

Dalhousie University  
Department of Psychology & Neuroscience  
PSYO 3220 Clinical Psychology  
Fall 2023  
MW 1:05pm – 2:25pm  
CHEM125

***Dalhousie University acknowledges that we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People and pays respect to the Indigenous knowledges held by the Mi'kmaq People, and to the wisdom of their Elders past and present. The Mi'kmaq People signed Peace and Friendship Treaties with the Crown, and section 35 of the Constitution Act, 1982 recognizes and affirms Aboriginal and Treaty rights. We are all Treaty people.***

***Dalhousie University also acknowledges the histories, contributions, and legacies of African Nova Scotians, who have been here for over 400 years.***

## SECTION A: COURSE INFORMATION

**Instructor:** Natalie Stratton, PhD

**Office:** Life Sciences Centre, LSC 2524

**Office Hours:** Wednesdays 2:30pm – 3:30pm **\*by appointment ONLY\***

**Email:** natalie.stratton@dal.ca

Please note: **The course code (PSYO 3220) should appear in the subject-line of all e-mail correspondence** to prevent messages from being discarded as spam or accidentally overlooked. E-mail should *not* be used as a mechanism to receive private tutorials (especially prior to tests) or to explain material that was covered in lectures you missed.

**Teaching Assistant:** Laura Elliott, BA **Email:** laura.elliott@dal.ca

**Teaching Assistant:** Jordyn Monaghan, BA **Email:** jordyn.monaghan@smu.ca

### Course Description

A survey of professional issues relevant to the practice of clinical psychology in hospitals, private practice, schools, the court system, and the community. Students gain knowledge about psychological services, and an understanding of the training, ethics, and expertise that clinical psychology brings to the delivery of mental health and healthcare.

### Course Pre-requisites, Co-requisites and/or other Restrictions

PREREQUISITES: PSYO 2000.03 or NESC 2007.03, and PSYO 2220.03

EXCLUSIONS: PSYO 2120.03

### Learning Management System Site Information

All course materials can be found on the course website on Brightspace. Live events *may* take place using Microsoft Teams.

### Description of Class Format

This course will be delivered using BOTH asynchronous and synchronous methods. Mostly, students are *not*

required to be online at any specific day/time and can complete and review course material at their convenience. However, students are required to join the class online on specified dates and times (in Atlantic Daylight Time (ADT)) for panel discussions, presenters, and evaluations, such as midterms.

### Course Learning Outcomes

Upon completion of this course, students will be able to:

1. Describe the similarities and differences between mental health professionals
2. Discuss different types of psychological assessments
3. Summarize the principal features of various psychological interventions
4. Explain the scientific process and its relationship to clinical psychology
5. Define ethical clinical practice
6. Recognize the impact of the cultural, social, historical, economic, institutional, legal or political context or other circumstances on clinical psychology
7. Apply basic behavioural assessment and intervention strategies

### Evaluation Overview:

Assignment	Date Due	Percent of Course Grade
In-class activities/ Reflection papers	Weekly	15%
Midterm #1	September 25, 2023	15%
Goal Setting Form: Part 1	October 11, 2023	5%
Goal Setting Form: Part 2	October 25, 2023	5%
Midterm #2	November 1, 2023	25%
Tri-Council Tutorial	November 8, 2023	10%
Behaviour Change Project	December 4, 2023	25%

### Description of Evaluation Components:

Brief descriptions regarding each evaluation component are listed below. Please note that more detailed information regarding each component will be provided in separate documents and discussed in class prior to their due dates. All exam and assignment grades will be posted online via the Brightspace system.

Correct use of grammar and spelling is one of the criteria included in the evaluation of all written assignments.

#### Participation (15%)

Each class will contain an “in-class” activity and/or a reflection component (each worth between 1% to 2%). Examples of activities include practicing a skill during class and reflecting upon the process, asking questions during panel discussions, evaluating guest speaker(s)’ performances, or completing brief quizzes to assess learning outcomes. All activities will be completed and submitted through the course website on Brightspace.

**DUE: Weekly (see assigned due dates on Brightspace)**

#### Midterm #1 (15%)

The midterm will include multiple-choice and short answer questions pertaining to the material covered in Chapters 1, 2, 17, 18, and 19 and lectures between September 6, 2023 and September 20, 2023. **DUE:**

**September 25, 2023**

#### Behaviour Change Project (5% + 5% + 25%)

- A) Goal Setting Form: Part 1 (5%)** Students will indicate: 1) the behaviour they wish to monitor and change;

2) how they will track the behaviour on a daily basis; and 3) identify motivations for pursuing this goal.

**DUE: October 11, 2023**

**B) Goal Setting Form: Part 2 (5%)** Students will indicate which intervention they will implement in order to change their behaviour. In other words, students will describe how they will achieve their goal of reducing a problem behaviour or increasing a desired behaviour. **DUE: October 25, 2023**

**C) Behaviour Change Project (25%)** Students will identify either a problem behaviour that they wish to reduce or a positive behaviour that they wish to increase as indicated in their Goal Setting Form. Subsequently, students will monitor the frequency of the target behaviour over a 1-week period, without making any changes, in order to determine baseline frequencies of the target behaviour. Following this initial 1-week period, students will introduce an intervention in an effort to change their target behaviour. Students will continue to monitor the frequency of the target behaviour over the subsequent 2 weeks. Students will prepare a final report discussing their target behaviour, the intervention, and the outcome(s) in relation to theories of clinical psychology. Papers must be minimum 5-pages and maximum 8-pages in length (not including the title page, references, self-monitoring forms, and questionnaires), double-spaced, 12-font, Times New Roman. **DUE: December 4, 2023**

### Midterm #2 (25%)

The midterm will include multiple-choice and short answer questions pertaining to the material covered in Chapters 7, 8, 9, 10, 12, 13, 14 and 15 and lectures between October 3, 2023 and October 26, 2023. **DUE: November 1, 2023**

### Tri-Council Tutorial (10%)

All clinical students are required to complete the Tri-Council TCPS 2 Tutorial Course on Research Ethics (CORE) (<https://tcps2core.ca/welcome>). As a part of this course, students will complete the tutorial, which takes approximately 3 hours. Students obtain a certificate upon completion. Please submit the certificate of completion on Brightspace for course credit. **Due: November 8, 2023**

### Undergraduate Grading Scale

Grade	Grade Point Value	Percentage	Definition	
A+	4.30	90-100	Excellent	Considerable evidence of original thinking; demonstrated outstanding capacity to analyze and synthesize; outstanding grasp of subject matter; evidence of extensive knowledge base.
A	4.00	85-89		
A-	3.70	80-84		
B+	3.30	77-79	Good	Evidence of grasp of subject matter, some evidence of critical capacity and analytical ability; reasonable understanding of relevant issues; evidence of familiarity with the literature.
B	3.00	73-76		
B-	2.70	70-72		
C+	2.30	65-69	Satisfactory	Evidence of some understanding of the subject matter; ability to develop solutions to simple problems; benefitting from his/her university experience.
C	2.00	60-64		
C-	1.70	55-59		
D	1.00	50-54	Marginal Pass	Evidence of minimally acceptable familiarity with subject matter, critical and analytical skills (except in programs where a minimum grade of 'C' is required).
FM	0.00		Marginal Failure	Available only for Engineering, Health Professions and Commerce.
F	0.00	0-49	Inadequate	Insufficient evidence of understanding of the subject matter; weakness in critical and analytical skills; limited or irrelevant use of the literature.

## Course-specific policies

**Cancelled classes** will be indicated on DalSAFE and/or the course website on Brightspace. Subscribe for text alerts or download the mobile app (<https://www.dal.ca/dept/dalsafe.html>). Turn on notifications on Brightspace in order to receive updates.

### Policy on Missed Tests, Classes, and/or Evaluations:

Students who miss a *required* class must submit the “Student Declaration of Absence” form, which can be found here as well as on the course website:

(<https://cdn.dal.ca/content/dam/dalhousie/pdf/campuslife/Health%20and%20wellness/FINAL%20Student%20Declaration%20of%20Absence%20Form.pdf>). A student may submit a maximum of two (2) separate “Student Declaration of Absence” forms per course during a term.

Students are required to inform their instructors of any situation which arises during the semester which may have an adverse effect upon their academic performance, and must request any considerations and accommodations according to the relevant policies and well in advance. For long-term absences greater than three (3) consecutive days, students should contact the instructor within five (5) calendar days following the last day of absence. The Student Declaration of Absence form will not be accepted for long-term absences.

*Religious observance:* Requests for accommodation of specific religious or spiritual observance must be presented in writing to the instructor within the first two weeks of class in order to make appropriate arrangements (i.e., extension or make-up exam). If a student misses a midterm, assignment deadline, or exam due to a religious or spiritual observance and has not notified the instructor within the first two weeks of class, a grade of zero may be applied.

**If a student misses a midterm or exam**, the student is required to submit the “Student Declaration of Absence” form, which can be found here as well as on the course website:

(<https://cdn.dal.ca/content/dam/dalhousie/pdf/campuslife/Health%20and%20wellness/FINAL%20Student%20Declaration%20of%20Absence%20Form.pdf>). The student will be offered either a make-up midterm/exam on another date or a re-weighting of assignments at the discretion of the instructor.

### Penalties for Late Assignments:

Extensions requested *before* the assignment due date may be granted on medical (or circumstantial) grounds at the discretion of the instructor. If no extension has been granted before the due date, 5% per day late will be subtracted from the assignment grade.

## Course Schedule

Week	Date	Topics	Readings & Assignments
1	September 6, 2023	Introduction & Overview of Course	Course Syllabus
2	September 11, 2023	What is Clinical Psychology?	Chapter 1: Clinical Psychology: Definition & Training
	September 13, 2023	Evolution of Clinical Psychology	Chapter 2: Evolution of Clinical Psychology <b>Note: September 16, 2023 is the last day to register or drop for a complete refund</b>
3	September 18, 2023	Divisions of Clinical Psychology	Chapter 17: Clinical Child & Adolescent Psychology

	September 20, 2023	Divisions of Clinical Psychology	Chapter 18: Health Psychology Chapter 19: Forensic Psychology
4	September 25, 2023	<b>MIDTERM 1 (15%) – SYNCHRONOUS ONLINE</b>	
	September 27, 2023	Psychological Assessment	Chapter 10: Personality & Behavioural Assessment
5	October 2, 2023	<b>NO CLASS – NATIONAL TRUTH &amp; RECONCILIATION DAY</b> <i>Note: October 3, 2023 is the last day to drop without a W on your transcript</i>	
	October 4, 2023	Psychological Assessment	Chapter 9: Intellectual & Neuropsychological Assessment
6	October 9, 2023	<b>NO CLASS – THANKSGIVING</b>	
	October 11, 2023	Psychological Assessment	Chapter 7: Diagnosis & Classification Issues: DSM-5 & More <b>DUE: Goal Setting Form: Part 1 (5%)</b>
7	October 16, 2023 October 18, 2023	Psychological Assessment	Chapter 8: The Clinical Interview
8	October 23, 2023	Psychological Interventions	Chapter 15: Cognitive Psychotherapy & Mindfulness-Based Therapies
	October 25, 2023		Chapter 14: Behavior Therapy <b>DUE: Goal Setting Form: Part 2 (5%)</b>
9	October 30, 2023	Psychological Interventions	Chapter 12: Psychodynamic Psychotherapy Chapter 13: Humanistic Psychotherapy <i>Note: November 1, 2023 is the last day to drop with a W on your transcript</i>
	November 1, 2023		<b>MIDTERM 2 (25%) – SYNCHRONOUS ONLINE</b>
10	November 6, 2023	Research & Clinical Practice	Chapter 3: <u>ONLY THE SECTION ON</u> Evidence-Based Practice/Manualized Therapy Chapter 6: Conducting Research in Clinical Psychology Chapter 11: General Issues in Psychotherapy
	November 8, 2023		<b>PRESENTER Julie Marcoux, Liaison Librarian</b> NOTE: This is a recorded guest lecture <b>DUE: Tri-Council Tutorial (10%)</b>
	November 13 – 17, 2023	<b>NO CLASSES FALL STUDY BREAK</b>	
11	November 20, 2023	Ethical & Professional Issues	Chapter 5: Ethical & Professional Issues in Clinical Psychology
	November 22, 2023		
12	November 27, 2023	Diversity & Cultural Issues in Clinical Psychology	Chapter 4: Diversity & Cultural Issues in Clinical Psychology
	November 29, 2023		
13	December 4, 2023	<b>Getting Into Grad School: Panel Discussion with Graduate Students</b>	<b>DUE: Behaviour Change Project (25%)</b>

## Required Text(s)

Pomerantz, A. M. (2019). *Clinical psychology: Science, practice, and diversity*. SAGE Publications, Incorporated.

\*\*PLEASE NOTE: An electronic copy of the textbook is also available at this website: <https://us.sagepub.com/en-us/nam/clinical-psychology/book259378>. A Kindle edition is available through Amazon: [https://www.amazon.ca/Clinical-Psychology-Science-Practice-Diversity-ebook/dp/B07V864RWB/ref=tmm\\_kin\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.ca/Clinical-Psychology-Science-Practice-Diversity-ebook/dp/B07V864RWB/ref=tmm_kin_swatch_0?encoding=UTF8&qid=&sr=)

## SECTION B: UNIVERSITY POLICIES, STATEMENTS, GUIDELINES and RESOURCES for SUPPORT

This course is governed by the academic rules and regulations set forth in the University Calendar and the Senate. <https://academiccalendar.dal.ca/Catalog/ViewCatalog.aspx?pageid=viewcatalog>

### Academic Integrity

At Dalhousie University, we are guided in all of our work by the values of academic integrity: honesty, trust, fairness, responsibility and respect (The Center for Academic Integrity, Duke University, 1999). As a student, you are required to demonstrate these values in all of the work you do. The University provides policies and procedures that every member of the university community is required to follow to ensure academic integrity.

**Information:** [https://www.dal.ca/dept/university\\_secretariat/academic-integrity.html](https://www.dal.ca/dept/university_secretariat/academic-integrity.html)

### Accessibility

The Advising and Access Services Centre is Dalhousie's centre of expertise for student accessibility and accommodation. The advising team works with students who request accommodation as a result of a disability, religious obligation, or any barrier related to any other characteristic protected under Human Rights legislation (Canada and Nova Scotia).

**Information:** [https://www.dal.ca/campus\\_life/academic-support/accessibility.html](https://www.dal.ca/campus_life/academic-support/accessibility.html)

### Student Code of Conduct

Everyone at Dalhousie is expected to treat others with dignity and respect. The Code of Student Conduct allows Dalhousie to take disciplinary action if students don't follow this community expectation. When appropriate, violations of the code can be resolved in a reasonable and informal manner—perhaps through a restorative justice process. If an informal resolution can't be reached, or would be inappropriate, procedures exist for formal dispute resolution.

**Code:** [https://www.dal.ca/dept/university\\_secretariat/policies/student-life/code-of-student-conduct.html](https://www.dal.ca/dept/university_secretariat/policies/student-life/code-of-student-conduct.html)

### Diversity and Inclusion – Culture of Respect

Every person at Dalhousie has a right to be respected and safe. We believe inclusiveness is fundamental to education. We stand for equality. Dalhousie is strengthened in our diversity. We are a respectful and inclusive community. We are committed to being a place where everyone feels welcome and supported, which is why our Strategic Direction prioritizes fostering a culture of diversity and inclusiveness

**Statement:** <http://www.dal.ca/cultureofrespect.html>

### Recognition of Mi'kmaq Territory

Dalhousie University would like to acknowledge that the University is on Traditional Mi'kmaq Territory. The Elders in Residence program provides students with access to First Nations elders for guidance, counsel and support. Visit or e-mail the Indigenous Student Centre (1321 Edward St) ([elders@dal.ca](mailto:elders@dal.ca)).

**Information:** [https://www.dal.ca/campus\\_life/communities/indigenous.html](https://www.dal.ca/campus_life/communities/indigenous.html)

### Fair Dealing Policy

The Dalhousie University Fair Dealing Policy provides guidance for the limited use of copyright protected material without the risk of infringement and without having to seek the permission of copyright owners. It is intended to

provide a balance between the rights of creators and the rights of users at Dalhousie. Read more:  
[https://www.dal.ca/dept/university\\_secretariat/policies/academic/fair-dealing-policy-.html](https://www.dal.ca/dept/university_secretariat/policies/academic/fair-dealing-policy-.html)

### University Policies and Programs

- Important Dates in the Academic Year (including add/drop dates)  
[http://www.dal.ca/academics/important\\_dates.html](http://www.dal.ca/academics/important_dates.html)
- Dalhousie Grading Practices Policy  
[https://www.dal.ca/dept/university\\_secretariat/policies/academic/grading-practices-policy.html](https://www.dal.ca/dept/university_secretariat/policies/academic/grading-practices-policy.html)
- Grade Appeal Process  
[https://www.dal.ca/campus\\_life/academic-support/grades-and-student-records/appealing-a-grade.html](https://www.dal.ca/campus_life/academic-support/grades-and-student-records/appealing-a-grade.html)
- Sexualized Violence Policy  
[https://www.dal.ca/dept/university\\_secretariat/policies/health-and-safety/sexualized-violence-policy.html](https://www.dal.ca/dept/university_secretariat/policies/health-and-safety/sexualized-violence-policy.html)
- Scent-Free Program  
<http://www.dal.ca/dept/safety/programs-services/occupational-safety/scent-free.html>

### Learning and Support Resources

- Department of Psychology & Neuroscience Faculty Advising Support:  
[https://www.dal.ca/faculty/science/psychology\\_neuroscience/programs/academic-advising/contact-an-academic-advisor.html](https://www.dal.ca/faculty/science/psychology_neuroscience/programs/academic-advising/contact-an-academic-advisor.html)
- General Academic Support – Advising: [https://www.dal.ca/campus\\_life/academic-support/advising.html](https://www.dal.ca/campus_life/academic-support/advising.html) (Halifax)
- Student Health & Wellness Centre: [https://www.dal.ca/campus\\_life/health-and-wellness.html](https://www.dal.ca/campus_life/health-and-wellness.html)
- On Track (helps you transition into university, and supports you through your first year at Dalhousie and beyond) [https://www.dal.ca/campus\\_life/academic-support/On-track.html](https://www.dal.ca/campus_life/academic-support/On-track.html)
- Indigenous Student Centre [https://www.dal.ca/campus\\_life/communities/indigenous.html](https://www.dal.ca/campus_life/communities/indigenous.html)
- Elders-in-Residence (The Elders in Residence program provides students with access to First Nations elders for guidance, counsel and support. Visit the office in the Indigenous Student Centre or contact the program at [elders@dal.ca](mailto:elders@dal.ca) or 902-494-6803.)
  - <https://www.dal.ca/academics/programs/undergraduate/indigenous-studies/a-day-in-the-life/elders-in-residence.html>
- Black Student Advising Centre [https://www.dal.ca/campus\\_life/communities/black-student-advising.html](https://www.dal.ca/campus_life/communities/black-student-advising.html)
- International Centre [http://www.dal.ca/campus\\_life/student\\_services/international-centre.html](http://www.dal.ca/campus_life/student_services/international-centre.html)
- South House Sexual and Gender Resource Centre <https://southhousehalifax.ca/about/>
- LGBTQ2SIA+ Collaborative - <https://www.dal.ca/dept/hres/education-campaigns/LGBTQ2SIA-collaborative.html>
- Dalhousie Libraries <http://libraries.dal.ca>
- Copyright Office <https://libraries.dal.ca/services/copyright-office.html>
- Dalhousie Student Advocacy Services <http://dsu.ca/dsas>
- Dalhousie Ombudsperson [https://www.dal.ca/campus\\_life/safety-respect/student-rights-and-responsibilities/where-to-get-help/ombudsperson.html](https://www.dal.ca/campus_life/safety-respect/student-rights-and-responsibilities/where-to-get-help/ombudsperson.html)
- Human Rights and Equity Services <https://www.dal.ca/dept/hres.html>
- Writing Centre [https://www.dal.ca/campus\\_life/academic-support/writing-and-study-skills.html](https://www.dal.ca/campus_life/academic-support/writing-and-study-skills.html)
- Study Skills/Tutoring
  - [http://www.dal.ca/campus\\_life/academic-support/study-skills-and-tutoring.html](http://www.dal.ca/campus_life/academic-support/study-skills-and-tutoring.html)

## Other Resources

- **Canadian Mental Health Association ([www.cmha.ca](http://www.cmha.ca))**  
A national charity that helps maintain and improve the mental health for Canadians. Access community-based resources, services, and supports for a variety of mental health difficulties.
- **The Canadian Psychological Association ([www.cpa.ca](http://www.cpa.ca))**  
Nation-wide organization that aims to improve the health and welfare of Canadians; promote excellence and innovation in psychological research, education, and practice; and to promote the advancement, development, dissemination, and application of psychological knowledge