

Clinical Psychology

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Prof. Stress-related Psychopathology

WHY CLINICAL PSYCHOLOGY?

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June 7, 2005

The New York Times

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?...



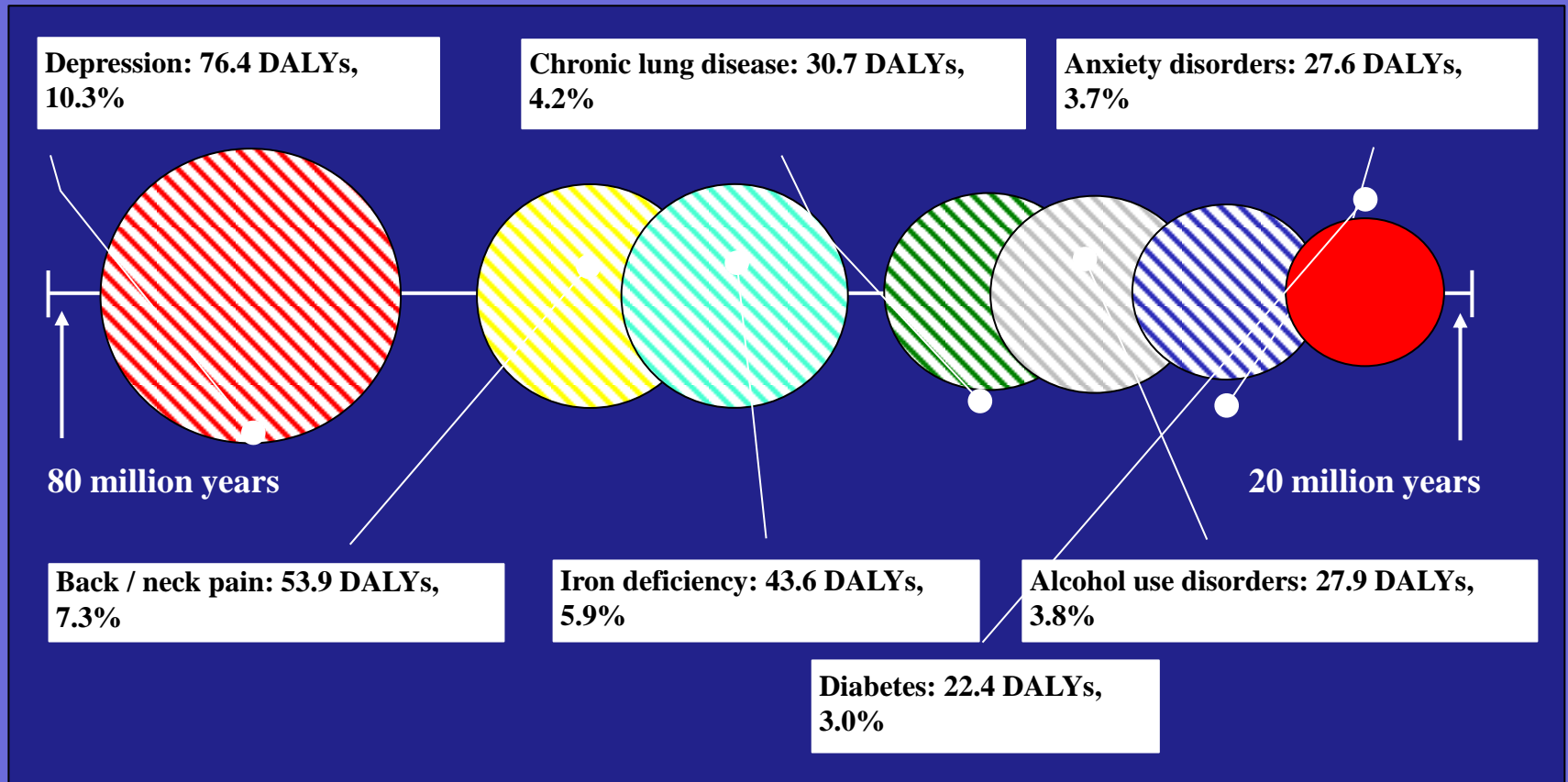
WHY CLINICAL PSYCHOLOGY?

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*



Smith K, *Nature*, 2014

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.

WORK IN PROGRESS...

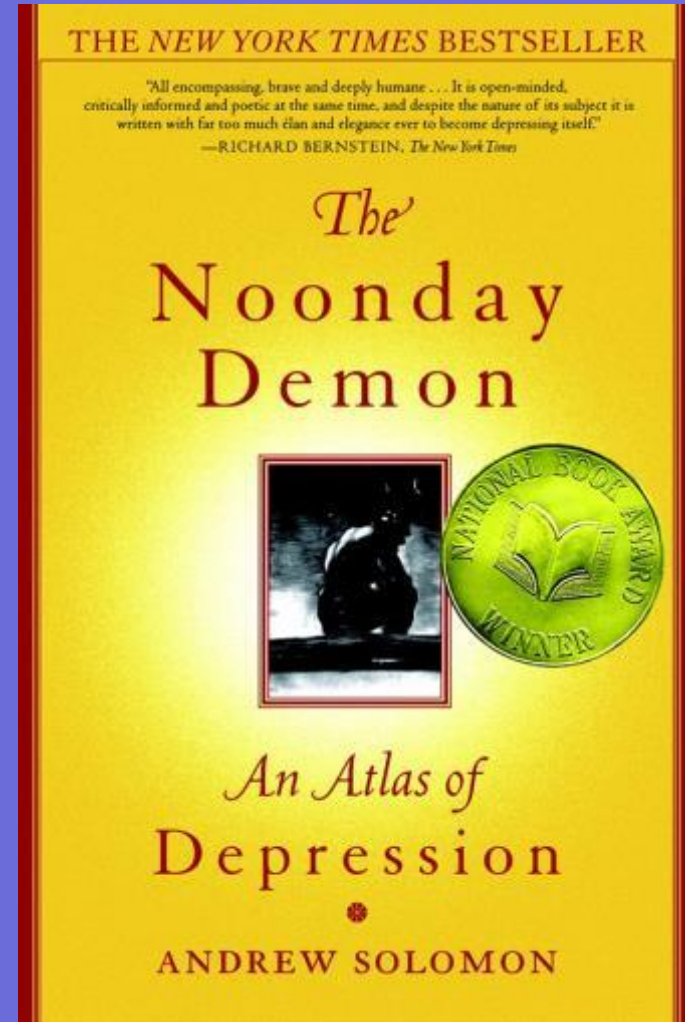
“The treatments we have for depression are appalling. They're not very effective.

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

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

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