

## Spring 2019 Advanced Topics/400 Level Courses

**830:452 Adv Topics in Clinical and Abnormal Psychology**  
**Professor Robert Karlin**  
**Specific and nonspecific effects in psychotherapy**  
**TIL 103D, TTh5 (3:20-4:40pm)**

**Prerequisites:** 830:200 (Quantitative Methods) and 830:340 (Abnormal Psychology)  
(Jr/Sr 830 Major or permission of instructor)

This course is rigorous and is meant for senior psychology majors who are seriously interested in going on to a graduate program leading to a masters or doctoral degree. It will examine various schools of psychotherapy from their basis in personality theory to their current techniques and empirical support. We will try to understand each approach to therapy and technique in light of what we know from social and cognitive psychology about how people function. We will largely stick to anxiety, mood and addictive disorders in late adolescents and adults. Topics will include Freudian, Jungian, Humanistic, Behavioral and CBT approaches. In the modern behavioral and CBT views we will look at behavioral activation, hypnosis, mindfulness meditation, prolonged exposure, costs and benefits of anti-depressant medications and the like. Basic knowledge of psychodynamic, cognitive, behavioral and psychopharmacological approaches will be assumed. Frequent required summaries of the readings will help students keep up. Grades will be assigned based on completion of the summaries, in class participation, a brief midterm exam and a take home final