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**

**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.
“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

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

• Healthcare Psychologist

• 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
- Start of own treatment facility in 2018
- Cutting-edge research program
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