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Clinical psychology with vision and emerging trends

A well year is a year of life free of diseases. A person might not have identifiable pathology and yet not be healthy. So health is not just the absence of illness. Wellness is a multidimensional holistic approach. It is a dynamic process of developing awareness that health and wellness is interdependent. Holistic health means spiritual, physical and social well-being. The role of wellness in health has received increasing attention since the turn of the century. The study of healthy living and preventive life style is the fundamental key point in clinical psychology. In the past decades, clinical psychology has found their stimulating force from their activities related to psychology and other clinical approaches. The potential growth of clinical psychology lies in the emerging trends and new vision. If we put forth our glances in the history of clinical psychology, in the early seventies, emphasis was given on psychological testing like MMPI and IQ. Subsequently the role of MMPI in clinical psychology testing faded and neuropsychology was taken place. In clinical psychology, micro-analysis of behavior dominates the macroanalysis. Microanalysis means a specific system when analyzed specifically. Psychometric battery plays an important role in neuropsychology. Another approach is associated with psychobiologic explanation which plays a substantial role in clinical psychology. This clinical psychology provides the missing link between clinical states and biomarkers, as a result clinical pharmacopsychology as an area of clinical psychology emerged with the specific and non-specific treatment ingredients. Another new visionary approach is psychotherapy with biological reductionism which may be the leading force of clinical psychology in near future and it will reduce human suffering. Another approach is evidence based treatment procedure which will be a fundamental component of treatment in clinical psychology. Attainment of happiness is the innate desire of every human being, but our life style, attitude and values have undergone a radical change with rapid modernization and move more and more towards consumerist culture. Everything has to be done in a hurry, fast food, fast track, fast buck and first life to find quick fix solutions for everything under the sky, but in the process we lose the perspective and balance in life. Psychotherapy reductionism will help mental clinical psychologist to solve the problem of human beings. A new psychological treatments like novel therapeutic modalities predicated on digital technologies, which will be increasingly integrated into the health care system and clinical psychology field. So our today's call is to reduce human suffering by using new technology and treatment of clinical psychology.

Biography

Nibedita Jena is presently working as a State Advisor and as a Director of Youth Policy, in the Department of Higher Education, Government of Odisha, Bhubaneswar, India. She has completed her PhD in Psychology from KIMS, BBSR Odisha, India.

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