



Clinical Psychology as a Science: An Introduction

Resource Person: Nidhi Singh

Assistant Professor & Clinical Psychologist

Department of Psychology

Magadh Mahila College, Patna University

Approaches to know and explain our world



- **Method of Tenacity:** Commonsense (e.g. Earth is fixed)
- **Method of Authority:** Generalizations accepted as true if said by someone in a position of spiritual or political power (e.g. Remember what happened with Copernicus, Galileo, Newton etc. first)
- **A Priori method:** Use of one's own individual powers of pure reason and logic to know (e.g. Philosophy), limited to individual experiences
- If A says X and B says Y about the same thing then issue of who is right here??
- **Scientific Method:** empirical enquiry, systematic observation



Science and its role

- Systematic, organized, controlled and repeatable observation of events and behaviours
- To know, understand, explain, predict, control and manipulate events or behaviours
- Answers What, Why, When, How of events and behaviours systematically

Helps in :

- Description: Events and their relationships are defined, classified, catalogued or categorized for generalisation and formulation of universal laws
- Prediction: of Future behaviour
- Understanding: Causes of phenomenon identified using covariation of events, time order relationship and elimination of plausible alternative causes



Role of Science in nutshell

- To know, understand, explain, predict, control and manipulate events or behaviours
- Answers What, Why, When, How of events and behaviours systematically



Clinical Psychology

- Division 12 of APA
- Integrates science, theory, and practice
- To understand, predict and alleviate maladjustment, disability and discomfort
- To promote human adaptation, adjustment and personal development
- Focuses at intellectual, emotional, social, biological, psychological, behavioural aspects of human functioning across life span, in varying cultures and at all socio-economic levels



- Why emphasis on **SCIENCE**: determinism & empiricism
- **Hypothetical constructs**
- Emphasis on **maladjustment**
- Emphasis on **individual: Nomothetic & ideographic**
- Emphasis on **helping**



Different Roles of Clinical Psychologists

- Research
- Teaching
- Assessment
- Psychotherapy
- Consultation
- Administration



Different from related professions

- Psychiatry
- Counseling Psychology
- School Psychology
- Social Work
- Other related professions (MFCC/LMHC etc.)



Training models

- Scientist-practitioner model/ Boulder model (1949)
- Scholar-practitioner model



Thank you....