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 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.hD.)
  - 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

ACADEMIC INFORMATION
Master of Education in Counselling Psychology
The University of Western Ontario, London, ON
Anticipated Completion: April 2010
Title: "Thesis"

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

RESEARCH EXPERIENCE
Research Assistant
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

Sept 08 – April 09

Head Research Assistant
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

Dec 05 – Aug 08

Volunteer Research Assistant
Dr. Yellow, Simon Fraser University, Burnaby, B.C.
- Administered various cognitive, visual attention, and memory research tasks
- Developed the computer skills necessary to input and code data

Sept 04 – April 05

COUNSELLING EXPERIENCE
Counsellor Intern
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

Sept 09 – Present

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 year
  • $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](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://www.asgraduate.pitt.edu/hot-metal-bridge-post-bac-program)
  - [https://undergrad.psychology.fas.harvard.edu/post-graduate-research-jobs](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!**