



# Introduction to Clinical Psychology (part I)

**PGDCP, SEMESTER- I**

**COURSE: Fundamental of Clinical Psychology**

**Paper I; Unit I**

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# Definition of Clinical Psychology

- **The field of clinical psychology integrates science, theory and practice to understand, predict and alleviate maladjustment, disability and discomfort as well to promote human adaptation, adjustment and personal development. Clinical psychology focuses on the intellectual, emotional, biological, social and behavioral aspects of human functioning across the life span in varying cultures and at all socioeconomic levels.—**

*American Psychological Association (division 12, 2012)*

# Definition of Clinical Psychology

- **Lightner Witmer** defined clinical psychology as- “The study of individuals, by observation or experimentation, with the intention of promoting change.”
- According to **Shaffer & Lazarus(1952)** “Clinical psychology is the application of psychological principles of behaviour and pathology of the individual under study in clinic”.
- According to **Saccuzo & Kaplan (1984)** “Clinical psychology is an applied branch of psychology devoted to helping people adjust, solve problems, change, improve and achieve their highest potential”.

# Significant events in the history of Clinical Psychology

- Fifth century (B.C) --- Use of the term Mania and Hysteria by **Hippocrates**.
- 1793 --- **Pinel** started human care in France.
- 1848 --- **Dorothea Dix** started a especial hospital for mental patients in America.
- 28 june 1867 --- Birth of **Lightner Witmer**.
- 1879 --- **Wilhelm Wundt** established a first psychological laboratory at Leipzig in Germany.
- 1882 --- **Fransis Galton** established anthropometric laboratory in England.
- 1888 --- **Lightner Witmer** became graduate.
- 1890 --- Use of the term “Psychological Test” to measure intelligence by **Cattell**.
- 1892 --- **Witmer** completed his Ph.D under the supervision of **Wundt**.
- 1892 --- **American Psychological Association** established.
- 1895 --- “**Studies of Hysteria**” by **Breur and Freud** was published.

# Significant events in the history of Clinical

## Psychology

- 1896 --- **Lightner Witmer** established the first **Psychological Clinic** in Pennsylvania University.
- 1900 --- **Freud** published “**Interpretation of Dreams**”.
- 1904 --- A syllabus was prepared for the first time to study Clinical Psychology in the University of Pennsylvania
- 1905 --- Development of **Binet-Simon Test**.
- 1907 --- Publication of the first journal of clinical psychology named “**The Psychological Clinic**”.
- 1909 --- Establishment of “**Juvenile Psychopathic Institute**” by **Healy**.
- 1916 --- **Stanford-binet test** was developed by **Terman** in Stanford University.
- 1917 --- **Psychoneurotic Inventory : Personal Data Sheet** was developed by **Woodworth**.

# Significant events in the history of Clinical Psychology

- 1917 --- Separation between clinical psychologist and APA and **AACP** (American Association of Clinical Psychologists) was established.
- 1919 --- AACP remerged into APA as a branch of clinical psychology.
- 1921 --- **Army Alpha-Beta test** was developed by **Yerkes**.
- 1921 --- Formation of **Association of clinical psychology**.
- 1924 --- **Rorschach Psychodiagnostic** published by **Rorschach**.
- 1935 --- **Murray** developed **Thematic Apperception Test**.
- 1938 --- **Bender- Gestalt** test applied.
- 1939 --- Use of the term projective test by **L.K. Frank**.
- 1939 --- **Wechsler-Bellevue** test was developed.
- 1943 --- **MMPI** was developed.

# Significant events in the history of Clinical Psychology

- 1947 --- Publication of **Shakow report**.
- 1951 --- **American Psychiatric Association** issued guidelines for clinical practitioner for professional ethics.
- 1952 --- **DSM-I** published by **APA**.
- 1953 --- Publication of the book “**Science and Human Behavior**” by **Skinner**.
- 1953 --- Use of the term **Behavior Therapy** by **Lindzey, Skinner and Soleman**.
- 1968 --- **DSM-2** published.
- 1980 --- **DSM-3** published.
- 1988 --- **American Psychiatric Society** established.
- 1994 --- **DSM-4** published.

# Chronological Development of clinical Psychology in India

- 1915 --- Establishment of the **Department of Psychology** in **Calcutta University**.
- 1922 --- Formation of the Indian **Psychoanalytic Society** by **G. Bose**.
- 1924 --- Formation of **Indian Psychological association**.
- 1924 --- Department of Psychology was established in Mysore University.
- 1925 --- **Indian Journal of Psychology** was published.
- 1938 --- **Applied Branch of Psychology** was started in **Calcutta University**.
- 1944 --- Formation of the **Mental Hygiene Committee**.
- 1947 --- **Indian Psychotherapist Association** was formulated.
- 1954 --- **All India Institute of Mental Health** (currently known as National Institute of Mental Health and Neuro Science) was established in Bangalore.
- 1958 --- The first batch of clinical psychologists was pass out in **NIMHANS**.



# Chronological Development of clinical Psychology in India

- 1962 --- **Central Institute of Psychiatry in Kanke** (Ranchi) was established.
- 1968 --- **Association of Clinical Psychologist** was formulated.
- 1974 --- The first **Journal of clinical psychology** was published by **G.G. Prabhu**.
- 1982 --- **Alma Ata Declaration: Health for all by 2000** (India was a member).
- 1986 --- National Workshop held on “**The role of Clinical Psychologists in Mental Health Program**” in **NIMHANS**.
- 1986 --- A workshop held on “**Youth and Mental Health**” in Sagar University by UGC.
- 1986 --- 16<sup>th</sup> all India conference of clinical psychologists was held in Sagar University.
- 1987 --- **Mental Health Act-1987** was established.
- 2000 --- National Conference of child-developmental science society in January in Hyderabad.