

Specialization

Psych 454 - Clinical Psychology
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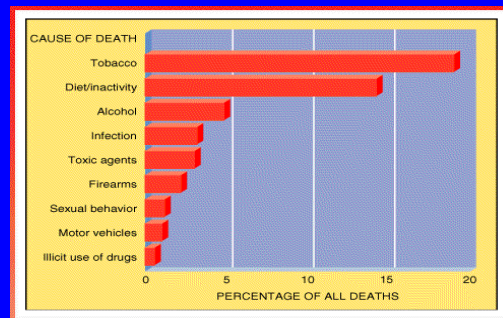
Specialization in Clinical Psychology

- Generalists -> Specialists
 - Medicine
 - Clinical Psychology
- Popular areas of specialization for Clinical Psychology
 - Health Psychology
 - Child Clinical Psychology
 - Clinical Neuropsychology
 - Forensic Psychology

Health Psychology

Health psychology is the aggregate of the specific educational, scientific, and professional contributions of the disciplines of psychology to the **promotion and maintenance of health**, the **prevention and treatment of illness**, and the **identification of etiologic and diagnostic correlates** of health, illness and related dysfunction (Matarazzo, 1980).

Top 9 Causes of Death



Smoking

- Cigarette smoking linked to increased risk of CVD and Cancer.
- Almost everyone knows that smoking is damaging to health, yet 25% of the population of American adults and nearly 20% of American high-school students smoke.
- Why?

Why Smoke?

- Tension control
 - Social pressure
 - Rebelliousness
 - Addiction to nicotine
 - Genetic influences?
 - Extraversion
 - Attention/impulsivity?
- } Initiating Factors
- } Maintaining Factors

Health Psychologist's Role: Smoking

- Prevention
- Smoking Cessation training/therapy
 - Biological
 - nicotine patch/gum
 - Psychotherapeutic
 - problem solving
 - coping skills training
 - behavioral
 - aversion
 - behavior contracts
- Relapse prevention
- Harm Reduction Models

Interventions in Health Psychology

- Classical Conditioning Methods
 - Planned pairings, “sacrificial foods” in chemotherapy
 - Extinction in dental fears
- Operant Conditioning Methods
 - Behavior contracts in treatment adherence.
 - Token economies in physical rehabilitation.

Interventions in Health Psychology

- Biofeedback
 - Monitor some psychophysiological functioning (heart rate, BP) and feed this information back to the patient through some auditory or visual signal.
 - Patient is then trained to modify the auditory or visual signal by changing the physiology.
 - Useful for limited conditions
 - Raynaud's disease, tension headaches, some seizure disorders.
 - ADHD & other more “central” nervous system activity? Doubtful at this point.

Interventions in Health Psychology

- Pain management
 - Guided imagery, relaxation training in Ilizarov-correction of congenital limb deformities.
 - Distraction, relaxation, guided imagery in assisting venipuncture and other painful medical procedures.
- Consultation with other medical professionals and personnel.

The Ilizarov Procedure



Child Clinical / Pediatric Psychology

- Clinical psychologists who specialize in working with children and their families.
- Pediatric Psychology = Child Clinical Psychology + Health Psychology
 - Frequently work in areas where psychological functioning impacts areas of physical health.
- Requires knowledge of developmental psychology as well as clinical psychology

Major Areas

- Negative behaviors
- Toileting
- Developmental delays
- Sleeping
- Siblings / peers
- Infant management
- Family problems
- Bad habits
- Tantrums, crying
- Enuresis, encopresis
- LD, MR, Speech
- Nightmares, problems
- Aggression
- Feeding, colic
- Parenting, child abuse
- Thumb sucking, tics

Issues in Child Clinical / Pediatric Psychology

- **The developmental perspective**
 - Age of child, level of cognitive and social development, family and social situation needs to be considered before evaluating presenting problem.
 - Bedwetting
 - Temper tantrums

Issues in Child Clinical / Pediatric Psychology

- **The importance of the situation**
 - Behavior is often situation-specific.
 - What is the child like at home?
 - At school?
 - During recess?
 - With peers?
 - In the mall?
 - In general, need to see some common features of (problem) behaviors across situations for it to be diagnosed as pathological.

Issues in Child Clinical / Pediatric Psychology

- **Who is the client?**
 - Children do not refer themselves for treatment.
 - Parents, teachers, physicians, or court officials refer children for treatment.
 - First task: determine if, in fact, a problem exists.
 - “Intolerance, ignorance, and misconceptions on the part of adults often lead to referral.” (Campbell, 1989).

Learning Disorders

- Significant discrepancy between ability and achievement as measured by standardized tests of intellectual and academic functioning.
- Child who has an IQ of 100, should produce achievement scores of about 100 in all academic areas.
- Any score on an academic achievement test that falls significantly below 100 is considered evidence of a learning disability.

Learning Disability Example

Verbal Subtests		Performance Subtests	
Information	6	Picture Completion	9
Similarities	9	Coding	7
Arithmetic	3	Picture Arrangement	6
Vocabulary	6	Block Design	12
Comprehension	12	Object Assembly	12
Digit Span	9	Symbol Search	9
		Mazes	8
Verbal IQ			84
Performance IQ			95
Full Scale IQ			88
Verbal Comprehension Index			91
Perceptual Organization Index			99
Freedom from Distractibility Index			78
Processing Speed Index			91

	Grade Equivalent	Standard Score
Broad Reading	2.6	72
Broad Math	4.1	78
Broad Written Language	1.9	66
Broad Knowledge	4.4	88

28 point discrepancy

Learning Disabilities: Etiology

- Genetic
 - Incidence of learning problems in first degree relatives of target patients is higher than in unaffected peers.
 - Fragile-X, in boys.
- Prenatal causes
 - Maternal substance abuse
 - Poor nutrition
- Perinatal causes
 - Delivery complications, hypoxia

Learning Disabilities: Treatment

- Special tutoring
- Special academic programs
 - Early childhood programs (0-3)
 - 504 Inclusion programs under IDEA
 - Individualized Educational Programs (IEP)
- Supportive psychotherapy
- Family psychotherapy

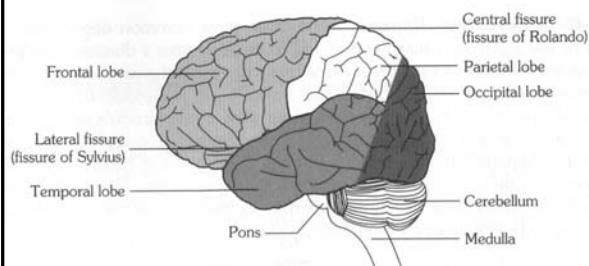
Neuropsychology

Neuropsychology is the study of the relation between brain function and behavior. The neuropsychologist may address issues of cerebral lesion lateralizations, localization, and lesion progress. Neuropsychological evaluations have also provided useful information about the impact of a patient's limitations on educational, social, or vocational adjustment.

Theories of Brain Functioning

- Localization of functioning
 - Particular areas of the brain are associated with specific behavioral functions.
- Equipotentiality
 - Surgical destroying one part of the brain (of animals) will lead to specific behavioral deficits.
 - BUT, there is an ability of one area of the cortex to substitute for the damaged area.

The Brain



Antecedents of Brain Damage

- Trauma
 - Concussion: jarring of the brain
 - generally mild, transitory impairment
 - Contusion: bruising of the brain due to shifting of brain tissue
 - severe impairment, coma and delirium
 - Laceration: rupture or destruction of brain tissue
 - exceedingly serious forms of impairment, death

Antecedents of Brain Damage

- Tumors
 - outside the brain (outer layers of the brain and under the skull) or inside the brain
 - Initial signs are subtle
 - headaches, vision problems, judgment problems
 - Later signs are more problematic
 - memory impairment, inappropriate affect/lability
 - Treatment: surgical resection or radiation
 - both approaches destroy healthy and diseased brain tissue

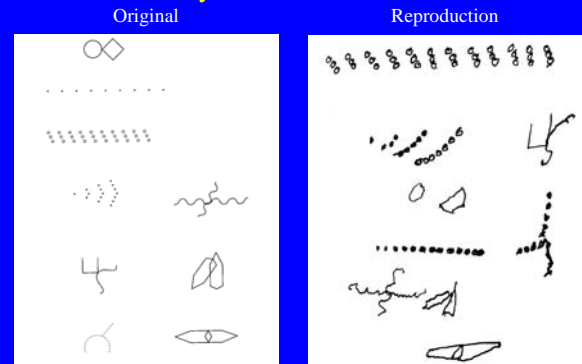
Antecedents of Brain Damage

- Degenerative disease
 - Alzheimer's, Parkinson's, Huntington's Chorea
- Nutritional deficiencies
 - Korsakoff's psychosis
- Toxic disorders
 - heavy metals, toxins, gases, plants

Typical Role of Neuropsychologists

- Assessment
- Intervention planning
- Treatment monitoring / supervision
- Forensics

Bender Protocol Exhibiting Brain Damage Secondary to Chronic Alcoholism



Forensic Psychology

- Involuntary commitment
- Insanity defense
- Child custody
 - assignment
 - termination of parental rights
- Jury selection