

Clinical Psychology

Duration: 16 Hours

Course Overview:

This course is designed to understand the fundamentals of clinical psychology and its real-world applications. Learn how to assess and diagnose mental health disorders effectively. Understand ethical guidelines, confidentiality, and professional responsibilities. Discover the latest trends in clinical psychology, including teletherapy.

Course Outline:

Module 1: Fundamentals of Clinical Psychology

- Significance, History and foundations of Clinical Psychology
- Core Concepts in Clinical Psychology | Mental health vs. Mental illness
- Ethics in Clinical Psychology | Importance of confidentiality and Consent
- Research in Clinical Psychology | Role of Research in Mental Health
- Ethical Considerations and Responsibilities of a Psychologist

Module 2: Understanding Psychological Disorders

- Introduction to Psychological Disorders
- Anxiety Disorders Types (e.g., Panic Disorder, Phobias) | Symptoms and Causes
- Mood Disorders | Overview of Depression and Bipolar Disorder Risk Factors
- Psychotic Disorders | Schizophrenia and Related Conditions | Causes & Treatment
- Personality Disorders (e.g., Borderline, Antisocial) | Diagnosis and Treatment
- Difference Between Neurotic and Psychotic Disorders

Module 3: Assessment and Diagnosis

- Psychological Assessment Tools | (e.g., MMPI) | Strengths & Limitations
- Clinical Interviewing Techniques | Purpose and Structure of Clinical Interviews
- Behavioral Assessments | Observational Techniques, Monitoring & Treatment Plan
- Cognitive Assessments | Intelligence Testing and Neuropsychological Evaluations
- Diagnosis and Case Formulation | Integrating Assessment Findings | Treatment
- Difference Between Behavioral and Cognitive Assessment

Module 4: Treatment and Future Directions

- Psychotherapy Approaches | CBT, Psychodynamic Therapy, and Humanistic Approach
- Pharmacological Interventions | Role of Medication in Treating Mental Disorders

- Emerging Trends in Clinical Psychology | Teletherapy and Digital Mental Health
- Challenges in Clinical Psychology Practice | Addressing Burnout Challenges
- Understanding Burnout, Compassion Fatigue, and Cultural Competence in Clinical
- Challenges in Clinical Psychology