



### A brief Course Description

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|-------------------------------|--|------------------------|--------------------|
| <b>Course Name</b>            | Psychological therapies 3: Evidence based therapies  |                        |                    |
| <b>Course Code</b>            | CPY 421  |                        |                    |
| <b>College</b>                | Health and Rehabilitation Sciences   |                        |                    |
| <b>Department/ Program</b>    | Health Sciences department/ Clinical Psychology  |                        |                    |
| <b>Year / Level:</b>          | 8 <sup>th</sup> Level/4 <sup>th</sup> year   |                        |                    |
| <b>Credit Hours</b>           | 3(2,1,0)   |                        |                    |
| <b>Contact Hours</b>          | <b>Lecture: 2</b>  | <b>Lab/Tutorial: 2</b> | <b>Training: 0</b> |
| <b>Language</b>               | English  |                        |                    |
| <b>Track</b>                  | Program Requirement  |                        |                    |
| <b>Pre-requisites Course:</b> | NA   |                        |                    |
| <b>Co-Requests:</b>           | None   |                        |                    |
| <b>Course Objectives:</b>     | <p>This course will introduce that What is the Evidence-based treatment (EBT)? Why is it important to about? How to adjust EBT to take into account therapist expertise, client preferences, and multicultural diversity. Moreover, it will address Individual Psychotherapies and techniques of Psychotherapy including Psychoanalysis: Freudian, Neo and Post Freudian therapies; Behavior Modification ; Desensitizing; Applied behavior analysis (ABA); Multimodal Behavior Therapy (Arnold A. Lazarus); Client Centered therapy (Carl Rogers); Existentialist therapy ; Multimodal therapy; Reality Therapy (William Glasser); Family therapy; ; Gestalt therapy. It will also capture Group therapies including Couple/Marital therapy, Psychodrama.</p> |                        |                    |



### A brief Course Description

|                               |  |                        |                    |
|-------------------------------|--|------------------------|--------------------|
| <b>Course Name</b>            | <b>Psychological wellbeing of Community</b>  |                        |                    |
| <b>Course Code</b>            | CPY422   |                        |                    |
| <b>College</b>                | Health and Rehabilitation Sciences   |                        |                    |
| <b>Department/ Program</b>    | Health Sciences department \ Clinical Psychology Program   |                        |                    |
| <b>Year / Level:</b>          | 4th year, 8th level  |                        |                    |
| <b>Credit Hours</b>           | 4(2+1+1)   |                        |                    |
| <b>Contact Hours</b>          | <b>Lecture: 2</b>  | <b>Lab/Tutorial: 2</b> | <b>Training: 4</b> |
| <b>Language</b>               | English  |                        |                    |
| <b>Track</b>                  | Department Requirement   |                        |                    |
| <b>Pre-requisites Course:</b> | None   |                        |                    |
| <b>Co-Requests:</b>           | None   |                        |                    |
| <b>Course Objectives:</b>     | <ul style="list-style-type: none"> <li>- This course covers the topics of the effects of societal, cultural, and environmental influences on the development of social problems and psychological well-being of community.</li> <li>- This course will familiarize students with innovative programs and practices geared toward prevention of mental health problems, and the promotion of wellbeing of community. It will help students to gain insight into the practice of early detection and early treatment of psychological symptoms and associated problems (e.g., addressing the institutional marginalization and disempowerment that drives local and global community issues).</li> </ul> |                        |                    |



### A brief Course Description

|                               |   |                 |             |
|-------------------------------|---|-----------------|-------------|
| <b>Course Name</b>            | Psycho-diagnosis  |                 |             |
| <b>Course Code</b>            | CPY 423   |                 |             |
| <b>College</b>                | College of Health and Rehabilitation Sciences   |                 |             |
| <b>Department/ Program</b>    | Health Sciences Department/ Clinical Psychology Program   |                 |             |
| <b>Year / Level:</b>          | 8 <sup>th</sup> Level /4 <sup>th</sup> Year   |                 |             |
| <b>Credit Hours</b>           | 4 (2, 1, 1)   |                 |             |
| <b>Contact Hours</b>          | Lecture: 2  | Lab/Tutorial: 2 | Training: 4 |
| <b>Language</b>               | English   |                 |             |
| <b>Track (Select)</b>         | Department Requirement  |                 |             |
| <b>Pre-requisites Course:</b> | NA  |                 |             |
| <b>Co-Requests:</b>           | NA  |                 |             |
| <b>Course Objectives:</b>     | <p>This course contains introduction to all psychological disorders. Most prevalent disorder will be taught in detail e.g., Anxiety Disorder, Depression, Schizophrenia. Diagnostic criteria, symptoms, differential diagnosis, prevalence, will be discussed for Anxiety Disorders, Somatoform and Dissociative Disorders, Schizophrenia, Mood disorders, Eating disorders, Impulse control disorders, Adjustment disorders, Mental Retardation, Personality disorders, Substance-Related Disorders, Developmental disorder evident in childhood and infancy. Moreover, it will review that how to use the DSM and what is the differences between DSM-IV and DSM-5. Short introduction to ICD 11 will also be provided. Then students practice the diagnostic skills required to diagnose patients. In addition to, addressing differential diagnosis and associated disorders of the primary diagnoses in the multi-axial system, dimensions, diagnostic tools, clinical interviewing, treatment modalities, dual diagnosis, multi-cultural consideration.</p> |                 |             |



Recognize the etiology and symptomatologic presentation of the most common psychiatric disorders.

After completing this course student will be able to:

- Understand how psychiatric manuals such as DSM-V and ICD11 are used and applied in practice.
- Recognize the main differences between DSM-IV and the latest version DSM-V.
- Demonstrate ability to practice diagnostic skills for the formulation of diagnosis questions.
- Recognize clinical importance of differential diagnosis, dual diagnosis, and co-morbidity.
- Understand the importance of cross-cultural issues, culturally specific psychological disorders and the role of transcultural psychiatry in symptom presentation for psychiatric diagnosis.
- Understand the medical model underlying psychiatric diagnosis and its relationship to treatment and intervention protocols and care pathways.
- Demonstrate the value of diagnostic tools and clinical interviewing.



### A brief Course Description

|                               |   |                        |                    |
|-------------------------------|---|------------------------|--------------------|
| <b>Course Name</b>            | Medical Psychology and Rehabilitation   |                        |                    |
| <b>Course Code</b>            | CPY 424   |                        |                    |
| <b>College</b>                | Health and Rehabilitation Sciences  |                        |                    |
| <b>Department/ Program</b>    | Health Sciences department/ Clinical Psychology   |                        |                    |
| <b>Year / Level:</b>          | Level 8/ 4 <sup>th</sup> Year   |                        |                    |
| <b>Credit Hours</b>           | 4(2,1,1)  |                        |                    |
| <b>Contact Hours</b>          | <b>Lecture: 2</b>   | <b>Lab/Tutorial: 2</b> | <b>Training: 4</b> |
| <b>Language</b>               | English   |                        |                    |
| <b>Track</b>                  | Program Requirement   |                        |                    |
| <b>Pre-requisites Course:</b> | NA  |                        |                    |
| <b>Co-Requests:</b>           | NA  |                        |                    |
| <b>Course Objectives:</b>     | <p>The current course deals with familiarity with the concept of medical psychology and rehabilitation psychology. Further it includes the topics - Physical rehabilitation, Cognitive Rehabilitation, Addictions Severe and Enduring Mental Health Disorders .The other topics that students will become familiar is related to Quality of life indices; measurement, outcome expectations, long term outcome, Psychological approaches in Physical Rehabilitation, Cognitive Impairment and Cognitive Retraining, Closed Head Injury and traumatic injury, Chronic and progressive conditions e.g. epilepsy, multiple sclerosis, Parkinson's disease. Students will also cover the topic related to Addictions, Psychological models and therapeutic intervention, Prochaska and DiClement, Stages of Change and Motivational Interviewing.</p> |                        |                    |



### A brief Course Description

|                               |   |                 |             |
|-------------------------------|---|-----------------|-------------|
| <b>Course Name</b>            | Research Project  |                 |             |
| <b>Course Code</b>            | CPY 425   |                 |             |
| <b>College</b>                | College of Health and Rehabilitation Sciences   |                 |             |
| <b>Department/ Program</b>    | Health Sciences Department/ Clinical Psychology Program   |                 |             |
| <b>Year / Level:</b>          | 8 <sup>th</sup> Level /4 <sup>th</sup> Year   |                 |             |
| <b>Credit Hours</b>           | 3 (1, 1, 1)   |                 |             |
| <b>Contact Hours</b>          | Lecture: 1  | Lab/Tutorial: 2 | Training: 4 |
| <b>Language</b>               | English   |                 |             |
| <b>Track (Select)</b>         | Department Requirement  |                 |             |
| <b>Pre-requisites Course:</b> | Research Methodology in Clinical Psychology (CPY 415)   |                 |             |
| <b>Co-Requests:</b>           | NA  |                 |             |
| <b>Course Objectives:</b>     | During this course, students perform and report on scientific research, guided by a supervisor. Students will have chosen their own topic and research method during the course 'Research Methodology in Clinical Psychology' (CPY 415). The research has to be completed within 14 weeks and the report needs to be completed in 14 weeks. |                 |             |