

Cognitive Clinical Psychology: Introduction

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Evidence Based

Subject, Theory and Method of Cognitive Clinical Psychology

Subjects :

3 Major mental disorders

1. Depression

(clinical depression, etc.)

2. Anxiety disorder

(panic disorder, social phobia, etc)

3. Schizophrenia

(hallucination, delusion, etc.)

Theory

1. Cognitive behavioral theory

2. Social psychological theory

3. Psychological theory

Methods

1. Questionnaire method
+ statistic analysis

2. Interview method

3. Experimental method



Diagram of Past Clinical Psychology

		Mental treatment	Assessment	Abnormal psychology
Psychiatry	Kraepelin Bleuler E. Kretschmer	Directive therapy and medical treatment	Interview method Symptom Evaluation Inventory	Biological disorder theory Descriptive psychopathology
Psychoanalysis	Jung Freud Adler Erichsen Rorschach	Analytical psychology Psychoanalytic therapy Individual psychology	Projective method	Analytical psychology Psychic analysis theory Individual psychology Developmental crisis theory
Clinical Psychology	Marey Cattell Eysenck Rogers	Behavioral therapy Client-centered therapy	Factor theory inventory	Behavior pathology Self-theory
	Beck	Cognitive behavioral therapy	Questionnaire method	Cognitive pathology



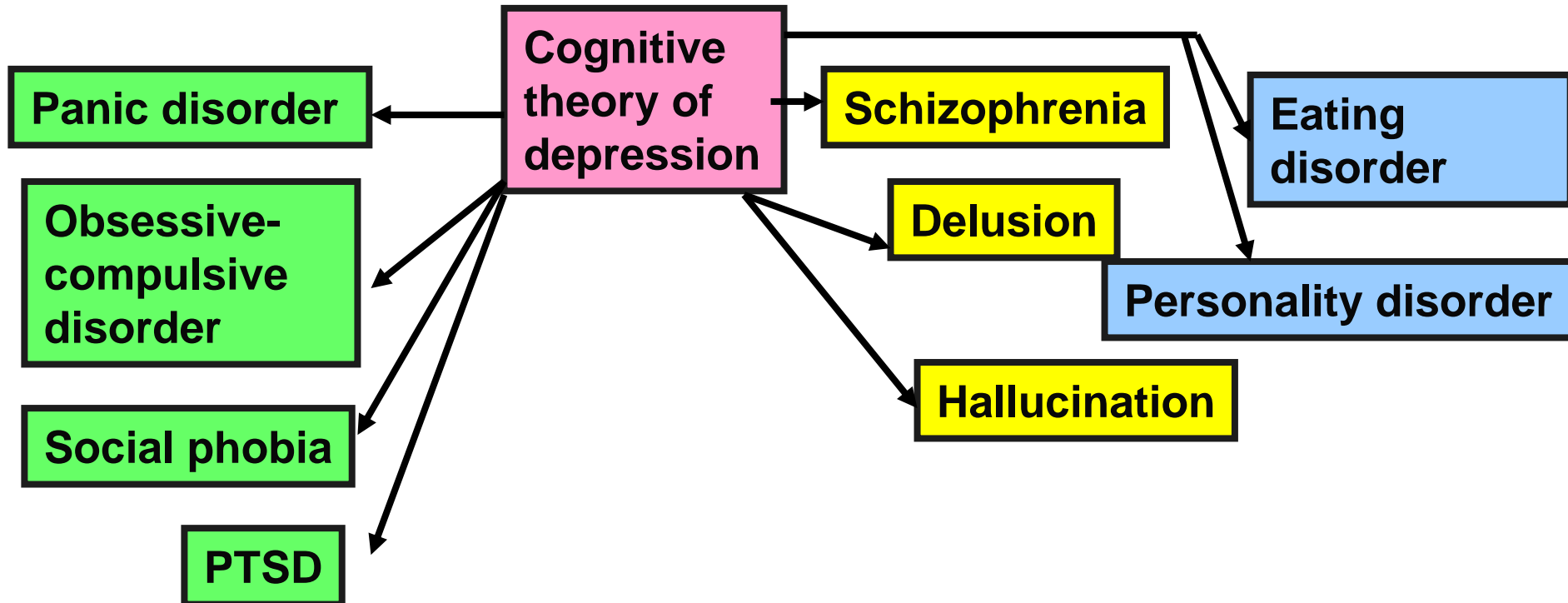
Cognitive Behavioral Theory

Anxiety Disorder

Depression

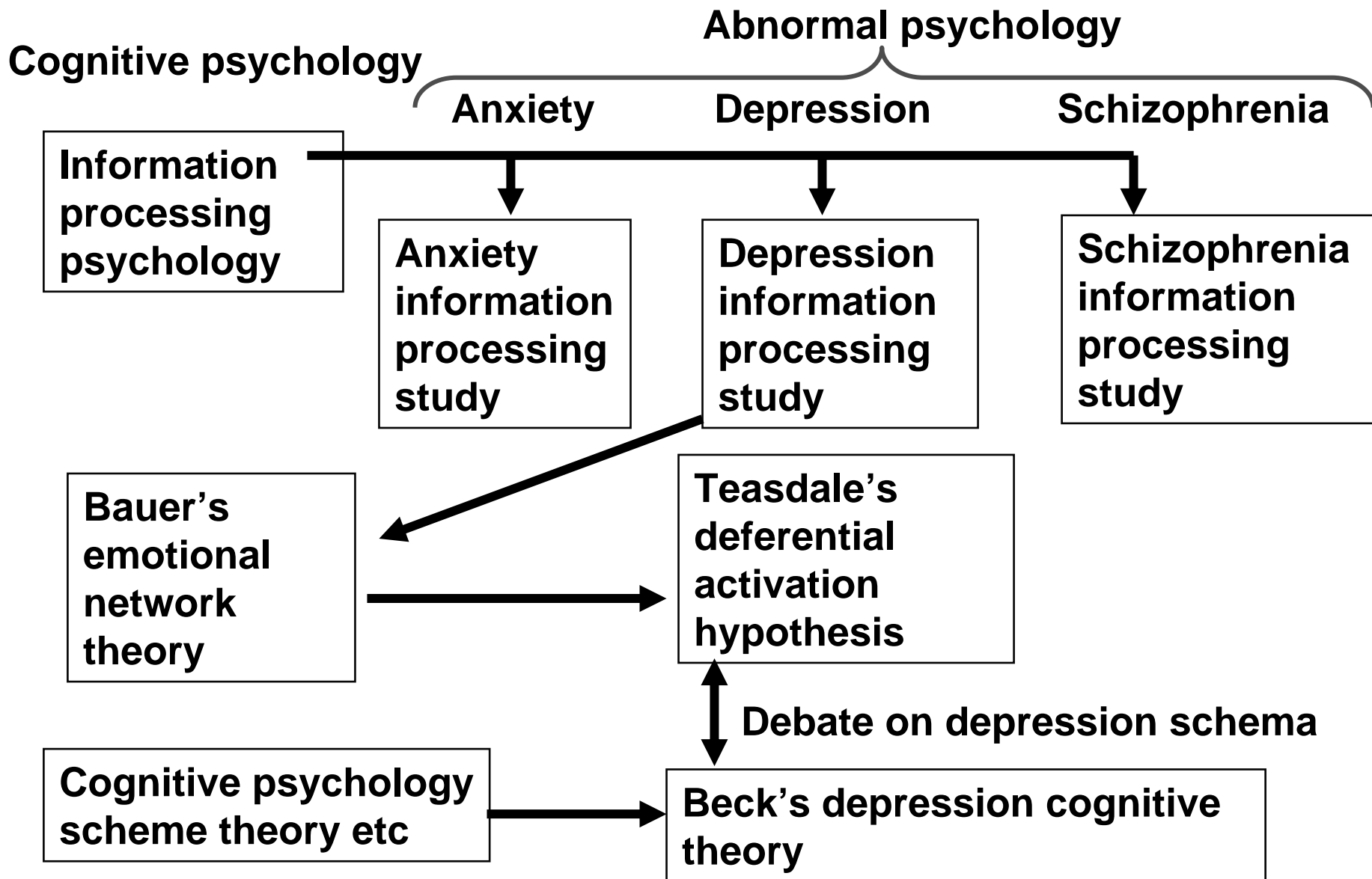
Schizophrenia

Others





Interface of Cognitive and Abnormal Psychology





Abnormal Psychology Arose from Social Psychology

Social psychology

Abnormal psychology

Self-conscious theory

objective
conscious theory
control theory
public/private
self-
consciousness
self-attention
theory
others
consciousness
theory

Anxiety

self-
presentation
theory in
social anxiety
shyness
theory
SREF theory
etc.

Depression

self-attention
style theory
three(3) step
model of
depression
etc.

Schizophrenia

public self-
consciousness
theory of delusion
self-
consciousness
theory
self-inflicted
theory
intrinsic others
theory of ego
disorder
etc.



Abnormal Psychology Arose from the Interface with Basic Psychology

Basic psychology

Abnormal Psychology

Depression

Schizophrenia

Behavior theory

Depressive behavior theory

Stress physiology

Learned helplessness theory

Causal attribution theory

Revised learned helplessness theory

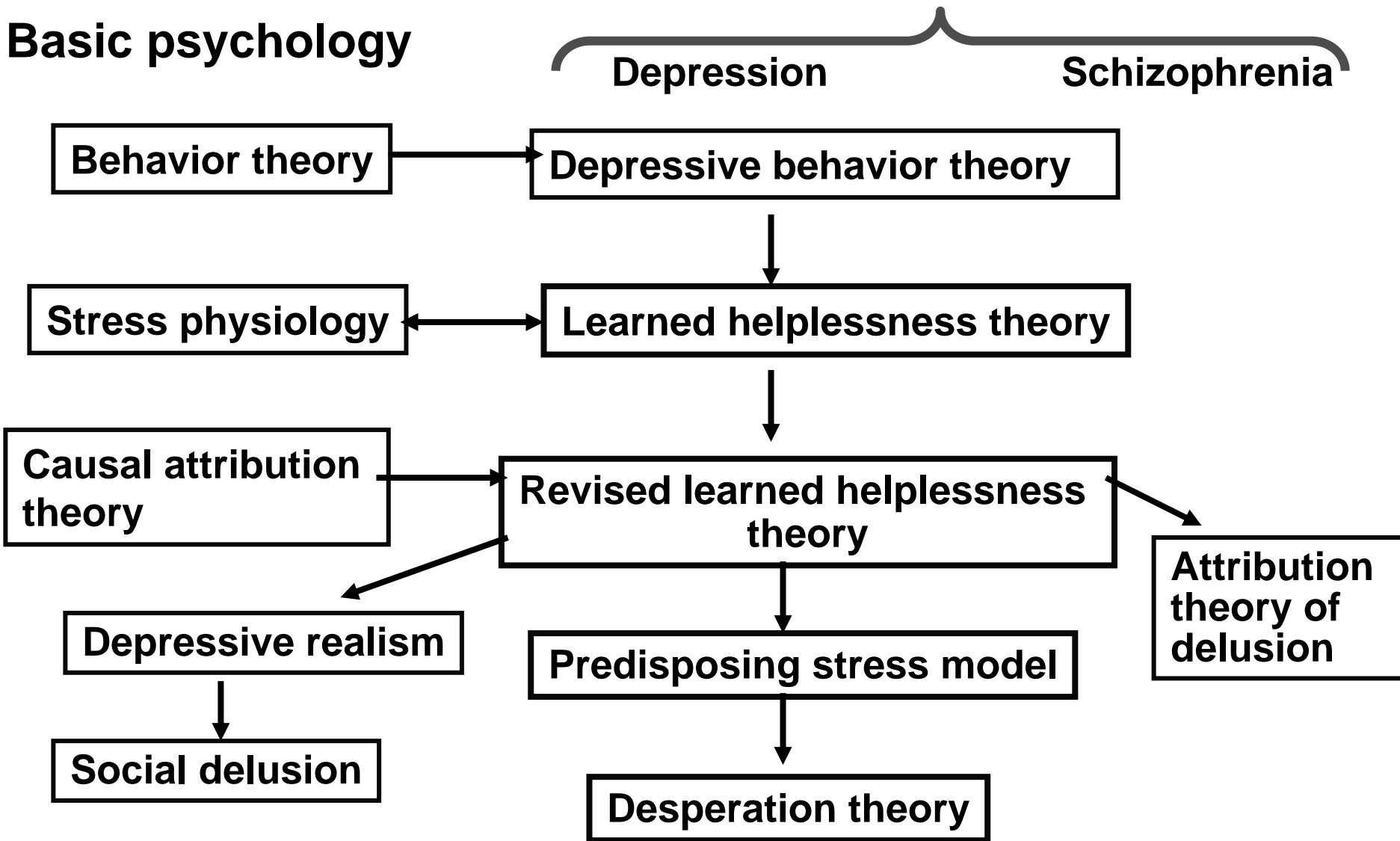
Attribution theory of delusion

Depressive realism

Predisposing stress model

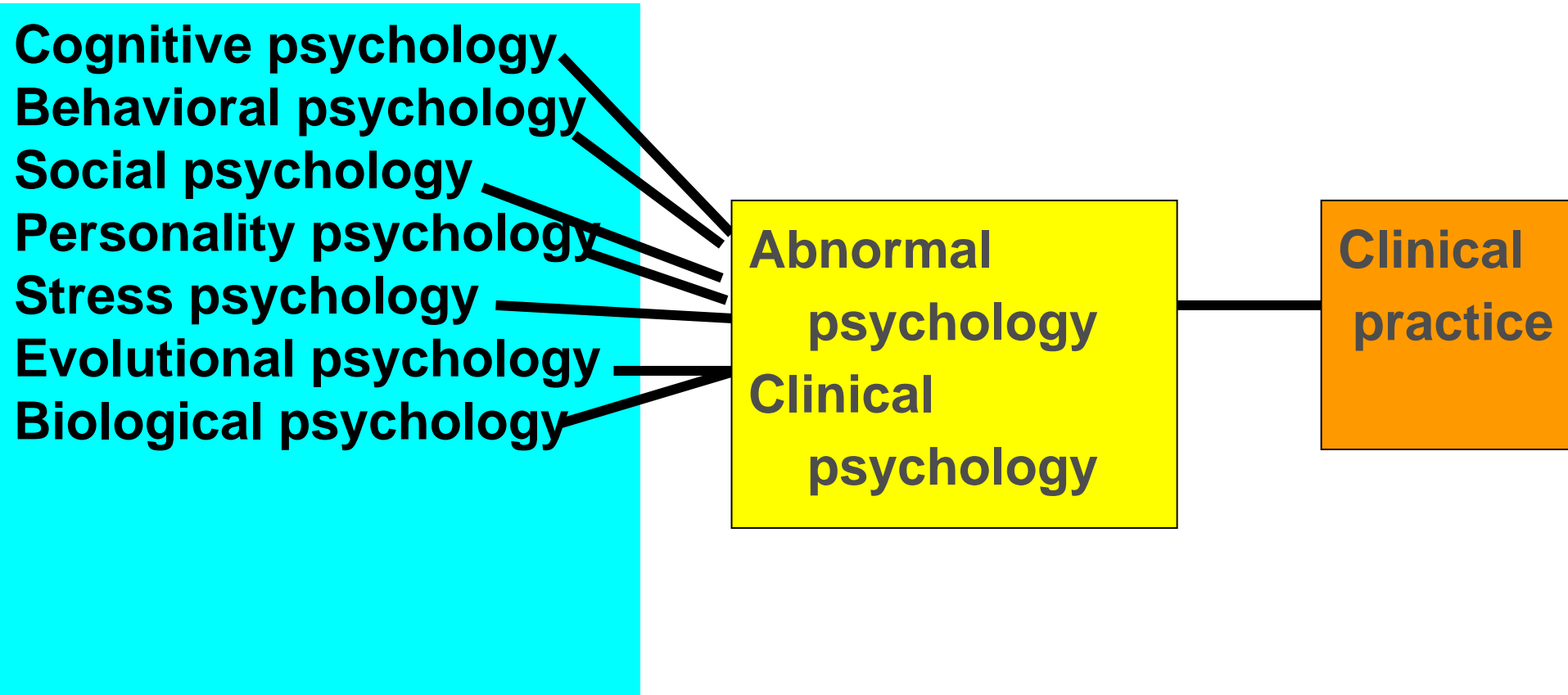
Social delusion

Desperation theory





The Interface between Basic Psychology and Clinical Psychology Practice



New studies are successively introduced



Study Methods

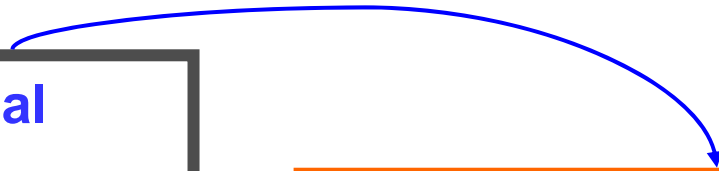
**Non-clinical
analogue
study**
**quantitative
method**

questionnaire
method
statistical
analysis
experiment
method
**hypothesis
testing**



**Clinical
study**
**qualitative
method**
interview
case study

**hypothesis
building**



Steps for clinical studies

Assessment study

1. assessment tool development
2. symptom description and comparative symptom theory

Abnormal psychology study

3. mechanism study
4. personality study
5. predisposing stress model
6. prediction of occurrence and prevention

Therapeutic intervention study

7. therapy process study
8. therapy effect study

**Advantages of
Komaba campus**

Reference

- Yoshihiko Tanno

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