

# Scientists and Practitioners: Thematic Reviews and Reflective Perspectives in the Development of Clinical Psychology in Taiwan

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Looking back at the development of psychology in Taiwan, we can review the progress in various fields from three dimensions. The one is to explore the issues in universality and specific dimension, such as through the holistic concept dominant in the discipline or the topic of specific issues. The other is the temporal dimension, such as the review and outlook through the axis of the historical articulation and futuristic guidance. The third is the spatial dimension, such as the dialectical debate between the globalization and localization involved in the progress of various fields of psychology. Back to the progress of clinical psychology in Taiwan, we pay more attention to the link the science and application to solve the separation crisis between theory and practice.

In this paper, literature review method is applied to inquire into the discussion of clinical psychology in Taiwan. It is not based on diachronic review, but on the combination of specific and universal themes, as well as the characteristics of local research outcome through the sampling approach and sign approach of the dual strategies to explore.

First, it is discussed from the representative sample specific study topic covering three levels of psychopathology, psychological assessment and psychotherapy, including autism, sleep psychology, breast cancer psychological growth, and cardiac psychology research. Second, it is to discuss the characteristics of neuropsychological and rehabilitation psychology and the development of humanistic clinical psychology with the sign approach. Through the sampling and sign approach review, it shows that the research and development of clinical psychology in Taiwan is the reflective outcomes of the training process of both scientists and practitioners.

Finally, under the retrospective results and exposition of the depth, localization and ethical act, we put forward the reflection on clinical practice through research and development, and towards the agenda that has yet to be deepened in further situation.

**Keywords:** *humanistic clinical, psychological assessment, psychopathology, psychotherapy*

The scientist-practitioner dual role training model used in Taiwan's clinical psychology programs was proposed in 1949 at the Boulder Conference in Colorado, United States. Looking back at the development of psychology in Taiwan, we review the progress from

three dimensions usually. The first dimension included universality and issues such as the holistic concepts that dominate a discipline or specific topics. The temporal dimension included the review and outlook through the perspectives historical articulation and futuristic

guidance. The spatial dimension was the third and included dialectical debates between the globalization and localization involved in the progress of various psychological fields. We draw attention to the link between science and application in the progression of clinical psychology in Taiwan to solve the separation crisis between theory and practice.

### **Method**

A literature review method was used to assess the development of clinical psychology in Taiwan. This exploration was not based on a diachronic review but on the combination of specific and universal themes. We also included the characteristics of local research outcomes through the sampling and sign approaches of the dual strategies.

### **Result**

We reviewed the current state of clinical psychology research and applications from the scientist and practitioner domains. We discussed sample studies that covered psychopathology (causal and risk related factors), psychological assessment (diagnostic and screening/biofeedback evaluation), and psychotherapy (psychological healing and intervention). The sampling also covered areas including autism, sleep psychology, the psychological growth of breast cancer survivors, and cardiac psychology research.

The characteristics of neuropsychological and rehabilitation psychology and the development of humanistic clinical psychology were assessed using the sign approach. In the past, Taiwanese clinical psychology has also promoted the development of neuropsychological and rehabilitation psychology. This discipline has gradually matured and now has overlapping characteristics and research links to clinical and neurocognitive sciences and also to brain science. Humanistic clinical psychology, still a developing approach, highlights the characteristics of clinical and cultural spirituality. This approach requires the identification of human suffering, challenges the natural scientific paradigm, and underscores that it is the ethical rather than the technical that is the touchstone for human existence. The comparison of these approaches has resulted in a kind of clinical psychology that is concerned about psychosocial issues and seeks to

explore the psychosocial factors that span a spectrum with neurocognitive orientation on one end and cultural and humanistic sensitivities on the other. Humanistic clinical psychology was identified as an example of the wide range and diversity of Taiwan's clinical psychology. The sampling and sign approach method showed that the research and development of clinical psychology in Taiwan reflected outcomes of the training processes of both scientists and practitioners.

Some outcomes of previous research on clinical psychology in Taiwan were not presented here. These outcomes, which have been discussed at the Taiwan Association of Clinical Psychology annual meetings and academic seminars, included specific field topics (such as depression, anxiety, schizophrenia and other mental disorders, and attention deficit hyperactivity disorder) and the failure to collect data throughout the lifespan (e.g., aging, adolescents) in our review process. Trauma was identified as a major focus of the field, and this year marks the 20th anniversary of the September 21 earthquake and the 10th anniversary of the Typhoon Morakot. The outcomes of trauma psychology studies had been presented at international conference in commemoration of 20th anniversary of the 1999 Chi-Chi earthquake.

In addition to the sampling and sign approach research used in clinical practice, Professor Wu En-Chang has suggested that the stress model and health-related behavior concept has far-reaching implications for the research and practice of health psychology in Taiwan. According to the clinical psychology center of the National Taiwan University Hospital, the discussion of the stress model has been expanded in the study of chronic illnesses and in the hospice ward. This expansion is based on the multi-disciplinary integration of the medical systems for cancer patients. Palliative care is also featured in Taiwan, such as the Anima Care set up by Professor Yu Der-Hui at Tzu Chi Hospital. The existential-phenomenological care is available for patients and their families in the Koo Foundation Sun Yat-Sen Cancer Center and the Chimei Liu Camp Branch, which provides care mainly based on the narrative approach.

In this paper, the dual strategies of the sign and sampling orientation were used to understand the facets

of clinical psychology in Taiwan in a supplementary way and in terms of the relation of the “part” to the “whole.” The concept of psychopathology was related to the international theme trends of sleep, stress, autism, lifestyle, and neurocognitive psychology and phenomenology of clinical aspects and was also consistently integrated from psychopathology to intervention. Psychopathology was not identified as a separate process. The question of cultural suitability was also considered in the compilation of the tools and instruments used for psychological, psychophysiological, and neuropsychological assessments. Cultural suitability also incorporated the research methods of characteristic local use and manifested in practical applications as client-centered care, with the practice of bio-psychosocial model as the axis. Thus, clinical psychology in Taiwan can be labeled “polymorphic.” However, because of the polymorphism in Taiwanese clinical psychology, an agenda for how to construct and create more sustainable strategies still needs to be developed. Examples

of possible strategies are including the “depth” of psychopathological research, innovating the magnitude of the cross-domain and depth of time, and establishing substantive theories. Considering the characteristics of “localization” in psychological assessments can contribute to what the experience of the parties should be. Psychotherapy should include reflection on the action of “ethicalization” and the elimination of symptoms, but also the reconstruction of the transformation of various lifeworld relationships between the unique sufferers. The three coordinates “time-oriented,” “space situation,” and “embodiment act” of clinical psychology need to be further expanded in future agendas despite existing multiple epistemological and methodological options. This review provides retrospective results and an exposition of the depth, localization, and ethical actions of clinical psychology in Taiwan. We reflected on clinical practice through research and development and suggested possibilities for in-depth agendas covering future work.