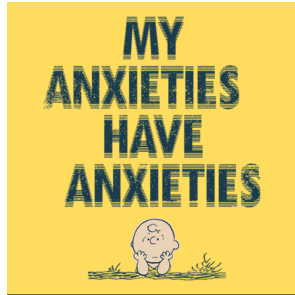


Clinical Psychology

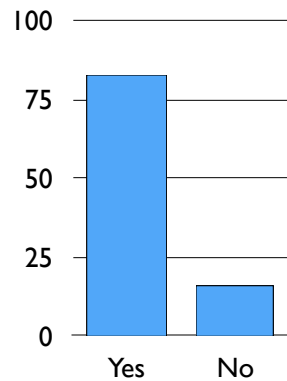


Has someone close to you
struggled with mental illness?

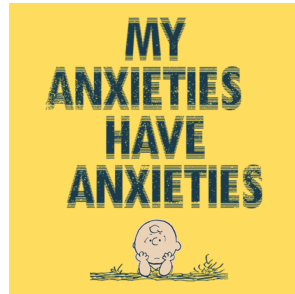
A
Yes

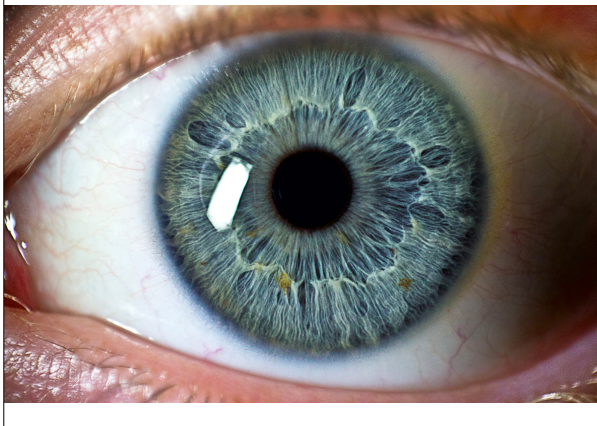
B
No
(not that I know of)

C
Prefer not to answer



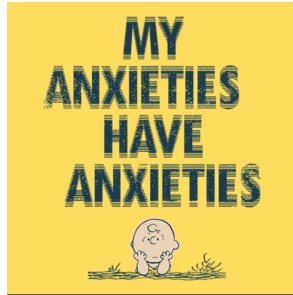
Clinical Psychology







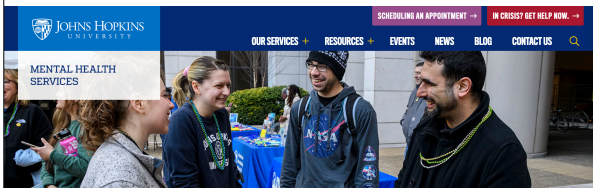
Clinical Psychology





Prof. Alison Papadakis

[https://wellbeing.jhu.edu/
MentalHealthServices/](https://wellbeing.jhu.edu/MentalHealthServices/)



What is Clinical Psychology?



Treatment of
mental illness

Research about
mental illness

What is Clinical Psychology?



Treatment

Research

What is Clinical Psychology?



Treatment

Research

What is
Clinical Psychology?

Who is
Clinical Psychology?

Who is not
a Clinical Psychologist?

- | | |
|----------------------|--------------------|
| psychiatrist? | neurologist? |
| social worker? | counselor? |
| school psychologist? | psychiatric nurse? |

Who is a Clinical Psychologist?

Doctoral degree (Ph.D. or Psy.D.)

Licensed to practice

(qualified to)
Assess, treat, and study **mental illness**

Who is ~~not~~ a Clinical Psychologist?

psychiatrist?

neurologist?

me

social worker?

counselor?

school psychologist?

psychiatric nurse?

Who is a Clinical Psychologist?

Doctoral degree (Ph.D. or Psy.D.)

Licensed to practice

(qualified to)
Assess, treat, and study **mental illness**

how is mental illness **characterized?**
(the **nature** of mental illness)

what is mental illness?

how do we **determine**
that someone is mentally ill?

how is mental illness **characterized?**
(the **nature** of mental illness)



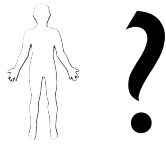
how do we **determine**
that someone is mentally ill?

how is mental illness **characterized?**
(the **nature** of mental illness)



how do we **determine**
that someone is mentally ill?

how is mental illness **characterized?**
(the **nature** of mental illness)



how do we **determine**
that someone is mentally ill?

Sleeping

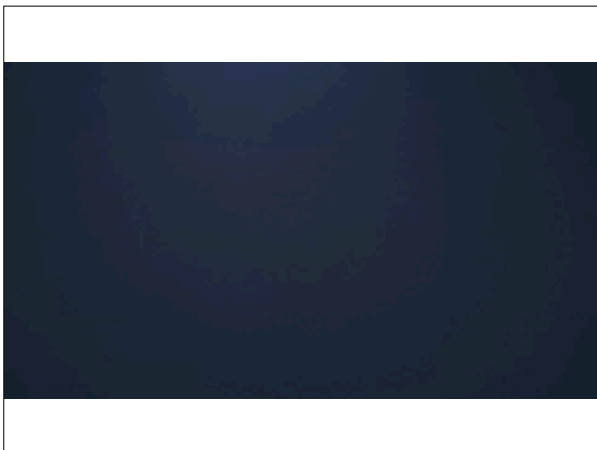
(not too much, not too little)

Eating

(not too much, not too little)

Moods

(a range, in response to your environment)



Distress

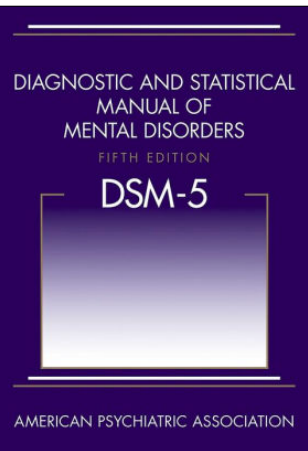
for person or other people

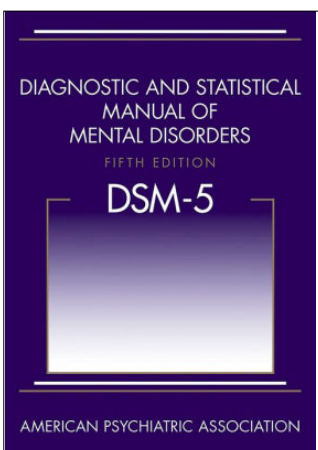
Dysfunction

impedes function in everyday life

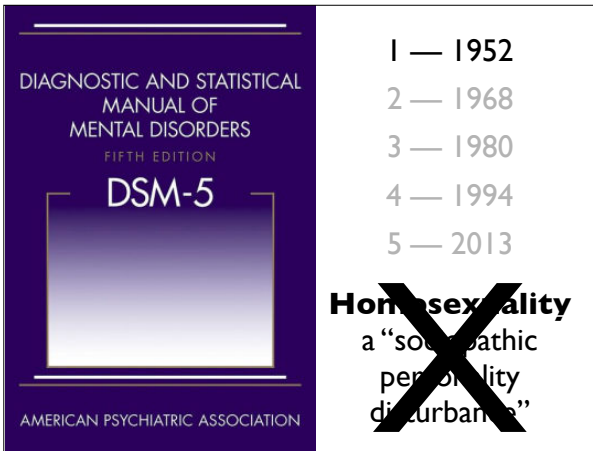
Deviance

behaviors or feelings are *unusual*





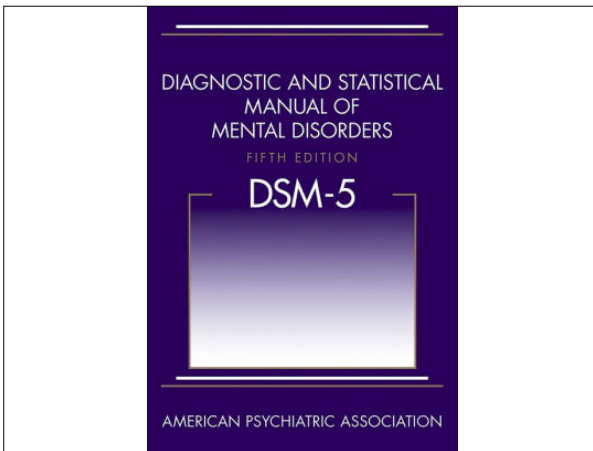
- 1 — 1952
- 2 — 1968
- 3 — 1980
- 4 — 1994
- 5 — 2013



DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS
FIFTH EDITION
DSM-5
AMERICAN PSYCHIATRIC ASSOCIATION

1 — 1952
2 — 1968
3 — 1980
4 — 1994
5 — 2013

~~**Homosexuality**
a “sociopathic
personality
disturbance”~~



DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS
FIFTH EDITION
DSM-5
AMERICAN PSYCHIATRIC ASSOCIATION

Sleeping
(not too much, not too little)

Eating
(not too much, not too little)

Moods
(a range, in response to your environment)

“Clinically significant disturbance in an individual’s cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning. Mental disorders are usually associated with significant distress or disability in social, occupational, or other important activities.”

“An expectable or culturally approved response to a common stressor or loss, such as the death of a loved one, is not a mental disorder. Socially deviant behavior (e.g., political, religious, sexual) and conflicts that are primarily between the individual and society are not mental disorders unless the deviance or conflict results from a dysfunction in the individual, as described above.”

Sleeping

(not too much, not too little)

Eating

(not too much, not too little)

Moods

(a range, in response to your environment)

Sleeping

(not too much, not too little)

Eating

(not too much, not too little)

Moods

(a range, in response to your environment)

College Students who Present at US College Counseling Centers

Psychological Disorders	%	Non-Disorder Presenting Concerns	%
Anxiety	50.6	Relationship Issues	34.4
Depression	41.2	Suicidal	20.5
Alcohol Abuse/Dependence	9.5	Self-Injury	14.2
ADHD	9.3	Sexual/Physical Assault	8.8
Other Substance Abuse/Dependence	7.5	Dealing with Issues of Oppression (racism, sexism, homophobia, etc.)	8.3
Eating Disorders	7.4		
Learning Disability	7.2		

26.1% are taking
psychotropic medication

12.1% of student
body seen in past year

Psychological Disorders	%	Non-Disorder Presenting Concerns	%
Anxiety	50.6	Relationship Issues	34.4
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Depression

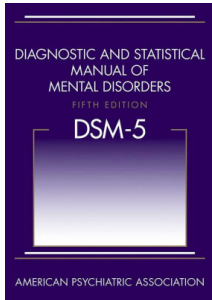
18% of Americans (at some point in life)

Treated in just over 1/3 of cases

But **what is it?**

More than just
being **very sad?**

Depression



Depression

a severely depressed mood and/or
inability to experience pleasure that lasts
2 or more weeks and is accompanied by
feelings of worthlessness, lethargy, and
sleep and appetite disturbance

Depression

Five (or more) of the following symptoms during the same 2-week period (especially if these symptoms represent a change from previous functioning):

1. Depressed mood most of the day (e.g., feels sad, empty, hopeless), as indicated by either subjective report or observations by others

Depression

Five (or more) of the following symptoms during the same 2-week period (especially if these symptoms represent a change from previous functioning):

2. Diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day

Depression

Five (or more) of the following symptoms during the same 2-week period (especially if these symptoms represent a change from previous functioning):

3. Significant weight loss when not dieting, or weight gain, or decrease or increase in appetite nearly every day

Depression

Five (or more) of the following symptoms during the same 2-week period (especially if these symptoms represent a change from previous functioning):

4. Insomnia or hypersomnia nearly every day

Depression

Five (or more) of the following symptoms during the same 2-week period (especially if these symptoms represent a change from previous functioning):

5. Psychomotor agitation nearly every day

(pacing, toe tapping, etc; movements with “no purpose”)

Depression

Five (or more) of the following symptoms during the same 2-week period (especially if these symptoms represent a change from previous functioning):

6. Fatigue or loss of energy nearly every day

Depression

Five (or more) of the following symptoms during the same 2-week period (especially if these symptoms represent a change from previous functioning):

7. Feelings of worthlessness or inappropriate guilt nearly every day

("nobody cares about me", "I'm just a burden to my friends and family", etc.)

Depression

Five (or more) of the following symptoms during the same 2-week period (especially if these symptoms represent a change from previous functioning):

8. Diminished ability to think, concentrate, or decide nearly every day

Depression

Five (or more) of the following symptoms during the same 2-week period (especially if these symptoms represent a change from previous functioning):

9. Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a specific plan for committing suicide, or a suicide attempt

Depression

1. Depressed mood (sad, empty, hopeless)
2. Lack of interest or pleasure in most/all activities
3. Weight loss, or weight, gain, or altered appetite
4. Sleep too little or too much
5. Psychomotor symptoms **More than just being really sad**
6. Fatigue or loss of energy
7. Feelings of worthlessness or inappropriate guilt
8. Diminished ability to think or concentrate
9. Thoughts of death or suicide, or a suicide attempt

Distress

for person or other people

Dysfunction

impedes function in everyday life

Deviance

behaviors or feelings are *unusual*

A “Case Study”

Grief

VS

Depression

Grief? (5 of 9?)

1. Depressed mood (sad, empty, hopeless)
2. Lack of interest or pleasure in most/all activities
3. Weight loss, or weight, gain, or altered appetite
4. Sleep too little or too much
5. Psychomotor symptoms
6. Fatigue or loss of energy
7. Feelings of worthlessness or inappropriate guilt
8. Diminished ability to think or concentrate
9. Thoughts of death or suicide, or a suicide attempt

Grief?

Tends to decrease over time

Triggered by reminders of its cause,
reduced by support of friends and family
(grief "makes sense" in a way that depression often does not)

Usually no negative **self**-view

Dysfunctional Grief?

“Complicated Grief”

debilitating grief lasting longer than a year
(and other symptoms)

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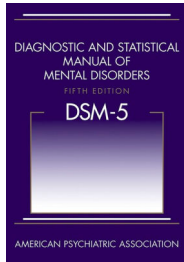
Anxiety

Generalized Anxiety Disorder

6% of Americans (at some point in life)
 “generalized” = not (always) in response to a particular threat

More than just worrying a lot?

Generalized Anxiety Disorder



Generalized Anxiety Disorder

chronic excessive worry accompanied by three or more of the following symptoms: restlessness, fatigue, concentration problems, irritability, muscle tension, and sleep disturbance

Generalized Anxiety Disorder

- A. Excessive anxiety and worry, occurring more days than not for at least 6 months, about a number of events and activities

- B. The individual finds it difficult to control the worry

- C. The anxiety and worry are associated with three more of the following six symptoms:

Generalized Anxiety Disorder

C. The anxiety and worry are associated with three more of the following six symptoms:

1. Restlessness
2. Being easily fatigued
3. Difficulty concentrating
4. Irritability
5. Muscle tension
6. Sleep disturbance (difficulty falling/staying asleep)

Generalized Anxiety Disorder

D. The anxiety or worry or physical symptoms cause significant distress or impairment in social, occupational, or other important areas of functioning

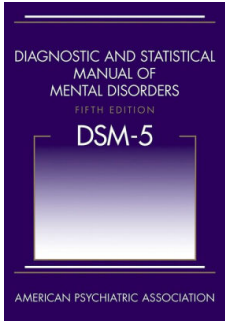
E. The disturbance is not attributable to the physiological effects of a substance (e.g., drug)

F. The disturbance is not better explained by another disorder

Generalized Anxiety Disorder

C. The anxiety and worry are associated with three more of the following six symptoms

1. Restlessness
 2. Being easily fatigued
 3. Difficulty concentrating
 4. Irritability
 5. Muscle tension
 6. Sleep disturbance (difficulty falling/staying asleep)
- More than just worrying a lot**



Criticisms

too
categorical?

diagnosis by
checklist?

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Learning Disability	7.2		

Moods

(a range, in response to your environment)

depression anxiety bipolar disorder seasonal affective disorder

Phobias Addiction Eating Disorders

Borderline Personality Disorder Dementia

Attention Deficit Disorder Schizophrenia

...

What is Clinical Psychology?



Treatment

Research

Treatment



Treatment



Types of Psychotherapy

treating mental illness
by **psychological** means

Types of Psychotherapy

Types of Psychotherapy

Historically... **Currently...**

Psychoanalytic Psychodynamic
Client-Centered Family Therapy
Humanistic Cognitive Behavioral Therapy
Gestalt Dialectical Behavioral Therapy
Acceptance & Commitment Therapy
Interpersonal Psychotherapy

Cutting Edge... **No**

Mindfulness
Motivational Interviewing

Types of Psychotherapy

Historically...

Psychoanalytic
Client-Centered
Existential
Humanistic
Gestalt

Currently...

Psychodynamic
Family Therapy
Couples Therapy
Cognitive Behavioral Therapy
Dialectical Behavioral Therapy
Acceptance & Commitment Therapy
Interpersonal Psychotherapy

Cutting Edge...

Mindfulness
Motivational Interviewing

Types of Psychotherapy

Historically...

Psychoanalytic
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Currently...

Psychodynamic
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Cutting Edge...

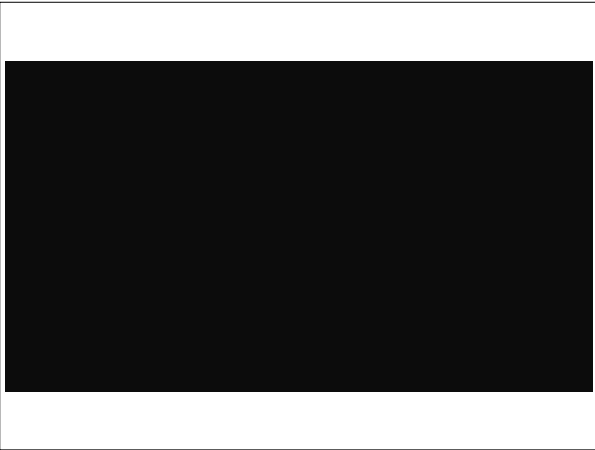
Mindfulness
Motivational Interviewing

Cognitive Behavioral Therapy

Identify troubling conditions in one's life

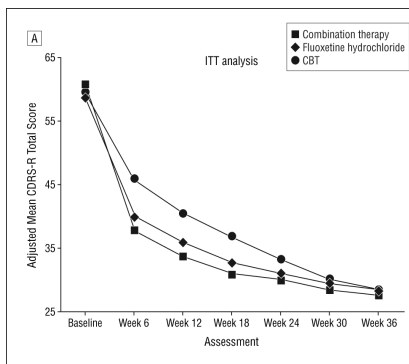
Become **aware** of your thoughts & emotions about these troubling conditions

Identify and reshape negative thinking in these conditions



Cognitive Behavioral Therapy

How well does it work?

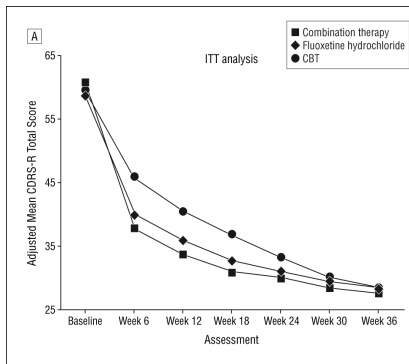


Treatment

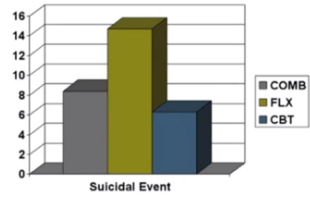


Treatment





Percentage of Patients with a Suicidal Event by Week 36



Treatment



Treatment



Treatment



Treatment



+



Treatment



Treatment



“Enhancement”