830:451  Adv Topics in Clinical and Abnormal Psychology
Professor Robert Karlin
TIL 103C, 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 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. Frequent required summaries of the
readings will help students keep up. 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.