

History of Clinical Psychology

Pre-Clinical Psychology:

- Historical Roots

Clinical Psychology as a Profession

- History of Treatment
- History of assessment
- Ongoing Trends
- Current Issues

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History of Conceptualizing & Treating Psychopathology

SOMATOGENESIS – physical cause

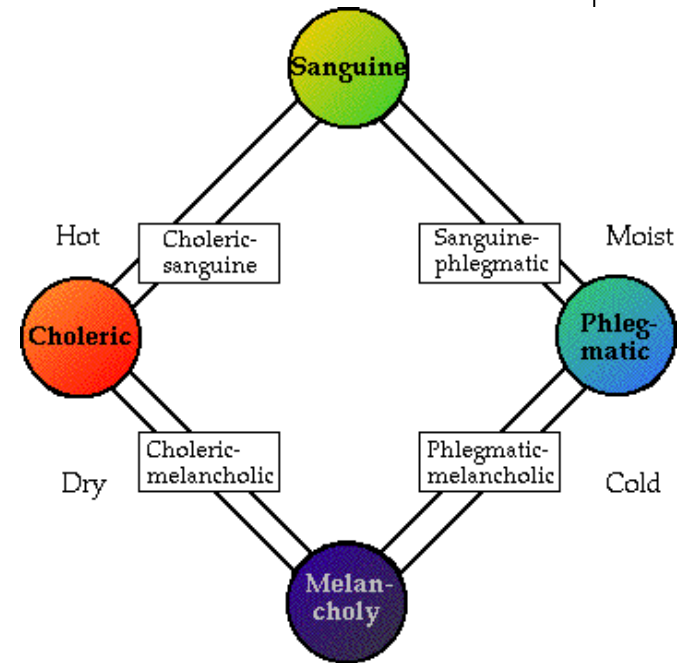
- **Hippocrates (400 A.D.)**
- **Medical model**
- **Some argued emotional cause**
- **Physicians not priests**

- **Balance of bodily humors**

- **Blood - unpredictability**
- **Black bile - melancholia**
- **Yellow bile – irritability & anxiousness**
- **Phlegm – apathetic**

- **Classification of disorders**

- **Mania, melancholia, phrenitis**



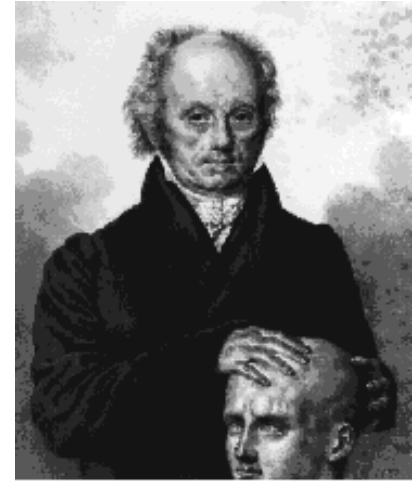
- **REASONS FOR ADMISSION**
- **WEST VIRGINIA HOSPITAL FOR THE INSANE (WESTON)**
- **OCTOBER 22, 1864 to DECEMBER 12, 1889**
- GRIEF; CONSTITUTIONAL; ASTHMA; DOMESTIC TROUBLE; THE WAR; SUN STROKE; MASTURBATION FOR 30 YEARS; TROUBLE; DISSIPATION OF NERVES; FEVER & NERVED; INTERFERANCE; INTEMPERANCE; RELIGIOUS EXCITEMENT; AMENORRHEA; BUSINESS NERVES; FEVER; JEALOUSY; EXPOSURE IN ARMY; SELF ABUSE; VENERIAL EXCESSES; PUERPERAL; SHOOTING OF DAUGHTER; PARENTS WERE COUSINS; EXPOSURE & HEREDITARY; UTERINE DERANGEMENT; DEATH OF SONS IN THE WAR; IMPRISONMENT; POLITICAL EXCITEMENT; FEVER & LOSS OF LAW SUIT; GASTRITIS; DESERTION BY HUSBAND; SUPPRESSION OF MENSES; DECOYED INTO THE ARMY; KICKED IN THE HEAD BY A HORSE; SUPERSTITION; BITE OF A RATTLE SNAKE; DOG BITE; SNUFF; FEEBLENESS OF INTELLECT; RUMOR OF HUSBAND'S MURDER OR DESERTION; MENTAL EXCITEMENT; DISAPPOINTMENT; JEALOUSY & RELIGION; SEDUCTION & DISSAPPOINTMENT; SEVERE LABOR; DISAPPOINTED LOVE; FITS & DESERTION OF HUSBAND; SUPRESSED MASTURBATION; DERANGED MASTURBATION; HARD STUDY; DROPSY; EFFUSION ON THE BRAIN; FALSE CONFINEMENT; SEXUAL ABUSE AND STIMULANTS; EXCITEMENT AS OFFICER; FALL FROM HORSE; DISAPPOINTED AFFECTION; COLD; INDIGESTION; BRAIN FEVER; CARBONIC ACID GAS; SEXUAL DERANGEMENT; FELL FROM HORSE; EXPOSURE IN ARMY; RELIGIOUS ENTHUSIASM; DISSOLUTE HABITS; LOSS OF ARM; ILL TREATMENT BY HUSBAND; SCARLATINA; SMALLPOX; HEREDITARY PREDISPOSITION; EPILEPTIC FITS; SOFTENING OF THE BRAIN; MENSTRUAL DERANGED; MASTURBATION & SYPHILLIS; GATHERING IN THE HEAD; BAD COMPANY; SUNSTROKE; CARBUNCLE; OVER HEAT; BAD HABITS & POLITICAL EXCITEMENT; DOMESTIC AFFLICTION; PECUNIARY LOSSES; WORMS; CONGETION OF BRAIN; REMORSE; MILK FEVER; OPIUM HABIT; CRIME; NOVEL READING; EGOTISM; SALVATION ARMY; IMAGINARY FEMALE TROUBLE; DIPHTHERIA; THE WAR; EXPOSURE & QUACKERY; SPINAL IRRITATION; SNUFF EATING FOR TWO YEARS; PERIODICAL FITS; TABACCO & MASTURBATION: HYSTERIA; FEMALE DISEASE; GUNSHOT WOUND; LIVER AND SOCIAL DISEASE; SEDUCTION; KICK OF HORSE; VICIOUS VICES IN EARLY LIFE; BLOODY FLUX; POLITICS; WOMEN; DOUBT ABOUT MOTHER'S ANCESTORS; NYMPHOMANIA; MORAL SANITY; GREEDINESS; EXCESSIVE SEXUAL ABUSE; FIGHTING FIRE; BAD WHISKEY; WOMEN TROUBLE; OVER ACTION ON THE MIND; EXPLOSION OF SHELL NEARBY; MARRIAGE OF SON; MEDICINE TO PREVENT CONCEPTION; OVER STUDY OF RELIGION; IMMORAL LIFE; TIME OF LIFE; YOUNG LADY & FEAR; CEREBRAL SOFTENING; LAZINESS; OVER TAXING MENTAL POWERS.

HISTORY OF PSYCHOPATHOLOGY

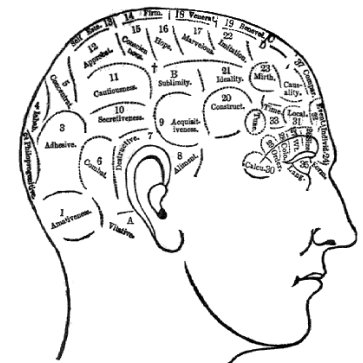
More Biological Views - Return to somatogenesis

Franz Josef GALL (1758-1828).

- “moral & intellectual faculties are innate
- & their exercise or manifestation depends on organisation”
- “brain is the organ of all the propensities, sentiments & faculties”
- “the form of the head or cranium represents the form of the brain, & thus reflects the relative development of the brain organs”.



Gall's Phrenology (1820)



Getting your “head read”

WHAT CAN WE LEARN FROM THIS HISTORICAL OVERVIEW?

- **Different theories impact how disorders are conceptualized and treated.**
- **Both somatogenic & psychogenic theories have a long history & have cycled depending on social values & scientific advances of the time.**
- **Both are still important today.**
- **Initially, clinical psychology with a psychogenic emphasis developed “in opposition” to invasive somatogenic treatments.**
- **Current trends: biopsychosocial theories marry both somatogenic and psychogenic approaches.**

Historical Timeline: Research

European Events

- Psychology developed out of philosophy dept.

Wilhelm Wundt (Germany)

- 1879 - 1st psych lab
 - “Mental events” (Sensation & Perception)
 - Structuralism & Introspection
- 1881 – 1st Psychology research journal
- 1883 – 1st “experimental psychology” course
- 1902 – (“Principles of Physiological Psychology”) textbook

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Historical Timeline: Research

American Events

- 1875 - James (USA) (Harvard lab)
 - 1890 - First psychology text (**The Principles of Psychology**)
 - "The Stream of Thought,"
 - "The Consciousness of Self,"
 - "Emotion,"
 - "Will," and many other topics.
 - Functionalism
 - Mind-body relationship & philosophy
 - "Psychology of religion" (existentialism)
 - his ideas later echoed in the work of Jung & Maslow

Pre-clinical years: Treatment

- William Tuke – model hospital in England
- Eli Todd – developed retreat in Hartford
 - Civilized care, respect, morality
- Dorothea Dix - (1841- 1881 campaign)
- Lightner Witmer (1896)
 - U of Penn psychological clinic for children
 - Influenced later development of school psychology
 - “Psychology as practical combined with research”
- G. Stanley Hall - (1892) APA founded

Psychological Interventions

- 1850s Hypnosis for hysteria (Charcot)
- 1890-1950s Freud – Psychoanalysis
- Psychologists began in children's clinics
- Anna Freud – play therapy
- 1930's group therapy
- 1920 Watson & Rayner Behavioral Therapy

Historical timeline: Intervention

- 1793 - Pinel - Treatment of asylum “inmates”**
- 1848 - Dix - Advocate for mental health (hospitals)**
- 1896 - Witmer - U of Penn Psychology Clinic**
- 1900 - Freud – psychoanalysis**
- 1928 - Anna Freud – Play therapy**
- 1920 - Watson - Behaviorism**
- 1953 - Skinner & Pavlov – Learning theory**
- 1950s - Perls - Gestalt Psychology**
- 1950s - Maslow & Rogers – Humanistic movement**
- 1950s - Frankl – Logotherapy**
- 1958 - Ackerman – Family therapy**
- 1962 – Ellis - Rational Emotive therapy (RET)**
- 1960s - Cognitive Psychology**

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Historical timeline: Intervention

CURRENT TRENDS

- **Time-limited treatment**
- **Manualized treatment**
- **Eclectic treatments**
- **Empirically validated treatments**

Diagnosis and Assessment

- Plethora of intelligence, interests, and abilities tests
- 1921 - Rorschach
 - Inkblots to diagnose psychiatric patients
- 1935 - Thematic Apperception Test
- 1943 - MMPI
- 1970s – behavioral assessment
- Structured interviews, neuropsych testing, psychoeducational testing
- Outcome measures ****

Historical Timelines: Clinical Assessment

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The Beginnings

1882 - Galton (UK) – intelligence testing

1890 - Cattell (US) – “mental test”

1905 – Jung Word association Test

1913 - Krapelin – syndromes & diagnosis

1921 – Rorschach projective (inkblot) tests

1939 – Wechsler – WAIS published

1968 – DSM published

1970 – rise of behavioral assessment

1980 – personality & computer based testing

Historical Influences: Clinical Psychology as a Profession

SUMMARY

- 1879 – Wundt – 1st psychology laboratory
- 1892 - APA founded
- 1896 - Witmer's clinic opens

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Themes

- Impact of social and political factors:
 - Health care funding?
- Ongoing tensions between research & practice
 - **Academia vs. clinicians**
- Theories of mental illness shape treatment & research (**psychodynamic...behavioral...cognitive**)
- Diversity: Cultural & gender issues

CURRENT THEMES

- **Biological vs. psychological view of illness**
 - Medical model** “patient” treated by doctor
 - Causes: biological: brain anatomy & chemistry
 - Treatments: RX, lobotomy, ECT
 - Psychological model** – “client” treated by specialist
 - Causes: mental: unconscious, conscious, or learned
 - Treatments: non-invasive psychotherapy
 - Biopsychosocial model** – holistic treatment
 - but by whom?

Current Themes

- Ongoing relationship & tensions between research & clinical practice
- Use of empirically supported treatments
- Accountability
- Health psychology
- Prescribing privileges
- Uniqueness of psychology??????

Problems

- Hodgepodge
 - Lots of specialties and areas of interest
 - Discipline lacks coherence
- Isolated
- Public perception:
 - Fear of brainwashing ?
 - Fear that psychologists can peer into the mind uninvited.

HISTORICAL REFORMS

Reform Movements

- **Moral Treatment**
 - **Shift from prison to hospital**
 - **Shift from hospital to community**
 - **Patient rights**

CRITICISMS

- **Prisons as asylums**
- **“Revolving door” outpatients**
- **Lack of community treatment options/supports**

Recent Health Care Reforms

- U.S.A.- Business of Managed care
- Canada - Budget cutbacks
- Effects
 - Decrease # in private practice
 - Focus on brief therapies/problem solving
 - focus on prevention
 - Empirically supported treatments
 - Health psych
 - Greater role for non Ph.D. personnel