***Clinical and Health Psychology Specialisation***

**Title of the course:** Interview Techniques and Basic Skills in Clinical Psychology

**Course code:** PSYM21-CH-101

**Head of the course:** Fülöp Emőke

**Academic degree:** PhD

**Position:** Senior lecturer

**MAB Status:** A (T)



**Az oktatás célja angolul**

Aim of the course

To gain knowledge of 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 competences 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 the problem of the patient; the client-clinician situation (defences, conflicts, trauma, psychosis) and the special environmental situation

Autonomy/ responsibility:

The students are able to apply the techniques and skills related to the initial interview.

The students are aware of having the opportunity to practise their skills under supervision.

**Az oktatás tartalma angolul**

Topics of the course

History and main trends in clinical psychology

Ethical issues, competences 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 their disorder

Subjective and objective information

Reliability and validity of the 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



**A számonkérés és értékelés rendszere angolul**

Evaluation of outcomes

**Learning requirements, mode of evaluation, criteria of evaluation:**

Requirements:

Active participation in discussions.

Written exam.

Written assignments.

Mode of evaluation: practice mark

a five-point grading scale

Criteria of evaluation:

Accuracy of knowledge.

Comprehensiveness of the written case presentation assignment.

**Idegen nyelven történő indítás esetén az adott idegen nyelvű irodalom:**

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.

**Course-specific information (specific to a given lecture or seminar)**

|  |
| --- |
| **General data** |

**Specific (sub)title of the course (if relevant):**

**Specific (sub)code of the course (if relevant):**

**Date and place of the course:**

**Name of the lecturer:**

**Department of the lecturer:**

**Email of the lecturer:**

|  |
| --- |
| **Specific syllabus/schedule of the lecture/seminar (if relevant)** |

*
*

|  |
| --- |
| **Further specific information (eg. requirements) (if relevant)** |