



**Karolinska  
Institutet**

Course syllabus for

## **Clinical Psychology 2, 25.5 credits**

Klinisk psykologi 2, 25.5 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Please note that the course syllabus is available in the following versions:

[Autumn2010](#) , [Autumn2011](#) , [Autumn2012](#) , [Autumn2013](#) , [Autumn2014](#) , [Autumn2015](#) , [Autumn2016](#) , [Autumn2017](#) , Autumn2018

Course code	2PS016
Course name	Clinical Psychology 2
Credits	25.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Psychology
Level	AV - Second cycle
Grading scale	Pass with distinction, Pass, Fail
Department	Department of Clinical Neuroscience
Decided by	Programnämnd 8
Decision date	2010-05-21
Revised by	Education committee CNS
Last revision	2020-11-11
Course syllabus valid from	Autumn 2018

## **Specific entry requirements**

Passed semester 1-5 of the Study Programme in Psychology (150 credits) and at least 7.5 credits from the mandatory course on semester 6.

In order to fail the clinical training in part 3, the student must have shown so serious deficiencies in knowledge, skills or attitudes that the patient security or the patients' trust for the healthcare has been jeopardised. The student will qualify to a new clinical training only when the individual action plan has been completed.

## **Objectives**

### *Part 1*

On completion of the course, the student should be able to:

- account for and use motivational interviewing methods
- describe principles and decisions regarding clinical interviewing in different populations and

situations These principles and decisions should also be discussed from an ethical perspective

### Part 2

On completion of the course component, the student should be able to:

- establish a diagnosis according to the DSM also when the patient has comorbid somatic or psychiatric problems
- theoretically and practically discuss as well as do behavioural analysis/case conceptualisation
- account for and apply knowledge on scientific theories and research method/design in clinical psychology
- in an advanced way account for the practice and also in-depth understanding of different evidence-based methods in the treatment of psychiatric/behavioural disorders
- discuss ethical and legal issues in clinical psychology based on applicable laws (Patientdatalagen, 2008:355; The Patientsäkerhetslagen, 2010:659; Public attendance and the sekretesslag, 2009:400) and regulations (The Swedish National Board of Health and Welfare's regulations of information management and medical records keeping in the health care; SOSFS 2008:14) as well as independent assessments with special respect on confidentiality and medical records keeping

### Part 3

On completion of part 3, the student should be able to:

- carry out diagnostic interview with aim to establish a diagnosis and decide suitability for internet treatment
- under supervision carry out psychological treatment via internet for diagnosed psychological problems
- in accordance with relevant legislation and instruction in medical records text record and summarize the treatment and outcome

### Part 4

On completion of the course component, the student should be able to:

- plan and carry out testing with WAIS and provide feedback to the test subject
- describe and administrate commonly occurring clinical assessment tools
- plan and carry out complex neuropsychological investigations and reflect upon differential diagnoses
- account for and apply clinical principles/laws/ethics relevant to neuropsychological investigations and its relevant practices such as medical records/written assessments to the patient etc

### Part 5

On completion of the course component, the student should be able to:

- account for basic concepts in general pharmacology
- account for drugs/group of drugs in the treatment of psychiatric and neurological diseases and pain. The student should also be able to account for biological mechanisms, adverse drug reactions and pharmacokinetic effects for these drugs

## Content

The course has 5 components.

### Communicational skills 3: Motivational interviewing, 3.0 hp

Grading scale: GU

During part 1, the students may learn skills in motivational interviewing. The student learns how to communicate with different populations (e.g. children, older people) and is also provided with

knowledge about communication skills in specific contexts (e.g. to the court) and important variables that may be linked to these contexts (e.g. memory, using an interpreter etc.). The aim is that the student should be able to use motivational interviewing as well as general communication methods in different contexts in a flexible and individualised way, based on evidence-based guidelines.

## **Diagnostics: Assessment and intervention, 9.0 hp**

Grading scale: VU

Part 2 contains advanced knowledge of aetiology, symptoms, behavioural analysis and evidence-based treatment at common DSM-diagnoses e.g. depression, social phobia, panic disorder and specific phobia. The component also contains overview of treatment and assessment of somatic conditions. A treating perspective is emphasised, i.e. planning and implementation of evidence-based treatment efforts in the field cognitive behaviour therapy (CBT), based on current research. The process from behavioural analysis, assessment to treatment planning is discussed and is practiced on. This part also contains elements that highlight laws and regulations and ethical arguments that are applicable in clinical contexts.

Practical skills that are brought up within the scope of Clinical psychology 2 part 1 and 2, will be practiced further on within the scope of the parallel course "Self-knowledge and clinical skills" 4.5 credits.

## **Internetbased psychological treatment methods, 3.0 hp**

Grading scale: GU

During part 3, the student learns how to do evidence-based treatment for commonly occurring psychiatric or health-related problems. Each student carries out a diagnostic interview with a patient, and also do Internet-based psychological treatment under supervision. Supervision and lectures are given around the treatment set-up. Towards the end of the course component, the results of the treatment contact is summarised.

## **Investigation methods and report writing 2, 6.0 hp**

Grading scale: VU

During part 4, the students learn about neuropsychological assessments and written evaluations. This include training in administration, interpretation and providing feedback from a test (WAIS). The student administer the test to an adult person and also observe another student when assessing the instrument. The students are grouped together in a workshop and learns about the different instruments used. The student further deepens his/her skills to plan and carry out complex neuropsychological investigations including differential diagnosis considerations and also how to write evaluations. Neuropsychological treatment is discussed during this part.

## **Basic pharmacology, 4.5 hp**

Grading scale: VU

During part 5, the student obtains basic knowledge in general pharmacology including pharmacokinetics ("what makes the body with the drug?"), pharmacodynamics ("what makes the drug with the body?") and drug interactions. Furthermore, the student obtains basic knowledge of which drugs and pharmaceutical groups that are used when treating psychiatric and neuropsychiatric syndrome (e.g. depression, bipolar syndrome, depression, schizophrenia, ADHD and substance abuse) and certain neurological diseases (e.g. epilepsy and dementia) as well as pain. Focus is to understand the biological mechanisms of the drugs/pharmaceutical groups, which adverse drug reactions they can give, as well as how the body can influence the drugs.

## **Teaching methods**

The teaching consists of teacher-supervised lectures, films, role plays, discussion seminars, group assignments, supervision sessions, client work as well as web-based teaching. Certain seminars, exercise sessions, group assignments and written assignments during the course are compulsory. Course Coordinator assesses about and if so how absence from compulsory activities can be recovered. The student must have participated in the compulsory activities or passed this part in some other way in order for the examiner to report the results. Absence from a compulsory activities could imply that the student must attend the next course in order to pass.

## Examination

### *Part 1*

The student's theoretical and practical knowledge are examined through:

- 1) encoding of recorded conversations
- 2) written minor essay about conversation in different situations and populations

On the component, one of the grades is given Pass (G)/Fail (U). To pass the course component, at least grade Pass on the examination assignments 1 is required and 2.

### *Part 2*

The student's knowledge are examined through

- 1) 1) role play seminar where the student should carry out a diagnostic interview and conduct a behavioural analysis with a patient role played by a seminar leader
- 2) 2) five seminars (social phobia, specific phobia, panic disorder, depression and behavioural medicine) where the student should read empirical and theoretical articles, and during the seminar in an advanced way discuss the contents and importance for psychological treatment at respective condition of the articles
- 3) 3) written shorter tests examine the basic theoretical part
- 4) 4) written examination that includes diagnostics, behavioural analysis and psychological treatment in accordance with current evidence theory

On examination assignment 1-3, one of the grades is given Pass (G)/Fail (U). On examination assignment 4, one of the grades is given Pass with distinction (VG)/Pass (G)/Fail (U). To pass the course part, at least grade Pass on examination assignment 1-4 is required. For Pass with distinction, the grade Pass on examination assignment 1-3 and Pass with distinction on examination assignment 4 is required.

### *Part 3*

The student's skills, knowledge and and knowledge are examined though:

- 1) demonstrated ability to carry out diagnostic interview
- 2) demonstrated ability to carry out internet treatment under supervision
- 3) writing medical records about treatment process and outcome

On the examination assignments, one of the grades is given Pass (G)/Fail (U). To pass the course component, at least grade Pass on the examination assignments 1-3 is required.

Examiner can with immediate impact interrupt a student's placement or the equivalent if the student shows such serious deficiencies in knowledge, skills or attitudes that the patient security or the patients' trust for the healthcare is jeopardised. When placement is interrupted like this, it implies, that the student fails on current component and that the whole activity is cancelled. In such cases, an individual action plan should be established, where it appears which activities and examinations that are required before the student is given possibility to new examination on this course.

### *Part 4*

The student's knowledge of evaluation methods and written advice are examined through

- 1) oral and written presentation of the workshop
- 2) passed WAIS-testing
- 3) written assignment: Statement and certificate

On examination assignment 1-2, one of the grades is given Pass (G)/Fail (U). On examination

assignment 3, one of the grades is given Pass with distinction (VG)/Pass (G)/Fail (U). To pass the course component, at least grade Pass on examination assignment 1-3 is required. For Pass with distinction, the grade Pass on examination assignment 1-2 and Pass with distinction on examination assignment 3 is required.

### *Part 5*

The student knowledge is examined through an oral test and a written home examination. On the oral test, grades Pass (G) or Fail (U) are given. On the written home examination, one of the following grades is given; Pass with distinction (VG), Pass (G) or Fail (U). To pass on the whole part, Pass on the oral test and Pass on the written examination are required. For Pass with distinction, Pass on the oral test and Pass with distinction on the written home examination are required.

To pass in the whole course, it is required at least grade Pass on all examination assignments during part 1-5. To obtain Pass with distinction on the whole course, the grade Pass with distinction on at least two of the course part 2, 4 and 5 is required as well as Pass on course component 1 and 3.

### *Limitation of examinations on theoretical course modules:*

Student who has not obtained passed results after regular examination has the right to participate at further five examinations. If the student has carried out six failed examinations, he/she will not be given any more additional examination. As examination, the times that the student has participated are counted in one and the same test. Submission of blank exam is counted as examination. Examination to which the students registered but not participated will not be counted as examination.

### *Limitation of placement/clinical modules:*

Student who has not passed on clinical placement (e g internet treatment under supervision) has the right to participate at an additional occasion (this can however be at the following course).

## **Transitional provisions**

The transition rules follow KI's local guidelines for examination.

## **Other directives**

Course evaluation takes place in accordance with KI's local guidelines. Results and possible actions are communicated to the students on the course web page.

## **Literature and other teaching aids**

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Various scientific papers/compendium and selected chapters may be added

### ***The entire course:***

*Sverne Arvill, Ebba*

#### **Etik och juridik för psykologer och psykoterapeuter**

4 uppl : 2010

ISBN:978-91-44-06628-8 LIBRIS-ID:11790095

[Library search](#)

*Damell, Camilla; Klefbom, Jenny*

#### **Journalföring för psykologer**

1. uppl. : Stockholm : Liber, 2012 - 125 s.

ISBN:978-91-47-09407-3 LIBRIS-ID:12478687

[Library search](#)

### ***Part 1: Communicational skills 3: Motivational interviewing***

*Miller, William R.; Rollnick, Stephen*

#### **Motiverande samtal : att hjälpa människor till förändring**

3., [dvs 4]., utg. : Stockholm : Natur & Kultur, 2013 - 516 s.

ISBN:9789127135390 LIBRIS-ID:14008440

[Library search](#)

Scientific papers/compendium.

### ***Part 2: Diagnostics: Assessment and intervention***

#### **Clinical handbook of psychological disorders : a step-by-step treatment manual**

*Barlow, David H.*

Fifth edition. : New York : The Guilford Press, 2014. - xvi, 768 p.

ISBN:9781462513260 (hardcover) LIBRIS-ID:16260484

[Library search](#)

*Ramnerö, Jonas; Törneke, Niklas*

#### **Beteendets ABC : en introduktion till behavioristisk psykoterapi**

2., [rev.] uppl. : Lund : Studentlitteratur, 2013 - 232 s.

ISBN:978-91-44-07959-2 LIBRIS-ID:13909031

[Library search](#)

*Farmer, Richard F.; Chapman, Alexander L.q (Alexander Lawrence)*

#### **Behavioral interventions in cognitive behavior therapy : practical guidance for putting theory into action**

Washington, DC : American Psychological Association, 2008 - 341 s.

ISBN:1--43380241-4 LIBRIS-ID:10664333

[Library search](#)

#### **KBT inom psykiatri**

*Öst, Lars-Göran*

2. rev. & utökade utgåvan : Stockholm : Natur & Kultur, 2013 - 424 s.

ISBN:9789127135604 (inb.) LIBRIS-ID:14291372

[Library search](#)

Scientific papers and compendium.

### ***Part 3: Internetbased psychological treatment methods***

Current treatment manual (available during the course)

### ***Part 4: Investigation methods and report writing 2***

*Selander, Ulla-Britt; Nyman, Håkan*

#### **Psykologutlåtanden och intyg**

1. uppl. : Lund : Studentlitteratur, 2008 - 94 s.

ISBN:978-91-44-04779-9 LIBRIS-ID:10920306

[Library search](#)

Scientific papers and compendium

## ***Part 5: Basic pharmacology***

*Arborelius, Lotta*

**Neurofarmakologi : för psykologer, psykoterapeuter och beteendevetare**

Natur & Kultur Akademisk, 2016 - 304 s.

ISBN:9789127137790 (inb.) LIBRIS-ID:17417857

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Fass: [www.fass.se](http://www.fass.se)

Läkemedelsboken: <http://lakemedelsboken.se>