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

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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; SUPRESSION 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; CONGITION OF BRAIN; REMORSE; MILK FEVER; OPIUM HABIT; CRIME; NOVEL READING; EGOTISM; SALVATION ARMY; IMAGINARY FEMALE TROUBLE; DIPTHERIA; 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.
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”.

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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.

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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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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

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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

The Beginnings
1882 - Galton (UK) – intelligence testing
1890 - Cattel (US) – “mental test”
1905 – Jung Word association Test
1913 - Krapelin – syndromes & diagnosis
1921 – Rorschach projective (inkblot) tests
1939 – Weschler – 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?

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Current Themes

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

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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

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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