

## Clinical Psychology - Better than a Sharp Stone in the Head II

Psych 454 - Clinical Psychology  
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## Beginnings of Clinical Psychology

- Lightner Witmer (1867-1956): “founder” of clinical psychology.
  - First Psychological Clinic at University of Pennsylvania 1896.
  - July 9, 1903: First “cure”
    - Date of last session for “Charles Gilman” who was treated by Witmer at UPenn for a reading disorder since March 1896.
  - Diagnostic Evaluation, Multidisciplinary Team, Empirically-based interventions, Preventive Care

## Witmer and the APA

- Witmer presents his ideas & techniques to the American Psychological Association.
- “Not very well received.”
  - Psychology grew out of philosophy.
  - We should be studying how “all” people behave, not how a few people “misbehave.”
- Beginning of stress between academics and clinicians.

## Origins of Psychological Testing - France

- Alfred Binet (1857-1911) 
  - First French Psychology Laboratory
  - French government asked Binet to develop a way of providing educational services to mentally-disabled children.
  - Binet and Theodore Simon developed the first intelligence test in 1908
  - Lewis Terman of Stanford revised the test and called it the Stanford-Binet in 1916.
    - “Grandfather” of the Stanford-Binet Intelligence Scale, 4th Edition.

## Freud

- Sigmund Freud (1856 - 1939)
  - Viennese physician in Victorian Europe
  - Influence of anti-Semitism
  - “shocking” ideas
    - child sexuality
    - indulgence
- No real impact in the field of American clinical psychology until 1909
  - Clark University Psychology Conference
  - Invited to speak about his *theories*, not his practice.

## Growth of American Clinical Psychology

- Witmer’s clinic 1890’s - early 1900’s
- Freud’s visit in 1909
- UPenn offering clinical psychology courses in 1904
- Journal of Abnormal Psychology first published in 1906
- Clinical Psychologists become “fed up” with the APA and leave in 1917.
  - AACP leaves APA in 1917, rejoins in 1919.

## Origins of Psychological Testing - USA

- WAR!
  - 1917: US needs ways of assigning men to different training units in the US Armed Forces.
    - Who would make the best officers?
    - Who would make the best cooks?
    - Who would make the best infantry?
  - Goddard, Terman, & Whipple develop Army Intelligence tests
    - Army Alpha: verbal test
    - Army Beta: nonverbal test
    - Group administered to large numbers of people

## Origins of Psychological Testing - USA

- After World War I, psychologists were “testers.”
- Testing development boom.
  - Rorschach, Miller Analogies, Draw-A-Man
  - Sentence Completion, Wechsler-Bellevue
- Cattell founds the Psychological Corporation (PsyCorp) in 1921.
- Clinicians, still frustrated about their lack of representation in the APA, form American Association of Applied Psychology in 1937; rejoin in 1945.

## Psychology in the USA after WWII

- Army Alpha and Army Beta evolve into the Army General Classification Tests for World War II
- Personality Assessment takes a new focus
  - brief versions of the Rorschach and TAT
  - MMPI: the first *objective* personality measure
- Wechsler-Bellevue evolves into the Wechsler Intelligence Scale for Children (WISC)

## Psychology in the USA after WWII

- Following WWII, large number of veterans hospitalized for psychiatric reasons in VA hospitals.
- Too many patients, not enough clinicians.
- VA sets up training programs, become major training area for clinical psychologists through the 1970's.
- NIMH also develops training programs for clinical psychologists remains major source of funding to this day for training.

## Following Freud...

- According to Freud, behavior was explained solely by internal factors.
- Behavioral approach (1950's - 1960's)
  - John Watson, Edward Thorndike, Clark Hull
  - John Dollard, Neal Miller, B.F. Skinner
  - What internal factors?
- Cognitive-Behavioral approach (1970's)
  - Albert Ellis, Aaron Beck, Donald Meichenbaum
  - Albert Bandura
  - We have a mind, you know.

## Following Freud...

- Humanist Approach (1950's - 1970's)
  - Abraham Maslow, Carl Rogers
  - Fritz Perls, Victor Frankl
  - Inner strivings are *good*; we are more than just responders to stimuli.
- Family Systems Approach (1950's - 1970's)
  - Gregory Bateson, Jay Haley, John Weakland, Don Jackson
  - Salvador Minuchin
  - Maria Selvini-Palazoli & The Milan Group
  - Carl Whittaker, Virginia Satir
  - Health (and psychopathology) is in the system.

## Following Freud...

- (Psychotropic) Medication
  - Electroconvulsive therapy, insulin shock therapy, opium, bromides were widely used before the 1950's with limited success.
  - Lithium salts were found to lower anxiety in the 1950's (first by guinea pigs).
  - Later given to schizophrenics, but biggest advance was found in the neuroleptics:
    - Thorazine and Haldol
    - Not without side-effects
  - Enabled people to leave psychiatric hospitals.
- Rise of the community mental health movement (1963 - 1980's; R.I.Pieces)

## Modern Approaches

- Integrative Approaches
  - “Scientific Eclecticism”
  - Rather than look for differences among approaches, what are the similarities?
  - Many research programs focused on these issues:
    - What is the “critical ingredient” in psychotherapy?
    - Does psychotherapy work?

## Modern Approaches

- The Biopsychosocial Approach
  - Common in medical schools
  - Psychopathology is rooted in
    - Biology
    - Psychology
    - Social
  - elements.