SYLLABUS

Clinical Psychology and Psychotherapy

University year 2025/2026

1. Information regarding the programme

1.1. Higher education institution	Babeş-Bolyai University
1.2. Faculty	Faculty of Psychology and Educational Sciences
1.3. Department	Department of Psychology
1.4. Field of study	Psychology – Cognitive Science
1.5. Study cycle	Bachelor Level
1.6. Study programme/Qualification	Psychologist
1.7. Form of education	High Frequency

2. Information regarding the discipline

2.1. Name of the discipline	**Clinical Psychology and Psychotherapy**		Discipline code	**PLE1530**
2.2. Course coordinator		**Andrei Patrichi, Associate Lecturer, PhD(c)**		
2.3. Seminar coordinator		**Bianca Ceasăr, Associate Lecturer, Phd(c)**		
2.4. Year of study	3	2.5. Semester	5	2.6. Type of evaluation	E	2.7. Discipline regime	DS

3. Total estimated time (hours/semester of didactic activities)

3.1. Hours per week	**4**	of which: 3.2 course	**2**	3.3 seminar/laboratory	**2**
3.4. Total hours in the curriculum	**56**	of which: 3.5 course	**28**	3.6 seminar/laborator	**28**
Time allotment for individual study (ID) and self-study activities (SA)					**hours**
Learning using manual, course support, bibliography, course notes (SA)					35
Additional documentation (in libraries, on electronic platforms, field documentation)					15
Preparation for seminars/labs, homework, papers, portfolios and essays					15
Tutorship					2
Evaluations					2
Other activities:					-
3.7. Total individual study hours	**69**				
3.8. Total hours per semester	**125**				
3.9. Number of ECTS credits	**5**				

4. Prerequisites (if necessary)

4.1. curriculum	• Introduction to Psychology • Quantitative Research Methods and Statistics • Psychological Assessment
4.2. competencies	• Developing an experimental design • Understanding psychological assessment and the use of psychological instruments

5. Conditions (if necessary)

5.1. for the course	• Classroom with at least 180 seats, computer and video projector / Online course conducted through the MS Teams platform.
5.2. for the seminar /lab activities	• Room with at least 50 seats, computer and video projector / Online seminar conducted through the MS Teams platform.

6.1. Specific competencies acquired [1]

Professional/essential competencies	• Knowledge and understanding of the diagnostic criteria for the main clinical conditions; • Description and characterization of the main aetiologic and treatment models of psychopathology; • Analysis of the psychological processes underlying various psychological disorders; • Development of the prerequisites for building competencies as clinical psychologist and psychotherapist; • Practice and promotion of ethics principles and professional values of clinical psychology and psychotherapy.
Transversal competencies	• Written and oral communication skills; • Relationship and teamwork skills; • Time management skills and the management of resources; • Competencies in using scientific terminology in the field of clinical psychology and psychotherapy; • Competencies for the interdisciplinary use of knowledge and terminology in the fields of clinical psychology and psychotherapy.

6.2. Learning outcomes

Knowledge	The student: • Knows and understands the diagnostic criteria of the main clinical conditions; • Knows and understands the principles guiding the assessment of psychological disorders; • Describes and characterizes the main aetiologic and treatment models of psychopathology; • Knows how to apply the principles of clinical psychology and psychotherapy to various age groups; • Understands the principles of fundamental and applied research in the fields of clinical psychology and psychotherapy.
Skills	The student: • Develops the prerequisites for building competencies as clinical psychologist and psychotherapist; • Practices basic assessment abilities; • Develops knowledge and competencies on the use of major clinical assessment instruments; • Practices applying intervention strategies in various clinical disorders; • Practices adapting assessment and intervention strategies to various age groups; • Practices developing and conducting fundamental and applied research in clinical psychology and psychotherapy.
Responsibility and autonomy	The student: • Cultivates and expresses a responsible attitude towards public health promotion and maintenance; • Expresses and promotes the ethics and professional values of clinical psychology and psychotherapy; • Cultivates and expresses ethics in research and in communicating the results of research activities; • Expresses continued interest in personal and professional development; • Expresses critical thinking in research and clinical practice.

7. Objectives of the discipline (outcome of the acquired competencies)

7.1 General objective of the discipline	• Offering an overall perspective on the fields of clinical psychology and psychotherapy. The course aims to offer declarative and procedural knowledge to prepare the students for working in the fields of developing human potential and treating psychological problems and disorders

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[1] One can choose either competencies or learning outcomes, or both. If only one option is chosen, the row related to the other option will be deleted, and the kept one will be numbered 6.

7.2 Specific objective of the discipline	• Acquainting students with the clinical and medical fields of applying clinical psychology and psychotherapy; • Conveying declarative knowledge that allows students to correctly use the concepts of clinical psychology and psychotherapy; • Conveying declarative and procedural knowledge that support the building of competencies for the following areas: education in the field of mental health and illness, the diagnosis and assessment of psychological disorders, counselling and optimization activities, the treatment of psychological disorders.

8. Content

8.1 Course	Teaching methods	Remarks
1. Abnormal behavior in historical context **Keywords**: history of clinical psychology	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
2. Major approaches to psychopathology and its treatment I **Keywords**: psychoanalysis, humanism	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
3. Major approaches to psychopathology and and its treatment II **Keywords**: behaviorism, cognitive-behavioral therapy	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
4. Clinical assessment and diagnosis **Keywords**: clinical interview, DSM, SCID	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
5. Mood disorders I **Keywords:** major depression, suicide	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
6. Mood disorders II **Keywords:** bipolar disorder	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
7. Anxiety disorders I **Keywords:** generalized anxiety	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
8. Anxiety disorders II **Keywords:** panic, phobias	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
9. Obsessive-compulsive and related disorders **Keywords:** obsessions, compulsions	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
10. Stress and trauma related disorders **Keywords:** trauma, PTSD	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
11. Eating disorders **Keywords:** anorexia nervosa, bulimia nervosa, binge eating	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
12. Schizophrenia spectrum and other related disorders	Lecture, demonstrative example, synthesis of knowledge, guided discovery	

Keywords: schizophrenia, delusions, hallucinations		
13. Personality disorders **Keywords:** personality disorders, clusters, paranoid, borderline, avoidant	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
14. Substance-related disorders **Keywords:** substance-use, addiction, substance abuse	Lecture, demonstrative example, synthesis of knowledge, guided discovery	

Bibliography

Mandatory references:

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Optional references:

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Links:
- http://www.nice.org.uk/
- http://www.nimh.nih.gov/index.shtml
- https://div12.org/psychological-treatments/

8.2 Seminar / laboratory	Teaching methods	Remarks
1. Major approaches to psychopathology and its treatment I. Case studies. **Keywords**: psychoanalysis, humanism, case presentation	Presentation, knowledge synthesis, conceptual clarification, group activities, guided discovery, practical activities	
2. Major approaches to psychopathology and its treatment II. Case studies. **Keywords**: behaviorism, cognitive behavioral therapy, case presentation	Presentation, knowledge synthesis, conceptual clarification, group activities, guided discovery, practical activities	
3. Evidence-based assessment and therapy **Keywords:** evidence-based principles, evidence-based movement	Presentation, knowledge synthesis, conceptual clarification, group activities, guided discovery, practical activities	
4. Clinical assessment and diagnosis. Case examples **Keywords**: clinical interview, DSM, SCID	Presentation, knowledge synthesis, conceptual clarification, group activities, guided discovery, practical activities	
5. Common versus specific factors in psychotherapy **Keywords**: therapeutic relationship, basic skills, therapy techniques	Presentation, knowledge synthesis, conceptual clarification, group activities, guided discovery, practical activities	
6. Mood disorders in children and adolescents **Keywords**: depression, suicide, children, adolescents	Presentation, knowledge synthesis, conceptual clarification, group activities, guided discovery, practical activities	
7. Anxiety disorders **Keywords:** social anxiety disorder	Presentation, knowledge synthesis, conceptual clarification, group activities,	

	guided discovery, practical activities	
8. Anxiety disorders in children and adolescents: **Keywords:** anxiety, children, adolescents	Presentation, knowledge synthesis, conceptual clarification, group activities, guided discovery, practical activities	
9. Somatic symptom and related disorders **Keywords:** somatic symptoms, illness anxiety	Presentation, knowledge synthesis, conceptual clarification, group activities, guided discovery, practical activities	
10. Neurodevelopmental disorders I **Keywords:** ASD, ADHD	Presentation, knowledge synthesis, conceptual clarification, group activities, guided discovery, practical activities	
11. Neurodevelopmental disorders II **Keywords:** conduct disorder, callous unemotional	Presentation, knowledge synthesis, conceptual clarification, group activities, guided discovery, practical activities	
12. Personality disorders. Case studies. **Keywords:** personality disorder, avoidant	Presentation, knowledge synthesis, conceptual clarification, group activities, guided discovery, practical activities	
13. Pathological gambling **Keywords:** gambling, addictive disorder	Presentation, knowledge synthesis, conceptual clarification, group activities, guided discovery, practical activities	
14. Recapitulation and preparation for the exam	Presentation, knowledge synthesis, conceptual clarification, guided discovery	

Bibliography

Mandatory references:

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9. Corroborating the content of the discipline with the expectations of the epistemic community, professional associations and representative employers within the field of the program

- The proposed lecture and seminar offer central topics in fundamental and applied research in the fields of clinical psychology and psychotherapy, and their approach is based on the most recent results in the literature. The course also offers state of the art research skills that are transferable to any scientific and applied field of knowledge.

10. Evaluation

Activity type	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Percentage of final grade
10.4 Course	Demonstrating knowledge of the course material and the ability to operate with it	Written Exam	70%
10.5 Seminar/laboratory	Demonstrating the understanding of the learned content and the capacity to apply it in practical contexts	Project	30%
10.6 Minimum standard of performance			

- Total score of minimum 50%;
- The final score consists of:

    (1) the score obtained in the written exam, in proportion of 70% (with a minimum of 35% required);
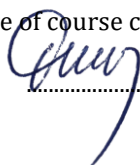   (2) the score obtained for the project, in proportion of 30%.
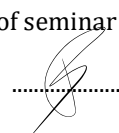
11. Labels ODD (Sustainable Development Goals)[2]

	General label for Sustainable Development

1 NO POVERTY	3 GOOD HEALTH AND WELL-BEING	4 QUALITY EDUCATION	5 GENDER EQUALITY	8 DECENT WORK AND ECONOMIC GROWTH	9 INDUSTRY, INNOVATION AND INFRASTRUCTURE	10 REDUCED INEQUALITIES	11 SUSTAINABLE CITIES AND COMMUNITIES	16 PEACE, JUSTICE AND STRONG INSTITUTIONS
17 PARTNERSHIPS FOR THE GOALS								

Date:
03.03.2025

Signature of course coordinator

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Signature of seminar coordinator

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Date of approval:
03.03.2025

Signature of the head of department

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[2] Keep only the labels that, according to the *Procedure for applying ODD labels in the academic process*, suit the discipline and delete the others, including the general one for *Sustainable Development* – if not applicable. If no label describes the discipline, delete them all and write „*Not applicable.*".