



**Introduction to Clinical Psychology
Psychology 336 – Section 001
Course Syllabus
Winter 2020**

CALENDAR DESCRIPTION

This course is designed to survey major aspects of clinical psychology such as historical background, assessment and intervention models, current trends and future directions in clinical practice.

Prerequisite(s): Psychology 257/323R – Psychopathology
Antirequisites: None
Time Requirements: 3 lecture hours per week for 12 weeks (36 hours)
Credits: 0.5/half credit course

COURSE INFORMATION

Instructor: Dr. Pamela Seeds
Office: PAS 3040
Telephone: 519-888-4567 extension 38132
Email: pamela.seeds@uwaterloo.ca
Office hours: Thursdays 1:00-2:00 p.m. or by appointment

Time and location of lectures: Tuesdays and Thursdays; 11:30 a.m. to 12:50 p.m.
Arts Lecture Hall (AL) Room 113

Teaching Assistants (TAs):

Name:	Vanja Vidovic	Nicole Gevaux
Office:	PAS 3214	PAS 3202
Office Hours:	Wednesdays 4:00-5:00 p.m. & Thursdays 6:00-7:00 p.m.**	Wednesdays 12:00-1:00 p.m. & Fridays 10:00-11:00 a.m.
Email:	vvidovic@uwaterloo.ca <i>**held in PAS lounge (room 3005)</i>	nicole.gevaux@uwaterloo.ca

Course website through [LEARN](#).

Grades will be posted on [LEARN](#).

EMAIL COMMUNICATION

Students are responsible for all e-mail that is sent to the official UWaterloo email address. Check e-mail regularly for important and time sensitive messages. See "[Official Student E-mail Address](#)" for further details (e.g., *procedures and warnings regarding forwarding e-mail to other accounts*).

Please write **Psychology 336** in the subject line of all emails to the Instructor and TAs. The TAs and I will make every effort to respond to emails within 48 hours of receiving them. We will not be responsible for checking emails from Friday at 4:00 pm until Monday at 9:00 am. If your question or concern is of an urgent matter, please call me directly in my office at extension 38132.

TEXTBOOK

Required: Lee, C. M., & Hunsley, J. (2018). *Introduction to Clinical Psychology: An Evidence-Based Approach* (4th Edition). Mississauga, ON: John Wiley & Sons Canada Ltd.
ISBN: 978-1-119-30151-6

The text is available at the University of Waterloo Book Store and on 3-hour loan at the University of Waterloo Dana Porter Library. You may elect to use the paperback or e-text version of the book.

Please note that there are many American editions and three previous Canadian editions of this textbook. This course is covering the material from the **fourth** Canadian edition, so please make sure that you are using the correct edition.

COURSE STRUCTURE AND OBJECTIVES

The goals of Psychology 336 are to provide students with an overview of the field of clinical psychology, including:

1. Definitions and history of clinical psychology
2. Clinical psychology research methods
3. Psychopathology and abnormal behaviour
4. Clinical assessment including clinical diagnosis and the assessment of intelligence, personality and behaviour
5. Intervention methods used by clinical psychologists
6. A review of subspecialties within clinical psychology including health, neuropsychology, forensics, paediatric and child psychology
7. Professional issues and training in clinical psychology.

Students are expected to attend every class and come prepared to discuss the chapter material. This course will be interactive, and students are expected to offer their opinions, perspectives, and answers when invited to by the instructor. There will also be demonstrations and opportunities for class participation. Overall, students will develop an appreciation for the ethical, moral, and practical issues that influence how clinical psychology is conducted.

As participation is a key element in this course, it is important that we foster and maintain an atmosphere of respect and civility. All class members have a role in creating this type of atmosphere, which includes minimizing distractions (e.g., cell phones ringing, texting, sleeping, using laptops for non-class related activity),

responding to comments with interest, and allowing all students to participate. It is my hope that we can all work together to make the learning environment as positive as possible.

Because students often express an interest in careers in the mental health field, we will be discussing *Appendix 2: Applications to Graduate School* from the text. We will also be discussing the role and training of other disciplines (e.g., medicine, social work, behaviour therapists, nursing, occupational therapy, physiotherapy, speech-language pathology, child and youth workers, child life specialists, etc.) who are also part of interdisciplinary mental health care teams. Please bring any questions that you have to class or email me in advance of the lecture so that I can prepare materials as needed based on student interest.

I consider it an honour and privilege to teach you about my chosen career path in clinical psychology and will share with you my personal experiences with education, research, and clinical work. Please make the most of this opportunity by attending class regularly and participating. Thank you.

INTELLECTUAL PROPERTY

Students should be aware that this course contains the intellectual property of their instructor, TA, and/or the University of Waterloo. Intellectual property includes items such as:

- Lecture content, spoken and written (and any audio/video recording thereof);
- Lecture handouts, presentations, and other materials prepared for the course (e.g., PowerPoint slides);
- Questions or solution sets from various types of assessments (e.g., assignments, quizzes, tests, final exams); and
- Work protected by copyright (e.g., any work authored by the instructor or TA or used by the instructor or TA with permission of the copyright owner).

Course materials and the intellectual property contained therein, are used to enhance a student's educational experience. However, sharing this intellectual property without the intellectual property owner's permission is a violation of intellectual property rights. For this reason, it is necessary to ask the instructor, TA and/or the University of Waterloo for permission before uploading and sharing the intellectual property of others online (e.g., to an online repository).

Permission from an instructor, TA or the University is also necessary before sharing the intellectual property of others from completed courses with students taking the same/similar courses in subsequent terms/years. In many cases, instructors might be happy to allow distribution of certain materials. However, doing so without expressed permission is considered a violation of intellectual property rights.

Please alert the instructor if you become aware of intellectual property belonging to others (past or present) circulating, either through the student body or online. The intellectual property rights owner deserves to know (and may have already given their consent). <https://uwaterloo.ca/secretariat-general-counsel/faculty-staff-and-students-entering-relationships-external>

EVALUATION FORMAT AND SCHEDULE

Evaluation for this course will be based on the various components of your research report, two midterm tests, and one final exam.

Student grades for each component will be posted on [LEARN](#).

	Lectures/Chapters Covered	Due Dates	% of Grade
Research Report – Topic for Approval		Tuesday, January 21, 2020	2% (1% for TA/instructor consultation & 1% for picking an appropriate topic by the deadline)
Research Report – Thesis Paragraph and Annotated Bibliography		Thursday, February 6, 2020	8%
Research Report – Draft Submission		Thursday, March 12, 2020	15%*
Research Report – Final Draft Submission		Thursday, April 2, 2020	15%*
Midterm Test #1	Lectures 1 - 7 Chapters 1, 2, 3 & Appendix 2	Thursday, January 30, 2020	15%
Midterm Test #2	Lectures 8 - 14 Chapters 5, 6, 7, 8, & 9	Thursday, March 5, 2020	20%
Final Exam (Test #3)	Lectures 15 - 22 Chapters 10, 11, 12, 13, 14 & 15	Date and time TBA by the Registrar’s Office (April 8-25, 2020)	25%

RESEARCH REPORT

You will have the opportunity to prepare a research report on a contemporary controversial topic in the area of Clinical Psychology. This assignment will be scaffolded so that you work on it throughout the semester. You will be responsible for a) selecting a topic and getting it approved by the course instructor and/or TAs; b) preparing a thesis paragraph that summarizes what your paper will cover and an annotated bibliography with a minimum of 5 peer-reviewed sources; c) submitting a draft of your research report for detailed feedback from the course TAs; and d) submitting a final draft of your research report for evaluation.

Early submissions are welcome for all steps of the process (e.g., you can get your topic approved before January 21, 2020 if you choose). Each component will be due at the **start** class on its given due date. *Late assignments will receive 10% reduction in the grade each day that it is late* (i.e., if the final draft of the paper is 2 days late the maximum grade possible will be 80%). Please refer to handout entitled “PSYCH 336 Research Paper Guidelines and Information” for more specific details regarding the expectations this assignment.

** Note: Should you elect to not submit a final draft of your research report, your course weighting from that portion will be reallocated to your draft submission, making it worth 30% of your final grade in the course.*

MIDTERM TESTS AND FINAL EXAM

Both midterm tests and the final exam will be composed of multiple-choice and short answer questions and are designed to evaluate your knowledge and understanding of the course material. Any material assigned as reading may be tested on the tests or exam, regardless of whether it was also covered in lecture. All material covered in lecture that is not in the textbook readings may also be tested on the tests or final exam.

The midterm tests will occur during class time (80 minutes) and the final exam will be scheduled during the final exam period (2.5 hours; April 8 to 25, 2020). Further details regarding the midterm tests and final exam will be provided in class, during the lecture that immediately precedes each evaluative component, respectively.

Students must bring proper identification (student ID card) to the midterm tests and final exam.

No electronic devices, including cell phones, will be allowed during midterm tests or final exam.

*****NOTE: Midterm tests and the final exam are non-cumulative.** Each test and exam will only cover material from the text and lectures as outlined.

To ensure fairness, final grades in this course are based exclusively on students' performance on the components of their research report (topic submission, thesis paragraph and annotated bibliography, draft paper submission, and final submitted document), two midterm tests, and one final exam. Tests/exams may not be re-written, nor will the tests/exams be re-weighted in calculating final grades. Grades will not be adjusted on the basis of need, and students will not be able to improve their marks by completing additional assignments.

LECTURE OUTLINE AND SCHEDULE

Date	Lecture	Topic	Chapter
Tuesday, January 7	1	Course Introduction, Syllabus Review	
Thursday, January 9	2	The Evolution of Clinical Psychology	1
Tuesday, January 14	3	Contemporary Clinical Psychology	2
Thursday, January 16	4	Applications to Graduate School <i>Guest Panel of First-Year Clinical Psychology Graduate Students from UWaterloo's Program</i>	Appendix 2
Tuesday, January 21	5	Contemporary Clinical Psychology Research Report - Topic Due at start of class	2
Thursday, January 23	6	Classification and Diagnosis	3
Tuesday, January 28	7	Classification and Diagnosis	3
Thursday, January 30	N/A	MIDTERM TEST 1 (IN CLASS)	1, 2, 3 & Appendix 2
Tuesday, February 4	8	Assessment: Overview	5
Thursday, February 6	9	Assessment: Interviewing and Observation Research Report - Thesis Paragraph and Annotated Bibliography Due at start of class	6
Tuesday, February 11	10	Assessment: Interviewing and Observation Assessment: Intellectual and Cognitive Measures	6 & 7
Thursday, February 13	11	Assessment: Intellectual and Cognitive Measures	7
Tuesday, February 18	N/A	NO CLASS – READING WEEK (Study Days)	
Thursday, February 20	N/A	NO CLASS – READING WEEK (Study Days)	
Tuesday, February 25	12	Assessment: Self-Report and Projective Measures	8
Thursday, February 27	13	Assessment: Self-Report and Projective Measures	8
Tuesday, March 3	14	Assessment: Integration and Clinical Decision-Making	9
Thursday, March 5	N/A	MIDTERM TEST 2 (IN CLASS)	5, 6, 7, 8 & 9
Tuesday, March 10	15	Prevention	10
Thursday, March 12	16	Intervention: Overview Research Report – Draft Submission Due at start of class	11
Tuesday, March 17	17	Intervention: Adults and Couples	12

Date	Lecture	Topic	Chapter
Thursday, March 19	18	Intervention: Adults and Couples	12
Tuesday, March 24	19	Intervention: Children and Adolescents	13
Thursday, March 26	20	Intervention: Children and Adolescents	13
Tuesday, March 31	21	Intervention: Identifying Key Elements of Change	14
Thursday, April 2	22	Clinical Health Psychology, Clinical Neuropsychology, and Forensic Psychology Research Report – Final Draft Due at start of class	15
April 2020 final exam period (April 8 - 25)		FINAL EXAM (DURING FINAL EXAM PERIOD) Date, time, and location TBA by the Registrar's Office	10, 11, 12, 13, 14 & 15

Note. Any material assigned as reading may be tested on the tests/exams, regardless of whether it was also covered in lecture. All material covered in lecture that is not in the readings may also be tested on the tests/exams.

ACCOMMODATION FOR COURSE REQUIREMENTS

Policies of the Psychology department pertaining to course requirements are available on the [department website](#).

****Please note** that alternative arrangements for the assignments/tests/exams will only be made if there is a **major** disruption in your ability to function academically due to **documented** health reasons or personal problems. If you are in that situation, I need you to call me at least an hour in advance of the graded course component you are missing (519-888-4567, x38312; be sure to call rather than e-mail!) and you will need to provide your formal documentation as soon as possible. All documentation must date from before/during the missed assignment/test/exam, not after it. That is, the documentation must represent *first-hand knowledge* of the circumstances that made it impossible for you to complete the graded course component as scheduled, as opposed to reflecting your retrospective self-report to the authority providing documentation. If you miss an assignment/test/exam for a documented reason, you need to make arrangements as soon as possible to make it up.

If you miss a class due to a minor illness or other problems, please check your course outline for information regarding attendance requirements and make sure that you are not missing an assignment/test/exam. Cover any readings and arrange to borrow notes from a classmate; professors cannot give personalized lectures for students who miss class. (If you miss class for a legitimate reason – e.g., death in the family, illness – Dr. Seeds would of course be pleased to answer any questions during her office hours *after* you have borrowed and reviewed lecture notes from a classmate.)

ACADEMIC INTEGRITY

Academic Integrity: In order to maintain a culture of academic integrity, members of the University of Waterloo are expected to promote honesty, trust, fairness, respect and responsibility. See the [Office of Academic Integrity webpage](#) for more information.

Discipline: A student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for his/her actions. Check [the Office of Academic Integrity](#) for more information. A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about “rules” for group work/collaboration should seek guidance from the course professor, academic advisor, or the Undergraduate Associate Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under Policy 71 – Student Discipline. For information on categories of offenses and types of penalties, students should refer to [Policy 71 - Student Discipline](#). For typical penalties check [Guidelines for the Assessment of Penalties](#).

CONCERNS ABOUT A COURSE POLICY OR DECISION

Informal Stage. We in the Psychology Department take great pride in the high quality of our program and our instructors. Though infrequent, we know that students occasionally find themselves in situations of conflict with their instructors over course policies or grade assessments. If such a conflict arises, the Associate Chair for Undergraduate Affairs (Richard Eibach) is available for consultation and to mediate a resolution between the student and instructor: Email: reibach@uwaterloo.ca; Telephone 519-888-4567 ext. 38790

Grievance: A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. Read [Policy 70 - Student Petitions and Grievances, Section 4](#). When in doubt, please be certain to contact Richard Eibach, the Associate Chair for Undergraduate Affairs who will provide further assistance; reibach@uwaterloo.ca.

Appeals: A decision made or penalty imposed under Policy 70 - Student Petitions and Grievances (other than a petition) or Policy 71 - Student Discipline may be appealed if there is a ground. A student who believes he/she has a ground for an appeal should refer to [Policy 72 - Student Appeals](#).

ACCOMMODATION FOR STUDENTS WITH DISABILITIES

Note for students with disabilities: The [AccessAbility Services](#) office, located on the first floor of the Needles Hall extension (NH 1401), collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the AS office at the beginning of each academic term.

MENTAL HEALTH SERVICES

Mental Health Services aim is to provide holistic programming and services to help you lead a healthy and balanced life. We strive to provide a secure, supportive environment for students of all orientations and backgrounds.

Students suffering from problems with anxiety, depression, problems with sleep, attention, obsessions or compulsions, relationship difficulties, severe winter blues, etc., may make an appointment by phone or in person. Appointments are usually available within two days of initial contact with one of our medical doctors. All contacts are completely confidential.

On Campus

- [Health Services Building](#): located across the creek from Student Life Centre
 - Call 519-888-4096 to schedule an appointment
- Telehealth Ontario: call 1-866-797-0000 for free 24/7 advice from a health professional
- Counselling Services ([Needles Hall Addition, NH 2401](#))
 - Call 519-888-4567 x 32655 to schedule an appointment
 - counserv@uwaterloo.ca
- [MATES](#): one-to-one peer support program offered by Federation of Students (FEDS) and Counselling Services
- [Glow Centre](#): support services for sexual and gender diversity

Off campus, 24/7

- [Good2Talk](#): Free confidential help line for post-secondary students. Phone: 1-866-925-5454
- Grand River Hospital: Emergency care for mental health crisis. Phone: 519-749-433 ext. 6880
- [Here 24/7](#): Mental Health and Crisis Service Team. Phone: 1-844-437-3247
- [OK2BME](#): set of support services for lesbian, gay, bisexual, transgender or questioning teens in Waterloo. Phone: 519-884-0000 ext. 213

Full details can be found online at the Faculty of ARTS [website](#)

Download [UWaterloo and regional mental health resources \(PDF\)](#)

Download the [WatSafe app](#) to your phone to quickly access mental health support information

THE WRITING AND COMMUNICATION CENTRE

[The Writing and Communication Centre](#) (WCC) works with students as they develop their ideas, draft, and revise. Writing and Communication specialists offer one-on-one support in planning assignments, synthesizing and citing research, organizing papers and reports, designing presentations and e-portfolios, and revising for clarity and coherence.

You can make multiple appointments throughout the term, or drop in at the Library for quick questions or feedback. To book a 50-minute appointment and to see drop-in hours, visit [The Writing and Communication Centre](#). Group appointments for team-based projects, presentations, and papers are also available.

PLAGARISM DETECTION SOFTWARE

Turnitin.com: Text matching software (Turnitin®) will be used to screen assignments in this course. This is being done to verify that use of all material and sources in assignments is documented. Students will be given

an option if they do not want to have their assignment screened by Turnitin®. In the first week of the term, details will be provided about arrangements and alternatives for the use of Turnitin® in this course.

Note: students must be given a reasonable option if they do not want to have their assignment screened by Turnitin®. Please see Dr. Seeds to discuss your alternatives as soon as possible should you not wish for your assignment to be screened by Turnitin®.

THE OFFICIAL VERSION OF THE COURSE OUTLINE

If there is a discrepancy between the hard copy outline (*i.e., if students were provided with a hard copy at the first class*) and the outline posted on LEARN, the outline on LEARN will be deemed the official version. Outlines on LEARN may change as instructors develop a course, but they become final as of the first class meeting for the term.

PSYCHOLOGY DEPARTMENT DOCUMENT RETENTION/STORAGE POLICIES

Graded final examination papers and midterm tests, as well as unclaimed graded research papers for this course will be kept in storage in the Psychology Department for a maximum of 16 months after the final grades have been submitted to the Registrar's Office. After that time, these documents will be destroyed in compliance with UW's confidential shredding procedures.

TERRITORIAL ACKNOWLEDGEMENT

We acknowledge that we are living and working on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe and Haudenosaunee peoples. The University of Waterloo is situated on the Haldimand Tract, the land promised to the Six Nations that includes six miles on each side of the Grand River.

For more information about the purpose of territorial acknowledgements, please see the [CAUT Guide to Acknowledging Traditional Territory \(PDF\)](#)

OTHER HELPFUL INFORMATION

[University of Waterloo Department of Psychology](#)
[University of Waterloo Registrar's Office](#)
[Canadian Psychological Association](#)
[Ontario Psychological Association](#)
[The Canadian Council of Professional Psychology Programs](#)
[The College of Psychologists of Ontario](#)
[Society for a Science of Clinical Psychology](#)
[Society of Clinical Psychology](#)
[Society of Clinical Child & Adolescent Psychology](#)
[Canadian Association for Cognitive and Behavioural Therapies](#)
[Association for Behavioral and Cognitive Therapies](#)
[Association for Psychological Science](#)
[Society for Research in Psychopathology](#)
[American Psychological Association](#)
[Canadian Register of Health Service Psychologists](#)