

Basic Skills of Clinical Psychology and Counselling
Leading Lecturer: László Xavér Móra

Aim of the course

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To gain knowledge about the basic concepts and methods of clinical psychology and counselling. To get an overview the basic concepts, models, strategies, tactics and techniques of clinical psychology. To develop personal competencies in taking preliminary clinical interviews, managing difficulties, obstacles and defences happening during the interviews.

Learning outcome, competences

Knowledge:

- The student understands the basic concepts of clinical psychology and consulting
- The student learns the basic models of the preliminary clinical interview
- The student develops an overview of the basic psychological tests used in diagnostic processes

Attitude:

- Open-minded and supportive attention
- Problem-focused thinking
- Flexibility in managing the relationship between the patient and clinician
- Empathic
- observant
- Transparent
- Congruent

Skills:

- Develop rapport and trust with the patient
- Use different interview techniques, especially clarification
- Distinguish between objective and subjective information
- Evaluate the reliability of diagnostic information
- Integrate different diagnostic information
- Develop an integrated image of the patient
- Develop clinical questions after the diagnostic process
- Manage difficult situations during the interview adapted to the mental state and problem of the patient; the client-clinician situation (defences, conflicts, trauma, psychosis) and the special environmental situation

Content of the course

Topics of the course

- History and main trends in clinical psychology
- Ethical issues, competencies and framework of the consultation
- Models of personality, health, mental diseases and psychotherapy
- Types and processes of preliminary interviews: CBT and psychodynamic models
- Psychological contract with the patient
- Various interview techniques adapted to different psychological states and diseases
- Different sources of information about the patient and his / her disease
- Subjective and objective information

- Reliability and validity of diagnostic information
- Special problems during the interview process according to the mental state and symptoms of the patient (e.g. special characteristics and difficulties during the interview with paranoid, schizoid, borderline, narcissistic, depressive or maniac patients)
- Blind spot of the clinician, distortion of information based on the clinician's prejudice
- Integration of the data

Learning activities, learning methods

Frontal lecture
 Video simulation
 Role play
 Case discussion

Evaluation of outcomes

Learning requirements, mode of evaluation, criteria of evaluation:

Requirements:

Active participation in discussions.

Written exam.

Written assignments.

Mode of evaluation:

1-5 scale

Criteria of evaluation:

Exactness of knowledge.

Comprehensiveness of the written case presentation assignment.

Reading list

Compulsory reading list:

Carr, A (2012): Clinical Psychology: an Introduction. Routledge.

Clarkin JF, Caligor E, Stern BL, Kernberg OF (2003). Structured Interview of Personality Organization (STIPO). New York: Personality Disorders Institute, Weill Medical College of Cornell University.

Hersen, M. and Thomas, J. C. (2007): Handbook of Clinical Interviewing with adults. Sage Publications.

Morrison J (2008). The first Interview. New York, London. The Guilford Press.

OPD Task Force (Eds.) (2008): Operationalized Psychodynamic Diagnosis OPD-2. Manual of Diagnosis and treatment planning. Hogrefe.

Recommended reading list

Argelander, H. (1976). The Initial Interview in Psychotherapy. New York: Human Sciences Press.