

CLINICAL PSYCHOLOGY EC-1
M.A SEMESTER 4
TOPIC: PROFESSIONAL ACTIVITIES IN CLINICAL PSYCHOLOGY

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PROFESSIONAL ACTIVITIES IN CLINICAL PSYCHOLOGY:

(a) Diagnosis/Assessment- Clinical psychologists use psychological tests and procedures to assess or diagnose various psychiatric (e.g., depression, psychosis, personality disorders, dementia) as well as non-psychiatric issues (e.g., relationship conflicts, learning differences, educational potential, career interests, and skills). There are numerous components to psychological assessment, including cognitive, personality, behavioral, neuropsychological, and observational measures. Assessment, whether through observation, testing, or interviewing, is a way of gathering information so that an important question can be answered or so that a problem can be solved. It has long been a critical part of the clinical psychologist's role.



(b) Teaching- Clinical psychologists teach in a variety of settings. They can serve as Professors in colleges and universities. These professionals teach undergraduates and postgraduate students. Other psychologists might teach on a part-time basis at local colleges and universities as adjunct professors or lecturers. They can teach courses in advanced Psychopathology, Psychological testing, Interviewing, Intervention, Personality theory, Developmental Psychology, Introductory Psychology, Personality, Abnormal Psychology, Introduction to Clinical Psychology,

Teaching may also occur in hospitals, clinics, or business environments. Clinical Psychologists might also teach in a workshop. A Clinical Psychologist can teach other professionals such as doctors or managers about how to better maintain professional boundaries. As in psychological treatment facilities, there are numerous examples and opportunities for psychologists to teach in a wide variety of professional settings.



(c) **Research-** Clinical psychologists often conduct and publish a wide variety of research studies. Research programs help to determine which assessment or treatment approach might be most effective for a particular clinical problem such as depression, anxiety, eating disorders, or substance abuse problems. Researches may help identify those at risk for the development of certain psychological problems. The scientist practitioner model suggests that clinical work is enhanced by knowledge of scientific methods, and research is improved by exposure to clinical practice. Clinical psychologists have the ability to consume and to produce new knowledge because they are trained in therapy and assessment.



(d) Therapy/Intervention- Psychological interventions address a tremendous range of human problems through a diversity of approaches. Psychotherapy involves individuals, couples, families, and groups, and addresses an endless array of target problems. Clinical Psychologists use these therapy techniques to treat the patients.

(e) Clinical Supervision- It is another form of teaching. Whether in university, internship, or general clinical settings, clinical psychologists often spend significant portions of their time supervising students, interns, and others. It is important for becoming Clinicians to see clients and then discussing their cases with a more experienced supervisor.



(f) Administration- Clinical Psychologists work in administration also. Those who work for agencies or institutions, serve on several committees: personnel, research, patient rights etc. They can hold positions like- Head of a university Psychology department, Director of a clinic, Vice President of a consulting firm, Director of the clinical training program, Director of the Psychological clinic in a chief Psychologist in a state hospital, and director of a regional crisis center. In administration, these Psychologists generally manage a budget, lead a multidisciplinary professional and support staff, make hiring and firing decisions, and develop policies and procedures for clinical or research operations.



(g) Consultation- Clinical psychologists provide consultation to health care professionals, business persons, schools, lawmakers, organizations, and even to other mental health professionals. Consultation might involve an informal discussion, a brief report, or a more ongoing and formal consultation arrangement. Clinical psychologists offer valuable consultation services within the legal system as well. Consultation might also include assessment, teaching, research, and brief psychotherapy activities.

