Clinical Psychology
Willem van der Does

Antidepressant medication in NL

1997: 2.9 million prescriptions
2007: 6.2 million prescriptions 800,000 individuals
2017: 9.8 million prescriptions 1,100,000 individuals

Source: Stichting Farmaceutische Kengetallen

Last year a massive 1.871 people committed suicide in the Netherlands, the highest number in the country’s history, CBS announced.

That amounts to an average of five suicides a day.

Employees in the UK are struggling with a workplace stress epidemic, with 58% suffering with poor or below average mental wellbeing. The news comes as International Stress Awareness Week begins, highlighting the need for action from British employers.

According to Gallup’s annual Global Emotions report, nearly 40% of adults from 166 countries reported having experienced worry or stress the day before the survey was carried out.

BBC Education & Family

Rising numbers of stressed students seek help
By Sean Coughlan Education correspondent

© 30 September 2015

Workplace stress epidemic: 64% of UK employees struggling

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“I want to say that 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
Curriculum 60 ects: two options

4 Courses 20 ects
Master thesis 20 ects

Internship 20 ects
or

Internship 10 ects
+ 2 elective courses 10 ects

Clinical Psychology Course content (20 EC)

Acquiring advance knowledge and skills on:

- Clinical Interviewing and Assessment
- Basic Therapeutic Skills
- Cognitive Behavioral Interventions
- Experimental Clinical Psychology: Treatment research

Scientist-practitioner model:

- Skills training (small groups, <15 students)
- 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
- E-health

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 (GP)
  - Secondary care (Mental Health centers)
- General Hospitals
- Private practice
- Health Care policy
- Psychological training and coaching
- Research

Why at Leiden University?

- Scientist-practitioner model
- Faculty is mix of clinicians, researchers and clinician-scientists
- Leiden University Treatment and Expertise Center
- Good connections with local mental health centers
- Cutting-edge research program

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