



**Karolinska  
Institutet**

Course syllabus for

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

Klinisk psykologi 2, 25.5 hp

This course syllabus is valid from autumn 2023.

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

[Autumn2020](#) , [Autumn2021](#) , [Autumn2022](#) , [Autumn2023](#) , [Autumn2024](#)

Course code	2PS043
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, Fail
Department	Department of Clinical Neuroscience
Decided by	Utbildningsnämnden CNS
Decision date	2020-04-01
Revised by	Education committee CNS
Last revision	2023-03-20
Course syllabus valid from	Autumn 2023

## **Specific entry requirements**

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

A student that has failed the clinical training in module 3, due to serious deficiencies in knowledge, skills or attitudes that has jeopardised the patient security or the patients' trust for the healthcare, will qualify to a new clinical training only when the individual action plan has been completed.

## **Objectives**

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

*Module 1, Communicational skills 3: Motivational interviewing*

- 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

*Module 2, Diagnostics: Assessment and intervention*

- 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 (Socialstyrelsens föreskrifter och allmänna råd om journalföring och behandling av personuppgifter i hälso- och sjukvården, HSLF-FS 2016:40) as well as independent assessments with special respect on confidentiality and medical records keeping

### *Module 3, Internetbased psychological treatment methods*

- 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

### *Module 4, Investigation methods and report writing*

- plan and carry out testing with WAIS and provide feedback to the test subject
- describe and administrate commonly occurring clinical assessment tools
- Write reports on neuropsychological assessments, thereby showing skills in the interpretation of results, psychological evaluation and differential diagnostics, as well as knowledge about neuropsychological treatment option
- account for and apply clinical principles, laws and ethics relevant to neuropsychological investigations and its relevant practices such as medical records and written assessments to the patient etc

### *Module 5, Basic pharmacology*

- 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
- explain how drugs can interact with other drugs (and certain foods and drugs of abuse) and what the consequences of the interaction will be

## **Content**

The course is divided into the following five modules:

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

Grading scale: GU

During module 1, the students 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: GU

Module 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 module 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 module 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, 6.0 hp**

Grading scale: GU

During module 4, the student learns about neuropsychological assessments and written evaluations. This includes training in administration, interpretation and providing feedback from a test (WAIS). The student administers the test to an adult person and also observes another student during the administration of the instrument. In a workshop the students learn about the different instruments used. The student further deepens his/her knowledge in neuropsychological evaluation and practices report-writing during the module through the writing of three reports on neuropsychological evaluations. The report-writing includes peer review for all of the reports, and teacher review for one of them. Skills in the interpretation of results, psychological assessment and differential diagnostics are in focus, as well as neuropsychological treatment options.

## **Basic pharmacology, 4.5 hp**

Grading scale: GU

During module 5, the student obtains basic knowledge in general pharmacology including pharmacokinetics ("what does the body do to the drug?", pharmacodynamics "How does the drug influence the body?" and drug interactions. Furthermore, the student obtains basic knowledge of which drugs and pharmaceutical groups that are used to treat psychiatric and neuropsychiatric syndrome (e.g. depression, bipolar syndrome, depression, schizophrenia, ADHD and substance abuse) and certain neurological diseases (e.g. dementia) as well as pain. Focus is to understand the biological mechanisms of the drugs/ pharmaceutical groups, which side effects 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.

Some course elements are compulsory, see heading "Examination".

## Examination

### *Module 1, Communicational skills 3: Motivational interviewing*

The student's theoretical and practical knowledge is examined through

- a) encoding of recorded conversations, is graded U (Fail) or G (Pass)
- b) written minor essay about conversation in different situations and populations, is graded U or G

The module is graded U or G. The grade G on the module, requires G on the examination assignment a and b.

### *Module 2, Diagnostics: Assessment and intervention*

The student's knowledge is examined through

- a) 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. The examination is graded U or G.
- b) 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. The examination is graded U or G.
- c) written analysis of methodological aspects of randomized trials, is graded U or G
- d) written examination that includes diagnostics, behavioural analysis and psychological treatment in accordance with current evidence theory. The examination is graded U or G.
- e) attendance at compulsory lectures according to schedule.

The module is graded U or G. The grade G on the module, requires G on all the examination assignments a-d, as well as fulfillment of compulsory course elements according to instructions.

### *Module 3, Internet-based psychological treatment methods*

The student's skills and knowledge is examined through

- a) during VFU demonstrated ability to carry out diagnostic interview, is graded U or G
- b) during VFU demonstrated ability to carry out internet treatment under supervision, is graded U or G
- c) writing medical records about treatment process and outcome, is graded U or G
- d) compulsory group assignment on creating treatment guides
- e) compulsory workshop on diagnostics

The module is graded U or G. The grade G on the module, requires G on all the examination assignments a-c, as well as fulfillment of compulsory course elements according to instructions.

### *Module 4, Investigation methods and report writing*

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

- a) oral and written presentation of the workshop, is graded U or G
- b) WAIS-testing and report writing, is graded U or G
- c) written assignment: Report and certificate, is graded U or G
- d) compulsory WAIS-practice with compulsory quiz
- e) compulsory written assignments
- f) compulsory participation in discussion forum

The module is graded U or G. The grade G on the module, requires G on all the examination assignments a-c, as well as fulfillment of compulsory course elements according to instructions.

### *Module 5, Basic pharmacology*

The student's knowledge is examined through

- a) oral test, is graded U or G

b) compulsory group assignment according to instructions

The module is graded U or G. The grade G on the module, requires G on examination a, as well as fulfillment of compulsory course elements according to instructions.

#### *Course grade*

The course is graded U or G. The grade G on the entire course, requires G on all the modules 1, 2, 3, 4 and 5.

#### *Absence from or unfulfillment of compulsory course elements*

The examiner decides whether, and if so how, absence from or unfulfillment of compulsory course elements can be made up for. Study results cannot be reported until the student has participated in or fulfilled compulsory course elements, or compensated for any absence/ failure to fulfill in accordance with instructions from the examiner. Absence from or unfulfillment of a compulsory course element may imply that the student can not retake the element until the next time the course is offered.

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

Student who do not pass the regular examination are entitled to retake the examination on five more occasions. If the student has carried out six failed examinations/tests no additional examinations will be given. As examination trials, the occasion when the student has participated in the same test are counted. Submission of blank exam is counted as an examination trial. An electronic examination that has been opened via the learning management system counts as an examination trial, even if the examination is not submitted. Examination to which the student registered but not participated in, will not be counted as an examination trial. In order for an examination assignment to be relevant for assessment, it must have been submitted by the appointed time, otherwise the student is referred to the re-examination opportunity.

#### *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 one (1) additional occasion, this can however be at the following course.

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.

#### *Possibility of exception from the course syllabus' regulations on examination*

If there are special grounds, or a need for adaptation for a student with a disability, the examiner may decide to deviate from the syllabus' regulations on the examination form, the number of examination opportunities, the possibility of supplementation or exemptions from the compulsory section/s of the course etc. Content and learning outcomes as well as the level of expected skills, knowledge and attitudes may not be changed, removed or reduced.

## **Transitional provisions**

If the course is cancelled or goes through substantial changes, information about interim regulations will be stated here.

## **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**

## Mandatory literature and other resources

Additional articles/ compendium according to instructions

*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

*Module 1*

[Library search](#)

### **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

*Module 2*

[Library search](#)

### **Aktuell behandlingsmanual (erhålls under kursens gång)**

Enligt lärares anvisning,

*Module 3*

*Selander, Ulla-Britt; Nyman, Håkan*

### **Psykologutlåtanden och intyg**

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

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

*Module 4*

[Library search](#)

*Arborelius, Lotta*

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

Natur & Kultur Akademisk, 2016 - 304 s.

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

*Module 5*

[Library search](#)

### **FASS**

senaste uppl. : Läkemedelsinformation AB,

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

*Module 5*

## In-depth literature

*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](#)

*Eriksson, Åsa; Maurex, Liselotte*

### **Psykologisk utredning och utlåtandeskrivning**

Lund : Studentlitteratur AB, [2022] - 263 sidor

ISBN:9789144144054 LIBRIS-ID:7n95q38v5lxs4v4

[Library search](#)

*Sverne Arvill, Ebba*

**Etik och juridik för psykologer och psykoterapeuter**

4 uppl : 2010

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

[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

*Module 2*

[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

*Module 2*

[Library search](#)

**KBT inom psykiatri**

*Öst, Lars-Göran*

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

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

*Module 2*

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