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 psychopharmacolo-
logical 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