

## Spring 2020 Advanced Topics/400 Level Courses

### **830:452 Adv Topics in Clinical and Abnormal Psychology** **Specific and nonspecific effects in psychotherapy** **Professor Robert Karlin** **Tillett 103D , TTH5 (3:20-4:40pm)**

**Prerequisites:** 830:200 (Quantitative Methods) and 830:340 (Abnormal Psychology)  
(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 CBT, 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. We will also briefly cover Gestalt and Interpersonal approaches (omitted above). Frequent required summaries of the readings will help students keep up. Depending on enrollment, each student will participate in a dyad that makes one or two 15 minute powerpoint presentations to the seminar. Each presentation will be based on a scholarly paper (see replacement text above). Either a lengthy term paper, 25 - 30 pages or a take home final asking for several lengthy essays will be required at the end of the course.