

Clinical psychology



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Clinical Psychology Clinical Psychology Psychology has developed a lot over the years. Many psychologists and prominent scholars contributed heavily to the development of psychology. Physical activities are measurable whereas mental activities cannot be measured which made the studies of mind a complex process. However, psychologists succeeded in finding some alternate ways to measure the activities of mind up to certain extent. This paper briefly analyses the history and evolving nature of clinical psychology and the importance of research and statistics in the development of counselling psychology. Earlier, psychology was believed to be the study of mind; however, it is difficult to measure the activities of mind either quantitatively or qualitatively. Science will never accept any principle if it cannot be proved experimentally. In other words, psychology was not a science subject earlier because of our inability in measuring or assessing activities in mind accurately. In order to raise the status of psychology to scientific levels, psychologists modified the definition of psychology as the study of behaviour rather than the study of mind. It is possible for us to measure the behaviour of a person both qualitatively and quantitatively and hence psychology is now considered as a branch of science. Clinical psychology is the most important branch of psychology because of the immense contributions it gives to the treatment of mental problems of human beings. "The phrase "clinical psychology" was coined by psychologist Lightner Witmer. A student of Wundt, Witmer began a journal of clinical psychology in 1907. He identified the field as one that studied individuals, but used observation and experimentation to promote change" (Long, 2009). Clinical psychology is the study of psychological and behavioral problems of human beings. It give more emphasize to the diagnosis,

symptoms and treatments of mental disorders. Moreover it deals with the intellectual, emotional, biological, psychological, social, and behavioral aspects of human activities. Earlier, physicians were the ones who treated even the mental problems. Later medical science has realized that the mental activities are so complex and a specialized care is necessary for the treatment of mental problems. Thus, instead of physicians, psychologists and psychiatrists took charge of the treatment of the mentally disordered patients. Research and statistics are the fundamental things which help science to advance further. Since clinical psychology is a branch of science at present, research and statistics are so important in the development of it. Theoretical knowledge can be proved scientifically only with the help of research and statistics. “ Practical study and research includes demographic studies, terrorist profiling, criminal profiling and forensic psychology. These fields require an understanding not only of the treatment portions of clinical psychology, but the application of understanding” (Long, 2009). Counselling psychology is a part of clinical psychology. Since counselling can affect the mental activities very much, clinical psychologists give more importance to treatment using counselling if possible. Medicines used in the treatment of mental disorders may have side effects whereas counselling does not have such problems. Statistics and research helped counselling psychology to advance immensely. The data or statistics obtained from various counselling sessions used for different types of mentally disordered patients can help counselling psychology immensely in future treatments. References 1. Long, H. V. (2009). Understanding clinical psychology. Retrieved from http://www.bukisa.com/articles/56897_understanding-clinical-psychology