Clinical Psychology
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Prof. Stress-related Psychopathology
WHY CLINICAL PSYCHOLOGY?
Most Will Be Mentally ill at Some Point

More than half of Americans will develop a mental illness at some point in their lives, often beginning in childhood or adolescence, researchers have found in a survey that experts say will have wide-ranging implications for the practice of psychiatry.
WHY CLINICAL PSYCHOLOGY?

Any better in the Netherlands?...
WHY CLINICAL PSYCHOLOGY?

NO...

- 43% of all adults will develop a mental disorder at some point in their lives
- 1 in 5 adults suffered from a mental disorder in the past year
- Depression, anxiety, and alcohol and drug abuse key problems
**DISABILITY: THE GREAT DEPRESSION**

**DALY: The disability-adjusted life year**
Measure of overall disease burden, expressed as the number of years lost due to ill-health, disability or early death.

- **Depression:** 76.4 DALYs, 10.3%
- **Chronic lung disease:** 30.7 DALYs, 4.2%
- **Anxiety disorders:** 27.6 DALYs, 3.7%
- **Back / neck pain:** 53.9 DALYs, 7.3%
- **Iron deficiency:** 43.6 DALYs, 5.9%
- **Alcohol use disorders:** 27.9 DALYs, 3.8%
- **Diabetes:** 22.4 DALYs, 3.0%

“The treatments we have for depression are appalling. They're not very effective. They're extremely costly. They come with innumerable side effects. They're a disaster.

But I am so grateful that I live now and not 50 years ago, when there would have been almost nothing to be done.

I hope that 50 years hence, people will hear about my treatments and be appalled that anyone endured such primitive science.”

Andrew Solomon, TEDtalk
CONTENT CLINICAL PSYCHOLOGY
Curriculum 60 ECTS: Two options

**Mandatory:**
- 4 Courses: 20 EC
- Master thesis: 20 EC
- Clinical internship: 20 EC
  
  or

- Internship: 10 EC
  - + 2 elective courses: 10 EC
Clinical Psychology

Course content (20 EC)

Acquiring advance knowledge and skills on:

- Clinical Interviewing and Assessment (i.e., diagnostics trained actors)
- Basic Therapeutic Skills (i.e., observational skills, interviewing styles)
- Cognitive Behavioral Interventions (i.e., exposure, cognitive interventions)
- Experimental Clinical Psychology (treatment research)

Scientist-practitioner model:

- Skills training
- Theory of psychopathology and psychotherapy
- Research
Clinical Psychology

20 EC mandatory courses
20 EC thesis
20 EC internship or 10 EC internship + 10 EC electives

Example electives:
• Eating disorders (i.e., risk factors, prevention, treatment)
• E-health (applications in different disorders, methods, virtual reality, smart phones)

Internships:
20 ECTS at mental health institutions (NL or abroad)
10 ECTS internal internship (research or counseling)
Clinical Psychology
Career prospects & Internships

- Mental Health Care services (GGZ)
  - Primary care
  - Secondary care
- General Hospitals
- Prisons
- Private practice
- Health Care policy
- Psychological training and coaching
- Research
1 yr
- MSc Clinical or
- MSc Health, Neuropsych, Education

2 yr
- Healthcare Psychologist (GZ-psycholoog) licensed

4 yr
- Clinical Psychologist
- Clinical Neuropsychologist

licensed specialist
1 yr

MSc Clinical or RM Clinical & Health
(or some other MSc programs)

2 yr

Healthcare Psychologist

4 yr

Clinical Psychologist or Doctorate (PhD)
or Psychotherapist
or Clinical Neuropsychologist
• MSc Clinical or RM Clinical & Health (or some other MSc programs)

• Healthcare Psychologist

• Clinical Psychologist or Doctorate (PhD)
or Psychotherapist
or Clinical Neuropsychologist
Why Clinical Psychology at Leiden University?

• Combining skills training, theory, research skills
• Taught by (inter)nationally recognized faculty
• Faculty is mix of clinician-scientists and experimental psychologist with clinical interest
• Scientist-practitioner model
• Good connections with local mental health centers
• Recently started own treatment facility in 2018
• Cutting-edge research program
Depression  Cognition  Psychotherapy  Psychopharmacology  Clinical Trials  Schizophrenia  Anxiety  Hypnosis  Personality disorders  Psychopathy  Neuroimaging  Child Abuse  E-Health  Nutrition
Some Recent Master Theses

Critical inner voices in eating disorder patients

Low-dose and high-dose serotonin depletion

The impact of negative or positive feedback on self-image

Childhood maltreatment and attachment styles in adulthood

Memory function and psychopathology
Self-esteem, self-criticism, and inner voices in eating disorders

Bright light therapy in depression

Intergenerational transmission of childhood maltreatment

Attentional control and anxiety: EEG study

Neural correlates of autobiographical memory in Borderline patients

Treatment of adult ADHD

Treatment effectivity of new program for complex PTSD
Any questions