Learning is not a spectator sport. Students do not learn much just by sitting in class listening to teachers, memorizing prepackaged assignments, and spitting out answers. They must talk about what they are learning, write about it, relate it to past experiences, apply it to their daily lives. They must make what they learn part of themselves. Chickering, A & Gamson, Z. F. (March 1987) Seven principles for good practice. AAHE Bulletin 39: 3-7.

What does a clinical psychologist do? Why would someone want to be a clinical psychologist? How does one become a clinical psychologist? What intellectual issues do clinical psychologists construct and face? These 4 questions will structure this course. They are the What, Why, and How of clinical psychology. We’ll cover the basics of the field and spend some time looking at the historical and theoretical underpinnings of the field. We’ll also look at some controversial issues. At the end of this course, you should know what a clinical psychologist can do, how this differs from other fields within psychology.

There is one textbook. Additional readings will be assigned throughout the semester. You will be responsible for the content in the book. However, class topic and material will not always follow the book. You will be expected to complete a quiz for each chapter. This will comprise 30% of your grade. Attendance and participation will comprise 25% of your grade. 20% of your grade will be based on brief response papers assigned throughout the term and another 25% for a 5-page term paper on ethics in psychology. The ethics assignment will be due midterm. Papers should be written in APA style. Opportunities for extra credit will be available. There is no midterm or final exam. Quizzes are take home and are due as shown on the schedule. Quizzes are available on ereserve at the library. Answers should be emailed to tblouin@uvm.edu in the following format (number of question. followed by the answer, one question and answer per line:

1. D
2. C
3. A

Response papers will largely consist of your personal views as informed by classroom discussion and readings. Where possible, incorporate citations to readings and classroom discussion into your papers. These papers are to be brief – 1 page only, and it will be a challenge to write concisely. A great author once said, “If I had had more time, I would have written less.” As part of your weekly preparation for class discussions, you will be required to prepare questions based on the readings. Please prepare a minimum of 2 questions and include them on your response paper for the week.

The ethics assignment will introduce you, early in your clinical career, to the ethical requirements and dilemmas confronting psychologists. It will also expose you to the opinions of a practicing psychologist, whom you will have to interview to complete the assignment. The ethics paper will be due midterm on March 13th, and a detailed assignment will be distributed once the semester is underway.

I will present themes and topics in class that expand on the material in the textbook. It is my intention that classroom time will be very interactive. I invite your questions and interruptions, as I don’t prefer to stand up and lecture non-stop. I find that a question and answer format is a more interesting way to teach and to learn.

Texts:
I: INTRODUCTION TO THE FIELD

Chapter 1 :: An Overview of Clinical Psychology

- **Assigned Reading**: Love’s Executioner by Irvin Yalom
- **Response Paper**: Does a Psychotherapist Need to Have Psychotherapy?
- **Wednesday, 18 January**: Introductions: Who are You and Why are You Here? Who am I and Why am I Here?
- **Friday, 20 January**: Why Would You Want to Be a Clinical Psychologist? Do Psychotherapists Need Psychotherapy?

Chapter 2 :: Clinical Psychology: Past and Present

- **Assigned Reading**: Prescription Privileges: Hold the Didactic Training, Heavy on the Computer Tools, by Arnold Kozak; Knowledge Coupling in Psychiatry by Willie Kae Yee. Taking Sides Issue 13 Should Psychologist Prescribe Medication?
- **Response Paper**: Prescription Privileges Pro or Con?
- **Quiz on Chapters 1 & 2**
- **Monday, 23 January**: The Role of the Self in Clinical Work
- **Wednesday 25 January**: Prescription Privileges: Turf Wars in Psychiatry and Psychology
- **Friday 27 January**: Knowledge Coupling: Implications for Clinical Psychology

Chapter 3 :: Research Methods in Clinical Psychology

- **Assigned Reading**: The Spectrum of Development; The Spectrum of Psychopathology; Treatment Modalities by Ken Wilber
- **Response Paper**: Reflections on Your Developmental Stage
- **Quiz on Chapter 3**
- **Monday 30 January**: Models of the Mind and Person: Basic Assumptions and Principles: The Developmental Hierarchy of Ken Wilber (part 1: Object Relations)
- **Wednesday 1 February**: Models of the Mind and Person: Basic Assumptions and Principles: The Developmental Hierarchy of Ken Wilber (part 2; Ego Psychology)
- **Friday 3 February**: Models of the Mind and Person: Basic Assumptions and Principles: The Developmental Hierarchy of Ken Wilber (part 3: Transpersonal Psychology)

Chapter 4 :: Models of Development, Behavior, and Personality

- **Assigned Reading**: Taking Sides Issue 9: Are Prozac and Similar Antidepressants Safe and Effective? Serotonin and Depression: A Disconnect Between Advertisements and the Scientific Literature; Repudiation of the Medical Model, by Thomas Szasz
- **Response Paper**: Nature versus nurture: Are we Determined by Biology?
- **Quiz on Chapter 4**
- **Monday 6 February**: Celebrating the Brain: Destructive Emotions, Happiness, and Compassion
- **Wednesday 8 February**: Blaming the Brain: Chemical Imbalances and the Efficacy of Antidepressant Medications
- **Friday 10 February**: Blaming the Brain: Criticisms of Received Psychiatry (promises and pitfalls of biological determinism)
Chapter 5 :: Diagnosis and Classification in Clinical Psychology
"Assigned Reading :: Introduction to the DSM-IV-TR; Taking Sides
Issue 1 :: Is the DSM-IV a Useful Classification System?; Taking
Sides Issue 2 :: Is there Gender Bias in the DSM-IV?; The
Dictionary of Disorder (New Yorker article)
Response Paper :: How Would You Like a DSM Diagnosis?
Quiz on Chapter 5
Monday 13 February :: What is a Mental Disorder :: The DSM debate
Wednesday 15 February :: DSM Debate Continued (read Taking Sides
Issue 2)
Friday 17 February :: Diagnostic dilemma: Is Parricide a mental
disorder? :: Tyler Blouin)

II: PSYCHOLOGICAL ASSESSMENT

Chapter 6 :: Assessment: Understanding Individuals and Contexts
"Assigned Readings :: Fierce Attention, Wild Chickens, Petty
Tyrants by Arnie Kozak; Mindfulness: What is It? What Does It
Matter? By Christopher Germer; Response Paper :: How might
mindfulness be a helpful adjunct for a clinical psychologist?
Quiz on Chapter 6
Monday 20 February :: NO CLASS, President’s Day
Wednesday 22 February :: Mindfulness-Based Psychotherapy (Part 1)
Friday 24 February :: Mindfulness-Based Psychotherapy (Part 2)

Chapter 7 :: Assessment: Clinical Interviewing
"Assigned Readings :: The Two Smiles by Irvin Yalom
Response Paper :: What are the limits of assessment: What can we
know of a person?
Quiz on Chapter 7
Monday 27 February :: Clinical Interviewing and Role-Playing (Part 1)
Wednesday 1 March :: Clinical Interviewing and Role-Playing (Part 2)
Friday 3 March :: Psychological Testing and Assessment (part 1)

Chapter 8 :: Assessment: Measurements of Intelligence and Neuropsychological
Testing
"Assigned Reading :: Graduate Study in Psychology: 1971 to 2004
Response paper :: Draft a personal statement for graduate school
Quiz on Chapter 8
Monday 6 March :: Psychological Testing and Assessment (part 2)
Wednesday 8 March :: Getting into Grad School :: Notes from the
Field Psychological Testing and Assessment (part 2)
Friday 10 March :: The Clinical Psychologist in Law Enforcement ::
Tyler Blouin

Chapter 9 :: Assessment :: Measurement of Personality
"Assigned Reading : APA Code of Ethics; The Hungarian Cat Curse (in
Momma and the Meaning of Life)
Quiz on Chapter 10
ETHICS ASSIGNMENT DUE MONDAY, MARCH 13
Monday 13 March :: Ethical Dilemmas in Psychology (part 1)
Wednesday 15 March :: Ethical Dilemmas in Psychology (part 2)
Friday 17 March :: Ethical Dilemmas in Psychology (part 3)

SPRING BREAK: No Classes
Monday 20 March :: Spring Recess
Wednesday 22 March :: Spring Recess
Friday 24 March :: Spring Recess

III: PSYCHOLOGICAL INTERVENTION :: PROMOTION, PREVENTION, AND PSYCHOTHERAPY

Week 10, Chapter 10 :: Behavioral Assessment :: Measurement of Behavior, Cognition, and Psychophysiology

- **Assigned Viewing:** What the Bleep do We know? (on reserve in media library)
- **Response Paper:** Review Bleep from a critical thinking perspective
- **Quiz on Chapter 10**
- **Monday 27 March ::** Is emotional addiction a metaphor?
- **Wednesday 29 March ::** Mindfulness and emotions
- **Friday 31 March ::** The efficacy of forgiveness

Chapter 11 :: Psychological Interventions: Promotion, Prevention, and Treatment

- **Assigned Reading:** Problems of Neophyte Group Therapists by Irvin Yalom; Southern Comfort (in Momma and the Meaning of Life)
- **Response Paper:** What Did You Learn About Yourself in the Group?
- **Quiz on Chapter 12**
- **Monday 3 April ::** Group Process Experience
- **Wednesday 5 April ::** Group Process Experience
- **Friday 7 April ::** Group Process Experience

Chapter 12 :: Psychotherapy :: Psychoanalytic and Psychodynamic Approaches

- **Assigned Reading:** Seven Advanced Lessons in the Therapy of Grief
- **Response Paper:** Who Would You Choose for Psychotherapy?
- **Quiz on Chapter 12**
- **Monday 10 April ::** Carl Rogers Video :: Humanistic Psychotherapy
- **Wednesday 12 April ::** Fritz Pearls Video: Gestalt Psychotherapy
- **Friday 14 April ::** Albert Ellis Video: Rational Emotive Therapy

Chapter 13 :: Humanistic, Existential, and Experiential Psychotherapy

- **Assigned Reading:** Double Exposure (in Momma); The Epistemic Consequences of Embodied Metaphor: Applications to Psychotherapy, by Arnold Kozak
- **Response Paper:** Identify Metaphors in your daily life
- **Quiz on Chapter 13**
- **Monday 17 April ::** Discussion of Psychotherapy Approaches
- **Wednesday 19 April ::** Countertransference and other issues in psychotherapy
- **Friday 21 April ::** Metaphor in Psychotherapy

Chapter 14: Psychotherapy :: Behavioral and Cognitive Approaches

**TRANSPERSONAL**

- **Assigned Reading:** Buddhist and Western Psychology: Seeking Common Ground by Fulton & Siegel Psychotherapy as ordinary transcendence: The unspeakable and the unspoken, by Polly Young-Eisendrath, The transformation of human suffering, by Polly Young-Eisendrath
- **Response Paper:** What are limitations of the transpersonal viewpoint?
- **Quiz on Chapter 14**
- **Monday 24 April ::** Personality from a transpersonal perspective
o Wednesday 26 April :: Transpersonal Interventions  
o Friday 28 April :: Guest speaker to be announced

Chapters 15 & 16 :: Clinical Psychology :: Our Past, Our Future, and Your Opportunities

  o Assigned Reading: Emotion Theory, Brown & Kozak  
  o **Response Paper: The Goal of Human Development is the Cessation of Emotion**
  o Quiz on Chapters 15 & 16

  o Monday 1 May :: All Emotions Contain Feelings, But Not All Feelings Are Emotions: A Functional Theory of Emotions :: The Use of Feelings and Metaphor in Psychotherapy
  o Wednesday 3 May :: (FINAL CLASS) :: Concluding Conversations