

# Clinical Psychology

## PSYC 160

Spring 2026 Section 01 In Person 3 Unit(s) 01/22/2026 to 05/11/2026 Modified 01/16/2026

### Contact Information

---

Instructor:	Jennifer Gregg, Ph.D.
Class Days/Time:	Tuesdays and Thursdays 10:30 - 11:45am
Class Location:	HGH 122
Telephone:	Please use email to reach me
Email:	Jennifer.gregg@sjsu.edu
Office Hours:	Tues/Thurs 2:00 - 3:00pm

### Course Description and Requisites

---

Survey of clinical psychology as a profession. Emphasis placed on training models, specializations within the field, the scientific study of psychological interventions, and the graduate school admissions process for masters and doctoral level psychotherapists.

Prerequisite: PSYC 001.

Letter Graded

### Classroom Protocols

---

This classroom is a professional environment for you, and should be treated that way. There is a lot of interaction in this class, both with the professor and with your fellow students in groups, so professionalism on your part is very important. Here are some basic guidelines, for those of you who have little experience

in a professional context:

- Turn your phone on silent before class begins and never, ever take it out during class or when you are engaged with your group members. If you have an emergency, please excuse yourself and go out of the room..
- When communicating with me by email, please be professional.
- Please be respectful of the thoughts, opinions, and experiences of others. Many of the topics in this class may have personal significance to some students. Please make a special effort to listen to one another – particularly while in the groups.

## Program Information

---

**Program learning outcomes (PLOs)** are skills and knowledge that students will have achieved upon completion of the Psychology BA degree. Each course in our curriculum contributes to one or more of these PLOs. The PLOs for the Psychology BA degree are:

1. Knowledge Base of Psychology. Students will be able to demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
2. Research Methods in Psychology. Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.
3. Critical Thinking Skills. Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.
4. Applications of Psychology. Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.  
Values in Psychology. Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

## Course Goals

---

This course is designed to introduce you to the field of clinical psychology. Over this semester we will discuss the history of clinical psychology and how the field has come to the place where it is today, the major tasks of a clinical psychologist, and current issues in the field as it moves forward in the healthcare industry.

Most importantly, this course will provide an opportunity for you to practice critical thinking skills in the application of science and evidence-based practices in psychology. Since students learn these skills most efficiently in collaboration with others (Gokhale, 1995), there will be an emphasis on working together to learn content, critical thinking, and application throughout this course.

## Course Learning Outcomes (CLOs)

---

Upon successful completion of this course, students will be able to:

- CLO1: demonstrate understanding of the historical and contextual roots of clinical psychology and their impact on its current role in the healthcare system
- CLO2: show a familiarity with the major models used in the assessment, classification, and treatment of psychological problems
- CLO3: think critically about the major issues in the field of clinical psychology, including the role of cultural issues in assessment and treatment, training models, and scientific accountability of clinical practice.

## Course Materials

---

Textbook:

Clinical Psychology, Science Practice, and Diversity, 6th Edition (only use 6th edition)

Andrew M. Pomerantz 2023

9781071851975 - ebook ISBN

9781071851951 - paperback ISBN

\*Note: You do not need the platform extras for this class\*

## Course Requirements and Assignments

---

### Assignments

Assignments for this course will consist of the following:

11 quizzes 10 questions, 20 points per quiz, 200 total quiz points available (lowest dropped)

3 exams, 100 points each, 300 total exam points available

----

500 points possible in the course

### Quizzes

Each topic area in this class will have two (10-item) in-class quizzes at the beginning of the class date where the topic is begun. The first quiz will be taken individually, and the second quiz will be the exact same quiz, taken in a group. Quizzes will be multiple-choice style and will be based on the assigned readings. Both types of quizzes are closed-book and notes will not be permitted.

Each set of quizzes is worth 20 points, and your score will be determined by averaging your individual quiz score and your group quiz score. The lowest individual/group combination score will be dropped. Note that this does not mean that your lowest individual quiz and your lowest group quiz will be dropped, but that the lowest two-quiz topic score will be dropped to allow for an unavoidable missed class or a rough night. A total of 220 points possible will be available from your quiz scores, leaving 200 total possible points after the lowest is dropped. If you do not turn in the individual quiz, you will get 0/10 plus your group score, and if you miss class on the day of an individual/group quiz, you will get a 0/20.

These quizzes are meant to stimulate your reading of the text and keep you ahead of the lecture material. Your having completed the reading in advance will make the lecture and discussions much more interesting. I promise.

## Exams

There will be 3 exams. The exams will cover both readings from the text and class lectures. The exams will be mixed format and will have 25 multiple choice questions and two essay questions. You will need a scantron (Form 882-E) for each exam. Each exam will be given during the lecture period, and you will have 1 hour and 10 minutes to complete the exam.

You will be allowed to re-schedule an exam only for medical reasons or if you have a mandatory school activity (both require documentation). Please contact me prior to the day of the exam if you cannot make the exam time. The final exam will count the same as any other exam. The final will **not** be cumulative.

## Attendance

Attendance is not required, but it is strongly encouraged. I expect you to come to every class. If you do not attend classes, you will definitely miss material that will appear on the exams and you will not get credit for the quiz that occurs that day. If you have to miss a class, I strongly recommend that you speak with somebody in the class about what you missed and get any additional notes that they took, since the notes available for download will often only be an outline and the notes taken in class will be a better source of preparation for exams. Please do not email me and ask me what you missed – I tend to think that \*the whole\* class period is fascinating and important, and I'm not likely to have time to recreate it for you over email. Remember that professors tend to emphasize what they think is most important about a given topic in lecture, so this is generally the content that you should be most familiar with for assessments such as exams and papers.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities.

This means that for a 3-unit course you should plan to work on the course about 8.5 hours per week average.

## Final Examination or Evaluation

There will be a final examination in this course to assess your learning of content information over the course of the semester.

## ✓ Grading Information

---

### Determination of Grades

Grading is based on the sum of the following (there is no extra credit available for this course unless announced by the professor during the semester):

11 quizzes 20 points per quiz, 200 total points (lowest score dropped) - **40% of final grade**

3 exams 300 points total - **60% of final grade**

----

500 points possible in the course

### Grading Policy

A+ = 100-98%	A = 97.9-93%	A- = 92.9-90%
B+ = 89.9-87%	B = 86.9-83%	B- = 82.9-80%
C+ = 79.9-77%	C = 76.9-73%	C- = 72.9-70%
D+ = 69.9-67%	D = 66.9-63%	D- = 62.9-60%

F = 59.9-0% Unsatisfactory		
----------------------------	--	--

## University Policies

---

Per [University Policy S16-9 \(PDF\)](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the [Syllabus Information](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>) web page. Make sure to visit this page to review and be aware of these university policies and resources.

## Course Schedule

---

Date	Topic	Readings	Due
Week 1			
1-22-26	Overview of the Course  Defining clinical psychology		
Week 2			
1-27-26	Overview and History of Clinical Psychology	Ch. *2* Pomerantz	Quiz 1 (Tues)
1-29-26	Overview and History of Clinical Psychology		
Week 3			

2-3-26	Models of Training in Clinical Psychology	Ch. 1 Pomerantz	<b>Quiz 2 (Tues)</b>
2-5-26	Models of Training in Clinical Psychology		

Week 4

2-10-26	Research & Evidence Based Practice in Clinical Psychology	Ch. 6 Pomerantz	<b>Quiz 3 (Tues)</b>
2-12-26	Research & Evidence Based Practice in Clinical Psychology		

Week 5

2-17-26	Diversity, Equity, and Inclusion in Clinical Psychology	Hook, J. N., Davis, D., Owen, J., & DeBlaere, C. (2017). Introduction: Beginning the journey of cultural humility. In J. N. Hook, D. Davis, J. Owen, & C. DeBlaere,	<b>Quiz 4 (Tues)</b>
2-19-26	Diversity, Equity, and Inclusion in Clinical Psychology	<i>Cultural humility: Engaging diverse identities in therapy</i> (pp. 3–16). American Psychological Association.	

Week 6

2-24-26	<b>Exam 1</b>		<b>Quiz 5 (Thus)</b>
2-26-26	Assessment & Diagnosis	Ch. 8 Pomerantz	

Week 7



3-3-26	Assessment & Diagnosis		
3-5-26	Ethics	(2002). Ethical principles of psychologists and code of conduct. <i>American Psychologist</i> , 57, 1060–1073.	Quiz 6 (Thurs)

Week 8

3-10-26	Ethics		
3-12-26	Ethics		

Week 9

3-17-26	Psychodynamic Perspectives	Ch. 12 Pomerantz	Quiz 7
3-19-26	Psychodynamic Perspectives		

Week 10

3-24-26	Exam 2		
3-26-26	Humanistic Perspectives Video Assignment (no class)		

Week 11

3-31-26	spring break:)		
4-2-26			

Week 12

4-7-26	Humanistic Perspectives	Ch. 13 Pomerantz	<b>Quiz 8 (Tues)</b>
4-9-26	Humanistic Perspectives		

Week 13

4-14-26	Behavioral Perspectives	Ch. 14 Pomerantz	<b>Quiz 9 (Tues)</b>
4-16-26	Behavioral Perspectives		

Week 14

4-21-26	Cognitive Perspectives	Ch. 15 Pomerantz	Quiz 10 (Tues)
4-23-26	Cognitive Perspectives		
Week 15			
4-28-26	Family/Couple Perspectives	Ch. 16 Pomerantz	Quiz 11 (Tues)
4-30-26	Family/Couple Perspectives		
Week 16			
5-5-26	Theories Review		
5-7-26	Exam 3		

5-14-26 10:45 - 12:45	Cumulative Experience		
-----------------------------	-----------------------	--	--