



Clinical psychology History and Approaches: A Review

Dr. Anita Malik

Associate Professor of Psychology

Pt. NRS Govt College , Rohtak

Abstract

Clinical psychologists operate in a number of settings, including hospitals, clinics, businesses and private practise. Some specialise in dealing with mentally or physically impaired individuals, inmates, drug and alcohol addicts, or geriatric patients. In some settings, a clinical psychologist works in collaboration with a psychiatrist and a social worker and is responsible for performing team study. Clinical psychologists often assist the courts in evaluating offenders or future parolees, while others are hired by the armed forces to evaluate or treat military members.

Key words: Clinical, psychologists, behavioural, Cognitive, Humanistic etc.

Introduction to

Clinical Psychology is a wide field of psychology that focuses on the diagnosis and treatment of emotional, mental and behavioural problems. Few of the most common conditions that can be treated include learning disabilities, drug abuse, eating disorders, depression and anxiety. Clinical psychologists are meeting clients to understand problems—behavioral, mental and emotional—in their lives. The psychologist can classify any possible or current conditions by evaluations, interviews and observation. Then, along with the client, they create a treatment programme according to the needs of the client. Clinical psychology is a psychiatric discipline that offers continuous and systematic mental and behavioural health services for individuals and families; consultation with partners and communities; instruction, curriculum and supervision; and research-based practise. It is a broad-based specialty—one that is widely inclusive of serious Psychopathology—and distinguished by the comprehensiveness and application of expertise and skills from a wide variety of fields within and beyond the field of Psychology. The spectrum of clinical psychology covers all ages, numerous diversity and various structures.

Past of the



Early factors in the area of clinical psychology include the work of Austrian psychoanalyst Sigmund Freud. He was one of the first to focus on the notion that mental illness was something that could be handled by talking to the patient, and it was the implementation of his talk therapy technique that is often cited as the early scientific application of clinical psychology.

American psychologist Lightner Witmer opened his first psychiatric clinic in 1896 with a particular emphasis on assisting children with learning disabilities. It was Witmer who first introduced the word "clinical psychology" in 1907. Witmer, a former student of Wilhelm Wundt, described clinical psychology as the study of individuals, through observation or experimentation, with a view to promoting improvement."

By 1914, 26 other clinics dedicated to clinical psychology practise had been founded in the United States. Clinical psychology is now one of the most common sub-fields and the single largest area of work in the field of psychology.

• **Evolution during the World War**

Clinical psychology became more known after the First World War as clinicians showed the importance of psychological evaluation. The American Association of Clinical Psychology was founded in 1917, but it was replaced just two years later by the establishment of the American Psychological Association (APA).

During World War II, psychiatric psychologists were asked to help with what was then known as shell shock, now known as post-traumatic stress disorder (PTSD).

In the 1940s, the United States had no programmes offering a standardised degree in clinical psychology. A number of graduate training programmes have been developed by the U.S. Veterans Administration, and by 1950 more than half of all PhD degrees in Psychology have been awarded in the field of clinical psychology.

• **Changes to emphasis**

While the early focus of clinical psychology was primarily on science and research, graduate programmes started bringing additional emphasis to psychotherapy. In clinical psychology PhD programmes, this approach is now referred to as the Scientist-Practitioner or Boulder



Model. Later, a doctorate in psychology (Psy.D.) emerged, which put more emphasis on clinical practise than on study. This practice-oriented doctorate in clinical psychology is known as a traineeship or Vail model.

The profession has continued to expand enormously, and the market for clinical psychologists remains high today.

Approaches:

Clinical psychologists who work as psychotherapists also use various therapeutic methods when dealing with clients. Although some physicians concentrate on a very particular treatment outlook, many use what is referred to as a "eclectic approach which includes relying on various theoretical approaches to develop the best treatment plan for each individual person.

Some of the main theoretical perspectives within clinical psychology include:

- Psychodynamic approach: this viewpoint was born out of Freud's work; he claimed that the unconscious mind plays an important role in our actions. Psychologists who use psychoanalytic therapy can use strategies such as free association to explore the underlying, unconscious motives of the client.
- Cognitive behavioural perspective: this approach to clinical psychology has been built from behavioural and cognitive schools of thought. Social psychologists using this perspective will explore how the client's emotions, attitudes and perceptions interact. Cognitive behavioural therapy (CBT) also focuses on modifying perceptions and habits that lead to psychological distress.
- Humanistic perspective: this approach to clinical psychology derives from the work of humanistic theorists such as Abraham Maslow and Carl Rogers. This approach looks more holistically at the client and focuses on topics like self-actualization.

The role of clinical psychologists at the workplace

Some specifics of the tasks or positions that clinical psychologists pursue, the number of areas in which they work, the range of clients and the issues they concentrate on and the benefits of their work. Around 95 per cent of all clinical psychologists spend their



professional lives involved in a mix of six activities: evaluation, care, testing, teaching (including supervision), consultation and administration.

No Provision of assessment.

Clinical psychologists test patients using a range of approaches to obtain knowledge about individuals. This information can be used to diagnose troublesome behaviour, to direct the client towards an ideal career option, to encourage the selection of work applicants, to define the personality traits of the client, to choose treatment strategies, to guide legal decisions on the commitment of individuals to organisations, to provide a more comprehensive image of the client's problem, to screen.

No Provision of Care.

Clinical psychologists are providing therapies intended to help people better understand and overcome distressing psychological issues. These treatments are referred to as psychotherapy, behavioural modification, psychological treatment, or other words, depending on the theoretical nature of the clinician.

Right to conduct research.

Clinical psychologists are research-oriented by preparation and tradition. For much of the first half of its history, the field was strongly dominated by research rather than application. While this balance has shifted, research continues to play a critical role in clinical psychology. Examples of their research activities include the creation and standardisation of clinical tools for diagnostic evaluation tests and the review of their reliability and validity, the adaptation and testing of the effectiveness of both psychological and biological measures to facilitate and resolve disorders, and the identification of cultural and cross-cultural dimensions of psychological abnormality.

Provision of teaching

Most of the time spent by many clinical psychologists is spent on educational programmes. Clinicians holding full-or part-time academic positions typically teach undergraduate and graduate courses in fields such as personality, pathological psychology, introductory clinical psychology, psychotherapy, behavioural change, interviewing, psychological testing, study



design, and clinical evaluation. Clinical psychologists also teach a great deal in the sense of on-the-job training of psychological, medical, or other interns, social workers, nurses, institutional assistants, ministers, police officers, teachers, managers, and several other groups whose professional skills may be improved by increased psychological maturity.

Pleasant Consultation

Clinical psychologists also give guidance to organisations on a number of topics. These practises, known as consultation, incorporate elements of research, evaluation, care and teaching. Organizations that benefit from consultants' expertise vary in size and scope from one-person medical or legal practise to major government organisations and multinational companies.

Appropriate administration

Most professional psychologists are involved in overseeing or managing the day-to-day activities of organisations. Examples of managerial positions held by clinical psychologists include the Head of the Department of Psychology at the College or University, Director of the Graduate Training Program in Clinical Psychology.

Conclusion

Although clinical psychology has its early origins in the Hellenistic thinkers and some psychological mechanisms, evaluations, techniques and theories still need further study, clinical psychologists and researchers today use the empirical method to analyse psychological concepts and theories. Numerous prior hypotheses spanning a number of psychological areas are part and parcel of clinical psychology. Clinical psychology, however would not work if it were not for the essential position of objective study and statistical validity. Clinical psychology must by definition, evolve whenever psychological studies and statistics demonstrate the potential for more efficient methods of evaluation, diagnosis and care to support clients. Clinical psychologists must continually re-evaluate their approaches and refresh their skills in order to stay up-to-date and offer the highest level of service, discarding older, inefficient methods in favour of better alternatives. Current awareness covers epidemiology, socio-cultural developments, technical advances, genetics, neurochemistry, and holistic theories of mind/body. Although most clinical psychologists are



qualified for doctorate and licensure, there are several other fields of clinical psychological practise that do not.

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