

# Graduate Training in Clinical Psychology



- **WHAT IS CLINICAL PSYCHOLOGY?**
- **WHAT TYPE OF EXPERIENCE DO I NEED?**
- **WHAT PATHS DO PEOPLE TAKE TO GET TO GRADUATE SCHOOL?**
- **HOW DO I APPLY?**
- **FUNDING YOUR GRADUATE EDUCATION**
- **GRADUATE STUDENT Q&A**

# What is clinical psychology?



**ROLES OF CLINICAL PSYCHOLOGISTS**

**WHERE DO CLINICAL PSYCHOLOGISTS WORK?**

**CLINICAL PSYCHOLOGY GRADUATE PROGRAMS**

**OTHER MENTAL HEALTH GRADUATE PROGRAMS**

**NEUROPSYCHOLOGY IN CLINICAL PROGRAMS**

# Roles of a clinical psychologist



- **Assessment and Diagnosis**
  - Psychodiagnostic testing
  - Psychoeducational evaluations
  - Neuropsychological assessments
- **Provision of Therapy**
  - Individual (adult, child, family)
  - Groups
  - Couples
- **Clinical Research**
- **Consultation**
- **Education**

# Where do clinical psychologists work?



- Government agencies
- Veterans' and military hospitals
- Drug rehabilitation and correctional facilities
- Elementary and secondary schools
- Colleges and universities
- Hospital and medical clinics
- Mental health hospitals and community centers
- Group and private practices

# Clinical psychology Ph.D. programs



- **Specialties/Concentrations**
  - Clinical child/adolescent psychology
  - Clinical adult psychology
  - Clinical health psychology
  - Combinations – ex. clinical child & health = pediatric psychology
  - Neuropsychology (child, adult, or lifespan)
  - Trauma
  
- **American Psychological Association (APA) Accreditation**

# Other graduate programs



- Clinical-Community Psychology (Ph.D.)
  - ✦ Studying psychological well-being at the individual, family, and community levels
  - ✦ Licensed Clinical Psychologist
- Doctorate in Psychology (Psy.D.)
  - ✦ Focuses more on clinical work and less on research
  - ✦ Requires less research/stats
  - ✦ 4-year programs
  - ✦ \$\$
  - ✦ Licensed Clinical Psychologist

# Other graduate programs



- Social work (M.S.W. or P.h.D.)
  - ✦ Ph.D.: Research and teaching
  - ✦ Licensed Clinical Social Worker (LCSW) - more advanced, takes longer
  - ✦ Licensed Master Social Worker (LMSW) - can achieve 2 years post-grad
- Counseling psychology (terminal Masters or Ph.D.)
  - ✦ Ph.D.: Research/teaching or clinical work
  - ✦ Licensed professional counselor (LPC) & Marriage and family therapist (MFT)
- School psychology (terminal Masters or Ph.D.)
  - ✦ Ph.D.: Research/teaching or working in the school setting
- Developmental psychology (terminal Masters or Ph.D.)
  - ✦ Research/teaching

# Other graduate programs



- Masters in general psychology
  - ✦ A LOT of different routes at the university, local/state, healthcare, business levels + more
- Psychiatry (M.D.)
  - ✦ Therapy, prescribing medications, research



# Neuropsychology in Clinical Psychology Programs



- *Neuropsychology is the study of brain-behavior relationships*
- Programs vary in how neuropsychology is incorporated
  - Neuropsychology specialty
  - Neuropsychology track
  - Neuropsychology concentration
- Broadly, these programs require coursework in addition to the core curriculum
  - Neuroanatomy
  - Neuropsychological assessment
- Clinical hours and practicum training will likely be focused on neuropsychology and assessment

# What type of experience do I need?



- **UNDERGRADUATE RESEARCH EXPERIENCE**
  - Lab assistant
  - Independent project
  - Coursework
- **POST-BACCALAUREATE EXPERIENCE**
  - Research
  - Clinical

# Post-Baccalaureate opportunities



- Paid or volunteer research positions
- Terminal Master's programs
- Some (limited) bachelor's-level clinical positions
- Why?
  - Difficult to gain acceptance to clinical Ph.D. program directly post-bac
  - Gain skills and prepare for transition to graduate work
  - Time to refine your interests
  - Be sure that this is what you want to do!

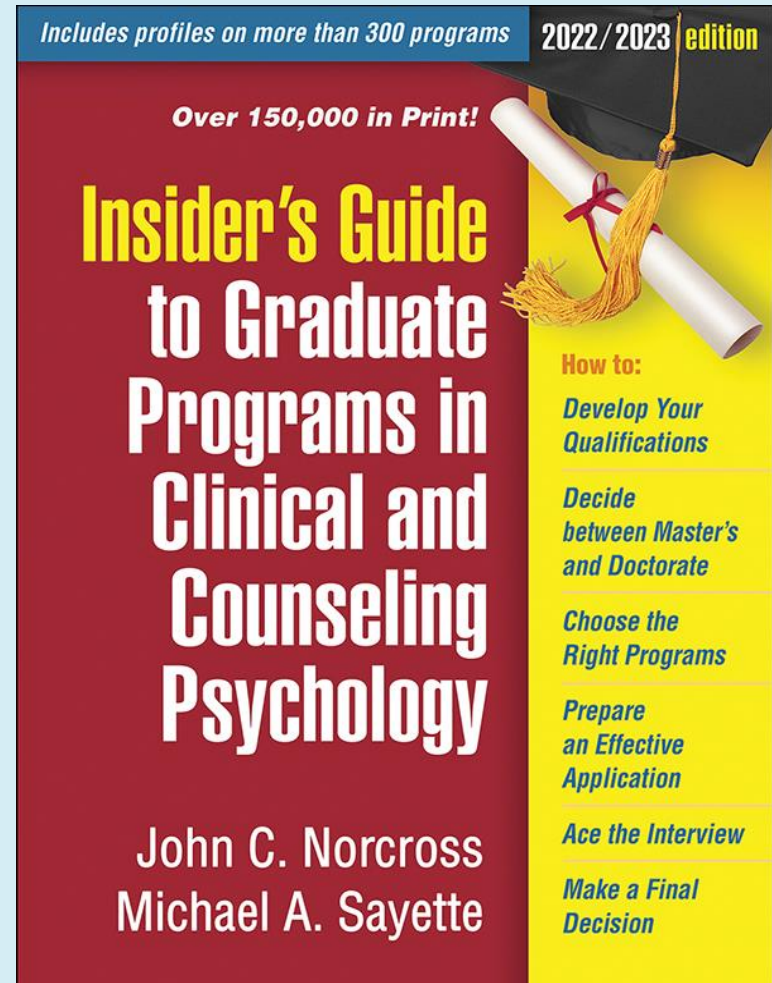
# How do I apply?



- **RESEARCH DIFFERENT PROGRAMS**
- **TAKE THE GRE (GENERAL AND PSYCHOLOGY)**
- **GET LETTERS OF RECOMMENDATION**
- **WRITE A PERSONAL STATEMENT**
- **PREPARE YOUR CURRICULUM VITAE (CV)**

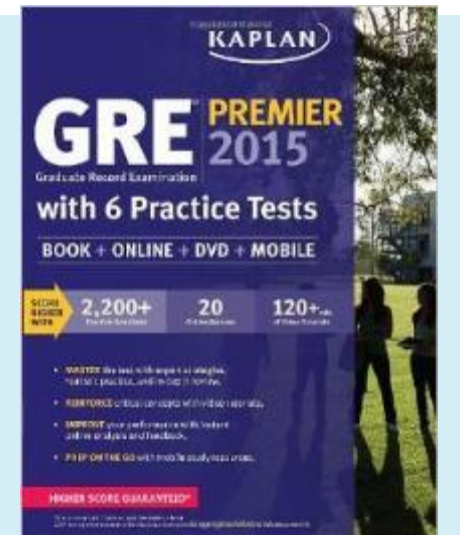
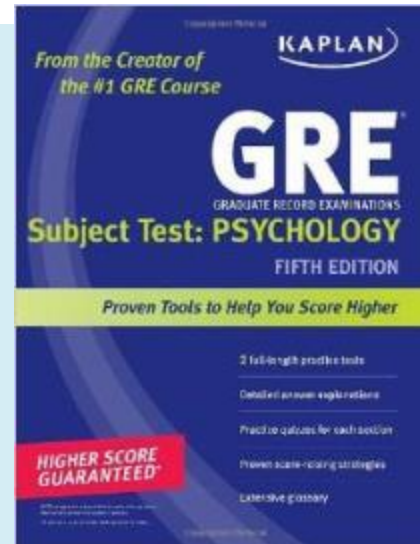
# Research different programs

- Take time to *really* research programs
  - Identify possible major professors
  - All about **FIT**
    - Important for you to determine your research interests and identify how they will fit with specific faculty
  - APA accreditation



# Take the GRE (General and Psychology)

- *GRE may not be required*
- General GRE offered throughout the year
- Psych GRE offered only on specific dates
- GRE scores help you decide for which programs you may be competitive but are not make or break



# Obtain letters of recommendation



## ● Submit three letters

- Try to have at least one writer with a Clinical Psychology PhD
- *Most impressive letters say more than how well you did in a class*

## ● Ask for letters EARLY

- Give letter writers your CV, personal statement, list of programs, and deadlines
- Don't be afraid to follow-up
- Be appreciative and nice 😊

# Write your personal statement(s)



- Tailor your statement to each program and professor
- Describe:
  - Your research interests – identify research mentors
  - Your fit - with a faculty mentor and the training model
  - Highlight your strengths and your achievements
  - Be careful about any personal information you share



# Prepare a Curriculum Vitae (CV)

- CV = academic resume
  - Contact information
  - Educational background
  - Awards/honors
  - Presentations
  - Publications
  - Research experience
  - Clinical experience
  - Other work experience
  - Specific academic skills
  - Professional memberships
  - Leadership roles

**SARAH SMITH**  
House/App # and Street • City Province, Postal Code  
Phone number • email

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**ACADEMIC INFORMATION**

**Master of Education in Counselling Psychology** Anticipated Completion: April 2010  
The University of Western Ontario, London, ON  
*Master's Thesis:*  
• Title of thesis

**Bachelor of Arts in Psychology** Dec 2006  
Simon Fraser University, Burnaby, B.C.

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**RESEARCH EXPERIENCE**

**Research Assistant** Sept 08 – April 09  
Dr. Red, The University of Western Ontario, London ON  
• Provided educational and emotional support for women who experienced violence  
• Facilitated weekly self-esteem workshops aimed at providing tools for supporting increased confidence and positive self-views  
• Conducted semi-structured assessment interviews involving a vast array of questionnaires designed for the purpose of gathering information relating to the experience of violence  
• Transcribed, entered, and analyzed data collected from assessment interviews

**Head Research Assistant** Dec 05 – Aug 08  
Dr. Orange, Simon Fraser University, Burnaby, B.C.  
• Examined the impact of negative moods on self-enhancing cognitions  
• Developed statistical databases for coding and data entry  
• Trained and supervised research assistants as well as coordinated weekly research seminars and laboratory meetings  
• Coordinated the University Psychology Volunteer Research Pool

**Volunteer Research Assistant** Sept 04 – April 05  
Dr. Yellow, Simon Fraser University, Burnaby, B.C.  
• Administered various cognitive, visual attention, and memory research tests  
• Developed the computer skills necessary to input and code data

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**COUNSELLING EXPERIENCE**

**Counsellor Intern** Sept 09 – Present  
Psychological Services, The University of Western Ontario, London, On  
• Provided counselling support to clients dealing with a diverse range of issues including eating disorders, depression, anxiety, trauma, grief, and suicidal ideation  
• Interpreted psychological assessments and communicated results to clients in a therapeutic and supportive environment  
• Participated in triage services supporting clients in crisis  
• Developed and facilitated a "Women's Safety on Campus" workshop with the aim of encouraging awareness of these issues and available community resources

1 of 3

# Funding your graduate education



Varies:

- Master's Degree- clinically focused (primarily self-funded, loans, limited fellowships)
- Master's Degree- research focused (primarily self-funded, loans limited fellowships)
- PsyD- (primarily self-funded, some programs offer stipends)
- PhD- clinically focused (most offer at least partial stipend, some offer additional support)
- PhD- research focused (primarily university funded, additional support)

# Funding Opportunities



- Research Assistantships / Training Grants
- Teaching Assistantships
- University Fellowships
- External Fellowships

# APA Minority Fellowship Program



- **Predoctoral Fellowship- (3 years of support)**
  - Mentoring, travel support, training opportunities, internship application support, potential dissertation support
  
- **Postdoctoral Fellowship- (2 years of support)**
  - Mentoring, travel support, training opportunities, access to information and resources

# SREB Fellowship



- **Predoctoral Fellowship- (3 to 5 years of support)**
  - \$20,000 stipend for 3 years
  - Tuition expenses
  - Conference travel
  
- **Postdoctoral Fellowship- (1 year of support)**
  - \$20,000 stipend for 1 years
  - \$500 for research and professional development
  - Tuition expenses

# NSF Graduate Research Fellowship Program (GRFP)



- Supports outstanding graduate students who are pursuing full-time research-based master's and doctoral degrees in STEM
  - 3 years of support (5-year fellowship period)
  - **\$37,000 stipend; \$16,000 cost of education allowance**
  - Can apply before entering graduate school
- Additional funding programs available for:
  - Research Experiences for Undergraduates (REU)

# More resources about funding and opportunities:



- APA Grants, Awards and Funding Page
  - <https://www.apa.org/about/awards>
- NIH Fellowships and Training Page
  - Summer Internship Program (SIP)
  - Student Intramural Research and Training Award (IRTA)
- Post-Bacc Opportunities:
  - University of Pittsburgh Hot Metal Bridge Program
    - ✦ <https://www.asgraduate.pitt.edu/hot-metal-bridge-post-bac-program>
  - <https://undergrad.psychology.fas.harvard.edu/post-graduate-research-jobs>
  - Twitter (Research Coordinator ads)
  - APA List Serv

# UGA Opportunities for Involvement:



- **CURO Scholarships and Fellowships**
  - Undergraduates interested in pursuing intensive, immersive, faculty/graduate student mentored research
- **Psychology Undergraduate Mentoring Program**
  - Promote opportunities for undergraduates from historically underrepresented backgrounds to receive mentoring in the field of psychology
- **Psi Chi International Honor Society in Psychology**
- **Psychology Undergraduate Assistant Experiential Learning Pilot Program**
  - Undergraduate Teaching Assistant track (paid)



# Ask Us!



- **PATHS TO GRADUATE SCHOOL**

- Experiences as an undergrad/postbacc
- Deciding to go to graduate school

- **EXPERIENCES AS A GRADUATE STUDENT**

- Negotiating identity
- Balancing multiple roles: Student; researcher; clinician-in-training; teacher; other roles
- Challenges (and good things) about getting a Ph.D.

- **OTHER QUESTIONS YOU HAVE!**