

## **İstanbul Şehir University Graduate Program in Clinical Psychology Course Descriptions**

### **PSY 501 Research Methods and Statistics**

This seminar aims at providing a background in theoretical and application skills in research methods and statistical analyses commonly used in the field of clinical psychology. The statistical analysis discussed throughout the seminar include: one-way and factorial designs, within-subject and between-subject designs, basic concepts of sampling and distribution, and identifying the most suitable research methodology for a given theory or model in psychology. Through the applications demonstrated in the course, the students will learn the necessary steps involved in planning a research study and will develop skills to critically evaluate research reports from a methodological perspective. At the end of the semester, students will be able to conduct systematic literature reviews, identify the appropriate research design for their hypotheses and theoretical framework, choose a representative sample, test reliability and validity of measures, and analyze data in one-way and factorial designs (such as z-test, t-test, ANOVA, and regression).

**Credits: (2+1) 3; ECTS: 8**

### **PSY 502 Ethics in Clinical Psychology**

This course covers main topics in ethics for psychologists who work as instructors and researchers in academic institutions and clinical psychologists in clinical settings. This course encourages the students to function within ethical boundaries as they comply with their professional standards. Completion of this course allows the students to acquire concepts in ethics, integrate ethical principles to practice in clinical psychology, learn Turkish Psychologists Association Ethics Code, learn about international ethics codes, learn about decision making process within an ethical framework, learn frequently encountered ethical conflicts, and to learn the procedure to follow when one encounters ethical conflicts or violations. Case studies will cover ethical conflicts and procedures to follow.

**Credits: (3+0) 3; ECTS: 8**

### **PSY 508 Clinical Interventions for Trauma**

This course is designed to examine trauma-related disorders and models. The course consists of two parts. In the first part, some conceptual and theoretical issues such as the historical changes in the definition of psychological trauma, the periods during which the studies of trauma became prevalent, trauma-related psychopathology (e.g., post traumatic stress disorder, complex trauma, major depression etc.), and models explaining these disorders will be examined. Furthermore, some specific issues such as childhood abuse, neglect, incest, domestic violence, and war and migration trauma will also be discussed. In the second part, which is the applied part of the course, some clinical application techniques will be introduced. For example, a trauma therapy based on cognitive behavioral model will be conducted in the form of a group therapy. Students will perform this trauma-focused group therapy (14 sessions). Then, they will present each session in teams of 2 persons. In addition, prolonged exposure technique and progressive muscle relaxation technique, which are among the most commonly used methods, will also be introduced during the course.

**Credits: (3+0) 3; ECTS: 8**

### **PSY 511 Advanced Adult Psychopathology**

This course examines abnormal behavior from a historical perspective. Adult mental disorders will be presented within the DSM 5 diagnostic classification system. Each disorder will be discussed in terms of their etiology, symptoms, and treatment modalities. These discussions will be based on the most recent research findings. Disorders of interest will be examined through case studies that focus on differential diagnosis, and students will have the opportunity to improve their skills in diagnosing these disorders using the DSM 5. Each student is expected to prepare a presentation on an article about the DSM 5 diagnosis and a case study about a mental disorder. In addition, students will also

have the opportunity to broaden their knowledge about research methods used in clinical psychology, such as randomized controlled studies and metaanalysis studies.

**Credits: (3+0) 3; ECTS: 8**

### **PSY 512 Child and Adolescence Psychopathology**

This course examines abnormal behavior from a historical perspective. Child and adolescence mental disorders will be presented within the DSM 5 diagnostic classification system. Each disorder will be discussed in terms of their etiology, symptoms, and treatment modalities. These discussions will be based on the most recent research findings. Disorders of interest will be examined through case studies that focus on differential diagnosis, and students will have the opportunity to improve their skills in diagnosing these disorders using the DSM 5. Each student is expected to prepare a presentation on an article about the DSM 5 diagnosis and a case study about a mental disorder. In addition, students will also have the opportunity to broaden their knowledge about research methods used in clinical psychology, such as randomized controlled studies and metaanalysis studies.

**Credits: (3+0) 3; ECTS: 8**

### **PSY 521 Evaluation in Clinical Psychology**

In this course students have an introduction to psychological tests and their appropriate uses for various psychological conditions. Students will learn test administration attitudes and to interpret test-taking attitudes. This course allows students to learn how to administer, code, interpret, and report the MMPI under supervision. This course covers validity and clinical scales of the MMPI. Upon completion of this course, students will be able to compare different combinations validity and clinical subscales of the MMPI and write comprehensive reports.

**Credits: (2+1) 3; ECTS: 8**

### **PSY 533 Diagnostic Interview Techniques-I**

This course aims to provide students with theoretical knowledge about diagnosis, assessment, treatment planning, and guidance processes. It also aims to provide them with the opportunity to improve their skills in interview techniques and, through a role playing that is based on the first interview, transform these skills into a report involving a diagnostic assessment. Students are expected to learn preliminary interview techniques and to attend the related role playing practices. At the end of the course, they will be able to compare the questioning techniques specific to psychopathology. They will also learn how to form an effective communication with the client. In addition, using the theoretical knowledge they have gained, they will also be able to formulate the process of a preliminary interview and write a report including the client's clinical chart and treatment recommendations for him or her.

**Credits: (2+1) 3; ECTS: 8**

### **PSY 534 Diagnostic Interview Techniques-II**

This course is a continuation of PSY 533 Diagnostic Interview Techniques-I and, similarly, it aims to provide students with theoretical knowledge about diagnosis, assessment, treatment planning, and guidance processes. It also aims to provide them with the opportunity to improve their skills in interview techniques and, through a role playing that is based on the first interview, transform these skills into a report involving a diagnostic assessment. Students are expected to attend the related role playing practices. At the end of the course, they will be able to compare the questioning techniques specific to psychopathology. They will also learn how to form an effective communication with the client. In addition, using the theoretical knowledge they have gained, they will also be able to formulate the process of a preliminary interview and write a report including the client's clinical chart and treatment recommendations for him or her.

**Credits: (1+2) 2; ECTS: 8**

### **PSY 540 Theories in Psychotherapy**

This course will focus on and examine the theories, applications, and studies in psychotherapy. Specifically, the historical background, basic theoretical hypotheses, concepts, and application methods of different psychotherapy approaches will be examined. The aim of the course is to provide students with a basic background in psychotherapy and introduce them to the current debates in the literature. The outputs of the course include: examining the historical and conceptual background of basic psychotherapy approaches, understanding the concepts and applications of basic psychotherapy approaches and establish a foundation about the current literature on evidence-based approaches. Finally, students will discuss the clinical applications of psychotherapy approaches on different psychological problems.

**Credits: (3+0) 3; ECTS: 8**

#### **PSY 542 Cognitive Behavioral Therapy**

This course is designed to give the students an overall understanding about the cognitive behavioral therapy approach, which has been increasingly used in recent years to treat certain behavioral disorders. During the course, the most recent theoretical discussions of this approach will be covered, and the related technical knowledge and practical skills will be presented.

**Credits: (2+1) 3; ECTS: 8**

#### **PSY 544 Dialectical Behavioral Therapy**

This course will examine the historical background, basic theoretical hypotheses, concepts, and application methods of Dialectical Behavioral Therapy (DBT) approach. The aim of the course is to provide students with a basic background in DBT and introduce them to the current debates in the literature. In addition, students will also have the opportunity to discuss the application methods in DBT through some case studies. The outputs of the course include examining the historical and conceptual background of Dialectical Behavioral Therapy, understanding the concepts and applications of Dialectical Behavioral Therapy, and acquiring detailed knowledge about the current Dialectical Behavioral Therapy literature. Finally, students will discuss the clinical applications of the Dialectical Behavioral Therapy approach on different psychological problems.

**Credits: (2+1) 3; ECTS: 8**

#### **PSY 546 Schema Therapy**

The aim of this course is to provide students with a theoretical and practical background in the Schema Therapy Model (STM). Based on STM, students will have the opportunity to improve their skills and knowledge in clinical assessment, cognitive and experiential behavior modification techniques, therapeutic relationship, and STM's models and practices about Cluster B and C disorders. In addition, they will also gain knowledge about studies conducted within the framework of STM.

**Credits: (2+1) 3; ECTS: 8**

#### **PSY 560 Mindfulness Based Psychotherapy Approaches**

This course aims to present a theoretical and applied foundation in psychotherapy approaches that use Mindfulness based techniques. Specifically, students will acquire competencies in Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive therapy (MBCT). Students will lead activities during an 8-week applied course of MBSR and they will develop competencies in using these techniques in individual and group therapy.

**Credits: (2+1) 3; ECTS: 8**

#### **PSY 568 Psychotherapy Research and Practice in Schema Therapy**

Based on basic studies conducted in the context of psychotherapy research, this course aims to provide students with a framework for understanding the effectiveness and process studies in the field of schema therapy. It also aims to introduce the basic schema therapy applications. In parallel with these aims, students will first improve their theoretical background in psychotherapy research.

In this regard, they will gain knowledge about such concepts as the therapeutic alliance and ruptures in the therapeutic alliance, which are the most basic processes of change for all psychotherapy approaches. In the practical sessions of the course, students will have the opportunity to develop their skills in using therapeutic relationship as a method in schema therapy, which is, in fact, a relational psychotherapy approach. Finally, they will also develop their skills in the other basic schema therapy applications.

**Credits: (2+1) 3; ECTS: 8**

## **SECOND YEAR**

### **PSY 571 Psychotherapy Supervision-I**

This applied course aims the students to develop basic skills in clinical formulation, treatment planning, administration of interview techniques, and evaluation of the effectiveness of the therapy through group supervision. During the supervision, students are expected to follow some case studies with the respective therapy approach.

**Credits: (0+3) 2; ECTS: 10**

### **PSY 572 Psychotherapy Supervision-II**

This applied course aims the students to develop basic skills in clinical formulation, treatment planning, administration of interview techniques, and evaluation of the effectiveness of the therapy through group supervision. During the supervision, students are expected to follow some case studies with the respective therapy approach.

**Credits: (0+3) 2; ECTS: 10**

### **PSY 573 Psychotherapy Supervision-III**

This applied course aims the students to develop basic skills in clinical formulation, treatment planning, administration of interview techniques, and evaluation of the effectiveness of the therapy through group supervision. During the supervision, students are expected to follow some case studies with the respective therapy approach.

**Credits: (0+3) 2; ECTS: 10**

### **PSY 574 Psychotherapy Supervision-IV**

This applied course aims the students to develop basic skills in clinical formulation, treatment planning, administration of interview techniques, and evaluation of the effectiveness of the therapy through group supervision. During the supervision, students are expected to follow some case studies with the respective therapy approach.

**Credits: (0+3) 2; ECTS: 10**

### **PSY 575 Psychotherapy Supervision-V**

This applied course aims the students to develop basic skills in clinical formulation, treatment planning, administration of interview techniques, and evaluation of the effectiveness of the therapy through group supervision. During the supervision, students are expected to follow some case studies with the respective therapy approach.

**Credits: (0+3) 2; ECTS: 10**

### **PSY 576 Psychotherapy Supervision-VI**

This applied course aims the students to develop basic skills in clinical formulation, treatment planning, administration of interview techniques, and evaluation of the effectiveness of the therapy through group supervision. During the supervision, students are expected to follow some case studies with the respective therapy approach.

**Credits: (0+3) 2; ECTS: 10**

**PSY 577 Psychotherapy Supervision-VII**

This applied course aims the students to develop basic skills in clinical formulation, treatment planning, administration of interview techniques, and evaluation of the effectiveness of the therapy through group supervision. During the supervision, students are expected to follow some case studies with the respective therapy approach.

**Credits: (0+3) 2; ECTS: 10**

**PSY 578 Psychotherapy Supervision-VIII**

This applied course aims the students to develop basic skills in clinical formulation, treatment planning, administration of interview techniques, and evaluation of the effectiveness of the therapy through group supervision. During the supervision, students are expected to follow some case studies with the respective therapy approach.

**Credits: (0+3) 2; ECTS: 10**

**PSY 595 Clinical Internship-I**

The primary objective of this internship is to provide an opportunity for students to practice the skills that they have acquired during the pre-interview and assessment courses in a clinical environment and under the supervision of professionals.

**Credits: (0+5) 0; ECTS: 15**

**PSY 596 Clinical Internship-II**

The primary objective of this internship is to provide an opportunity for students to practice the skills that they have acquired during the pre-interview and assessment courses.

**Credits: (0+5) 0; ECTS: 15**

**PSY 590 Graduate Seminar**

This seminar aims the students to develop basic skills their skills in writing a thesis proposal (e.g.literature review, research design and presentation) under the supervision of their thesis advisor clinical environment and under the supervision of professionals.

**Credits: (1+0) 0; ECTS: 4**

**PSY 599 MA Thesis**

This course requires the successful completion of the thesis study of a research project including theoretical knowledge and practice in the field of clinical psychology.

**Credits: (0+0) 0; ECTS: 60**

**NON-THESIS PROGRAM****PSY 591 Graduation Project**

This project aims the students to develop academic writing skills. As a requirement of this project, students are expected to conduct a study in the field of clinical psychology and report this study in the form of a research paper.

**Credits: (0+0) 0; ECTS: 30**