disabilities. Students seeking academic adjustment or accommodations must self-identify with the Student Disability Center (<https://disabilitycenter.colostate.edu/>). You may call for an appointment at 491-6385. After contacting SDC staff, and based on their recommendations, students are encouraged to discuss their needs with their instructors.

Academic and Professional Honesty Policy. The course will adhere to the Academic Integrity Policy of the Colorado State University General Catalog (<http://www.catalog.colostate.edu/>) and the Student Conduct Code (<https://resolutioncenter.colostate.edu/conduct-code/>). It is expected that students will use their own knowledge and skill for assignments and tests unless directed to do otherwise and will be expected to adhere to the University Honor Pledge: “I pledge on my honor that I have not received or given any unauthorized assistance on this exam or assignment”. Incidents of cheating, plagiarism or knowingly providing false or incorrect information are considered serious and will be treated seriously. Consequences of these incidents are at the discretion of the faculty member involved and may consist of confiscation of assignments/tests, an F grade, and removal from the Professional Curriculum (or withdrawal of the right to apply for the Professional Curriculum). It is expected that students will demonstrate concern for others, respect the confidentiality of information about, the property of, and the decisions made by others.

Schedule

(See Canvas for Specific Dates – for all Exams and Papers)

UNIT 1:

Topic 1	Overview of the Course/ The Evolution of Clinical Psychology	Syllabus & Ch. 1
Topic 2	Contemporary Clinical Psychology	Ch. 2
Topic 3	Classification and Diagnosis	Ch. 3
Topic 4	Research Methods in Clinical Psychology	Ch. 4
Topic 5	Assessment: Overview	Ch.5

Project #1

EXAM 1 -- Ch. 1-5

UNIT 2:

Topic 6	Assessment: Interviewing and Observation	Ch. 6
Topic 7	Assessment: Intellectual and Cognitive Measures	Ch. 7
Topic 8	Assessment: Self-Report and Projective Measures	Ch. 8
Topic 9	Assessment: Integration and Clinical Decision Making	Ch. 9
Topic 10	Prevention	Ch. 10

Project #2

EXAM 2 - Ch. 6-10

UNIT 3:

Topic 11	Intervention: Overview	Ch. 11
Topic 12	Intervention: Adults and Couples	Ch. 12
Topic 13	Intervention: Children and Adolescents	Ch. 13
Topic 14	Intervention: Identifying Key Elements of Change	Ch. 14
Topic 15	Clinical Health Psychology, Clinical Neuropsychology and Forensic Psychology	Ch. 15

Project #3

EXAM 3 -- Ch. 11-15