

## **SCHOOL OF PSYCHOLOGY**

### **Undergraduate Module Handbook**

#### **CLINICAL PSYCHOLOGY & MENTAL HEALTH**

**2ND Year: C8512**

**15 credits**

**SPRING Term 2017**

**Module Convenor: Adhip Rawal**

NOTE: This document concerns the structure and content of the module. If you have questions about procedures, please consult the School of Psychology Administration Office in Pev1 2A13 or via [psychology@sussex.ac.uk](mailto:psychology@sussex.ac.uk)

# MODULE INFORMATION & REQUIREMENTS

## Module Structure, Aims and Objectives

### Contact Hours and Teaching Methods

18 lectures × 60 minutes

3 seminars × 1 hour 50 minutes

**Type of Module:** Clinical Psychology and Mental Health is an elective second year module taken by Psychology (BSc and BA) students, Psychology with North American Studies (PSYCHNAS) and Neuroscience (NS) students. It is available to Visiting and Exchange students from any School providing that they have an appropriate academic background. The module is designed to be accessible for students who have not studied pure sciences beyond GCSE standard.

### Module Aims and Learning Outcomes:

The broad aim of this module is to provide an introduction to some of the diagnostic categories of psychological disorders, theories of causation and approaches to treatment, and to encourage you to appreciate the links between theory and treatment in these areas.

Learning outcomes:

By the end of the module, students should be able to

- Demonstrate understanding of some of the major areas of mental health difficulties, theories of causation, and approaches to treatment/support
- Demonstrate knowledge of the relationship between theory and practice in clinical psychology
- Critically evaluate evidence, extract and summarise relevant material from original texts, and integrate material from different sources
- Demonstrate progression in writing tasks that involve different communication goals

**Summary of Module Structure:** The lectures will introduce the student to some of the most common psychological disorders. In the first week we will consider some wider issues pertaining to the classification, diagnosis, and research into psychological disorders as well as the question of how psychological disorders are treated. The lecture series will then continue with a look at specific topics including personality disorders, anxiety disorders, depression, dementia, and schizophrenia. There will also be a week on 'Developmental Psychopathology'. Lectures will be delivered by Samantha Cartwright-Hatton, Michael Morgan, Bonamy Oliver, Adhip Rawal, Mark Hayward, Katherine Greenwood, Clara Strauss, Renee Harvey, Claire Lancaster and Rebecca Atkinson. The seminars on this module will support assessed coursework and are designed to increase the students' understanding through evaluation of case histories and research publications of mental health problems and underlying causes.

### Books and Reading

For basic reading, there are a large number of general textbooks available - some are held in the main library. Graham Davey's 2014 textbook *Psychopathology: Research, Assessment & Treatment in Clinical Psychology*, Wiley (2nd Edition) is a good example. Other classics include *Abnormal Psychology* by Rosenhan & Seligman (Norton, 3rd edition), *Abnormal Psychology* by Davison & Neale (Wiley, 8th edition). All are good, rounded texts and all cover largely the same material.

There is a reference copy in the main library of the *Diagnostic and Statistical Manual of Mental Disorders*. The definitions used for categories of psychological disorders in this module are drawn from this major diagnostic text, adopted universally as an encyclopaedia of psychological disorders. For each disorder, it provides specific and operational diagnostic criteria to guide practitioners and researchers. The assessment is based on a multidimensional system that considers the symptoms, psychosocial history and functional capabilities of the individual; it guides diagnosis, treatment and prognostic evaluation.

### **Module Contact Information**

**Convenor:** Dr Adhip Rawal, School of Psychology. You are welcome to direct queries concerning the module during my feedback sessions (Tuesdays 9.00 – 10.00, Fridays, 11.00 – 12.00pm – no prior appointment needed), room 2B20 in Pevensey 1, or by e-mail [adhip.rawal@sussex.ac.uk](mailto:adhip.rawal@sussex.ac.uk)

### **Seminar Tutors**

Your seminar tutor is the most important person with whom you will have contact. They will be your first port of call for questions. You will find out who your seminar tutor is before the module begins.

## **Teaching and Learning**

**Lectures** There will be two lectures per week for the first nine weeks of term; please see Sussex Direct for times and locations. To avoid disruption, please try to arrive at least 5 minutes before the start time of the lecture. PDFs of the lecture power-points will be available on Study Direct module page on or before the day of the lecture, and when equipment allows, there will be a recording of the lecture uploaded onto the Study Direct page after the event. You are reminded that attendance at lectures is mandatory. Lectures are not just spaces in which information is passed to you. Although they do have this role, they also require you to 'participate' in them. You should be listening actively and think about what you are hearing and how it relates to your own ideas. This process of analysing and assessing what information is important and useful is a key skill that you are expected to develop through the course.

The lectures on this module will provide a foundation of relevant material on a number of key topics, allowing you get a rounded grasp of the area and current issues. This will include important introductory material for the major categories of disorder, current theory and approaches to treatment. The material will support your coursework as well as your own thinking. The individual approach to lectures will vary with the lecturer. The lecturer will sometimes simply explain material. At other times the lecturer may provide a critique of the material. Sometimes lectures may focus on a current issue in the field after an introduction to the topic.

**Seminars** You will be allocated to a seminar group – see Sussex Direct where you will also find details about their time and location. Please note, seminar tutors are instructed to keep a record of attendance and students should attend the group they are assigned to.

Seminars for this module will last for 1 hour 50 mins and will be held in weeks 3, 6 and 10. You should expect to be actively involved in all of the seminars. The content and required preparation for these seminars is described in detail in later sections of this handbook. It includes both individual and group work. As with other Sussex modules, seminar attendance is compulsory.

**Independent study** Lectures and seminars are there to support and guide your independent learning. Not everything you will need or want to know will be covered in the lectures or the seminars.

You need to become familiar with the material you are guided towards, but you also need to study independently to further your understanding of the material and your ability to reflect on it, compare and contrast across topics, and consider its relevance in the greater scheme of things and relationship to 'real life'. Independent study does not have to be done by your own and does not necessarily mean reading a lot more material (e.g., it is always helpful to reflect on what you already know before you add to your knowledge). Independent study should become part of your working habits at university.

## Assessment

The module is assessed entirely by coursework that assess the learning outcomes. You must complete THREE pieces of coursework over the term. These comprise:

1. A 500 word (essay plan) report (worth 10%)
2. A 1000 word (case study) report (worth 30%)
3. A 2000 word essay (60%)

Sussex Direct will show you the deadlines for these coursework assignments.

### **(Essay Plan) Report**

You must complete, independently, an essay plan. You will have a choice of essay questions (see final page of this handbook). In your first seminar, you will also receive guidance on essay planning and writing tips.

**Word Count: 500 words.**

### **(Case analysis) Report**

You must complete, independently, one case analysis of a clinical case study. You will have a choice of three different case histories to choose from (see further details below). In seminar two of this module you will receive guidance on the format required for the case report.

**Word Count: 1000 words**

### **Essay**

You must complete an essay (see questions below) based upon your essay plan and the feedback you will have received on it.

**Word Count: 2000 words**

If you are having real difficulties staying within the word limits for any of these assignments, please talk to your seminar tutor.

Note: Please note that a high mark for your essay plan does not guarantee a high mark for your essay. These two assignments are marked independently of one another. The plan is essentially a skeleton of your essay and the mark will reflect how well you have researched, considered, and organised the essay. Equally if your essay plan achieved a low mark, there is every chance of achieving a high mark on your final essay. The feedback should help you with effectively developing your plan into an essay.

### **Assessment information**

Assessments deadlines and methods of submission can be found on your assessment timetable via Sussex Direct.

**Information on the following can be found at the link below:**

- submitting your work
- missing a deadline
- late penalties
- Exceptional circumstances
- Exams
- Help with managing your studies and competing your work
- Assessment Criteria

<http://www.sussex.ac.uk/psychology/internal/students/examinationsandassessment>

### **Attendance, Absence and Engagement**

You are expected to be 'in attendance' at the University for the full duration of the published term dates for your course of study. That means you should be regularly attending lectures, seminars, labs etc. and committing time to your studies to be in a position to comply with academic and administrative expectations.

**The university has an 80% attendance policy in place, so it's really important that you let us know if you are ill or cannot attend classes so that we can register this as a notified absence.**

**If you are unable to attend your seminars or workshops, you need to send an email to [psychologyabsence@sussex.ac.uk](mailto:psychologyabsence@sussex.ac.uk) setting out the following information:**

- Seminar(s) / workshop(s) that you will be absent from (list all of them)
- Tutor name
- Brief reason for absence

**Please see the following link for further information:**

<http://www.sussex.ac.uk/psychology/internal/students/attendance>

## Weekly Lecture Overview

Week	Topic	Lecturer	Seminar
1	The Issues in Classification, Diagnosis, and Research into Psychological Disorders  How are Psychological Disorders Treated?	Samantha Cartwright-Hatton	
2	Personality Disorders  Developmental Psychopathology	Renee Harvey  Bonamy Oliver	
3	Anxiety Disorders: Social Anxiety Anxiety Disorders in Children	Samantha Cartwright-Hatton	<b>Essay planning &amp; writing</b>
4	Anxiety Disorders: OCD 1 Anxiety Disorders: OCD 2	Clara Strauss	
5	What is depression?  How does depression come about and how can we treat it?	Adhip Rawal	
6	Addiction: Psychological Treatments Addiction: Pharmacological Treatments	Michael Morgan	<b>How to write a case study</b>
7	Dementia: Behaviour & Risk Factors  Dementia: Pathology	Claire Lancaster	
8	Dementia: Diagnosis & treatment  Schizophrenia: Diagnosis & Social Factors	Rebecca Atkinson  Mark Hayward	
9	Schizophrenia: Biological & Cognitive Factors  Schizophrenia: CBT as a treatment	Mark Hayward  Kathy Greenwood	

<b>10</b>	NO LECTURES		<b>Essay plan feedback</b>
<b>11</b>	NO LECTURES		
<b>12</b>	NO LECTURES		

## ASSIGNMENT OVERVIEW

### ASSIGNMENT 1: (Essay Plan) Report

For your first assignment, you must complete, independently, an essay plan. You will have a choice of essay questions (see below). In your first seminar, you will also receive guidance on essay planning and writing tips. **Word Limit: 500 words.**

### ASSIGNMENT 2: (Case Analysis) Report

For your second assignment, you must complete, independently, a CASE ANALYSIS of a clinical case history. You will have a choice of three different case histories. You will also receive guidance on the format you should use for your written submission. **Word Count: 1000 words.**

### Writing a Case Analysis

**Three case histories are contained in the Case History section on the module Study Direct website.** Download the pdf from the module website and select the case study that most interests you. Read it carefully.

**Your tutor will guide you on the format of the case analysis in Seminar 2.**

When you write your case analysis, it must include the following sections:

- **Diagnosis:** A section (around 150-200 words) giving the diagnosis that you decide upon, selected from categorisations used in DSM-5. Please illustrate the reasons for your diagnosis by referring to examples of 'symptoms' in your case study.
- **Theories of causation:** A section (around 500 words) detailing one current theory of causation (aetiologies) for the diagnosis you have given.
- **Treatment plan:** A section (around 300 words) detailing one possible treatment for the case in question. This treatment should be related to the theory of causation.



## **ASSIGNMENT 3: Essay**

*For this assignment you must complete an essay based upon your essay plan and the feedback you will have received on it. Word Count: 2000 words.*

Essay questions:

- 1) How is CBT used to treat anxiety in children and adolescents? Does it work for everyone?
- 2) Critically evaluate two psychological treatments for depression.
- 3) Critically evaluate the effectiveness of psychological treatments for addiction.