

**Module description**

<b>Module title</b>	PSY-BA-PM-11: Clinical Psychology
<b>Subject</b>	Clinical Psychology and its applications
<b>Type of course</b>	Seminar
<b>Course level</b>	Bachelor of Science (B.Sc.)
<b>Module coordinator</b>	Prof. Dr. Christiane Hermann Christiane.Hermann@psychol.uni-giessen.de Prof. Dr. Christina Schwenck Christina.Schwenck@psychol.uni-giessen.de Prof. Dr. Rudolf Stark Rudolf.Stark@psychol.uni-giessen.de
<b>Frequency and duration</b>	Winter and summer (1 semester course, 1.5 hours per week)
<b>Language of instruction</b>	German or English (depending on demand)
<b>Examination</b>	Presentation, essay or written exam
<b>ECTS</b>	5
<b>Prerequisites</b>	None
<b>Learning outcomes</b>	<p>Students will learn about different areas of clinical psychology:</p> <ul style="list-style-type: none"> <li>• using panic disorder and agoraphobia as an example, investigating and understanding pathological mechanisms and providing evidence-based psychotherapeutic interventions</li> <li>• get to know the field of health psychology and discuss major theories of health-related behavior change</li> <li>• understand the contribution of psychological mechanisms in maintaining health and in the prevention, treatment and rehabilitation of (chronic) diseases</li> <li>• learn about different intervention techniques (e.g., cognitive techniques, biofeedback) their underlying mechanisms and therapeutic use</li> <li>• read, understand and discuss recent scientific publications in clinical psychology</li> </ul>

<b>Module content</b>	<ul style="list-style-type: none"><li>• panic disorder and agoraphobia: etiological models, cognitive behavioral interventions, including internet therapy and apps</li><li>• health psychology: models of behaviour change and examples of interventions</li><li>• patient education in prevention and rehabilitation, with special attention to diabetes mellitus</li><li>• stress, coping and resilience</li><li>• relaxation techniques</li><li>• biofeedback</li></ul>
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