

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
- Ask us!



Clinical
psychology
overview

Roles of
Psychologists

Where do
psychologists
work?

Other mental
health
professions

WHAT IS CLINICAL PSYCHOLOGY?

CLINICAL PSYCHOLOGY OVERVIEW

- Training models
 - Clinical scientist
 - Scientist-practitioner
 - Practitioner-scholar
- Specialties/Concentrations
 - Clinical child/adolescent psychology
 - Clinical adult psychology
 - Clinical health psychology
 - Combinations – ex. clinical child & health = pediatric psychology
 - Neuropsychology (child, adult, or lifespan)



ROLES OF A PSYCHOLOGIST

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



WHERE DO 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



OTHER MENTAL- HEALTH GRADUATE PROGRAMS

- **Clinically-focused degrees**
 - Social work (typically M.S.W.)
 - School psychology (terminal Masters or Ph.D.)
 - Licensed professional counselor (LPC) & Marriage and family therapist (MFT)
 - Doctorate in Psychology (Psy.D.)
- **Research-focused degrees**
 - Masters in general psychology
 - Counseling psychology Ph.D.
 - School psychology Ph.D.
- **Medical degree**
 - Psychiatry (M.D.)



**WHAT TYPE
OF
EXPERIENCE
DO I NEED?**

**Undergraduate
Research
Experience**

Lab assistant

Independent project

**Post-Baccalaureate
Experience**

Research

Clinical



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!**

RESEARCH
different
programs

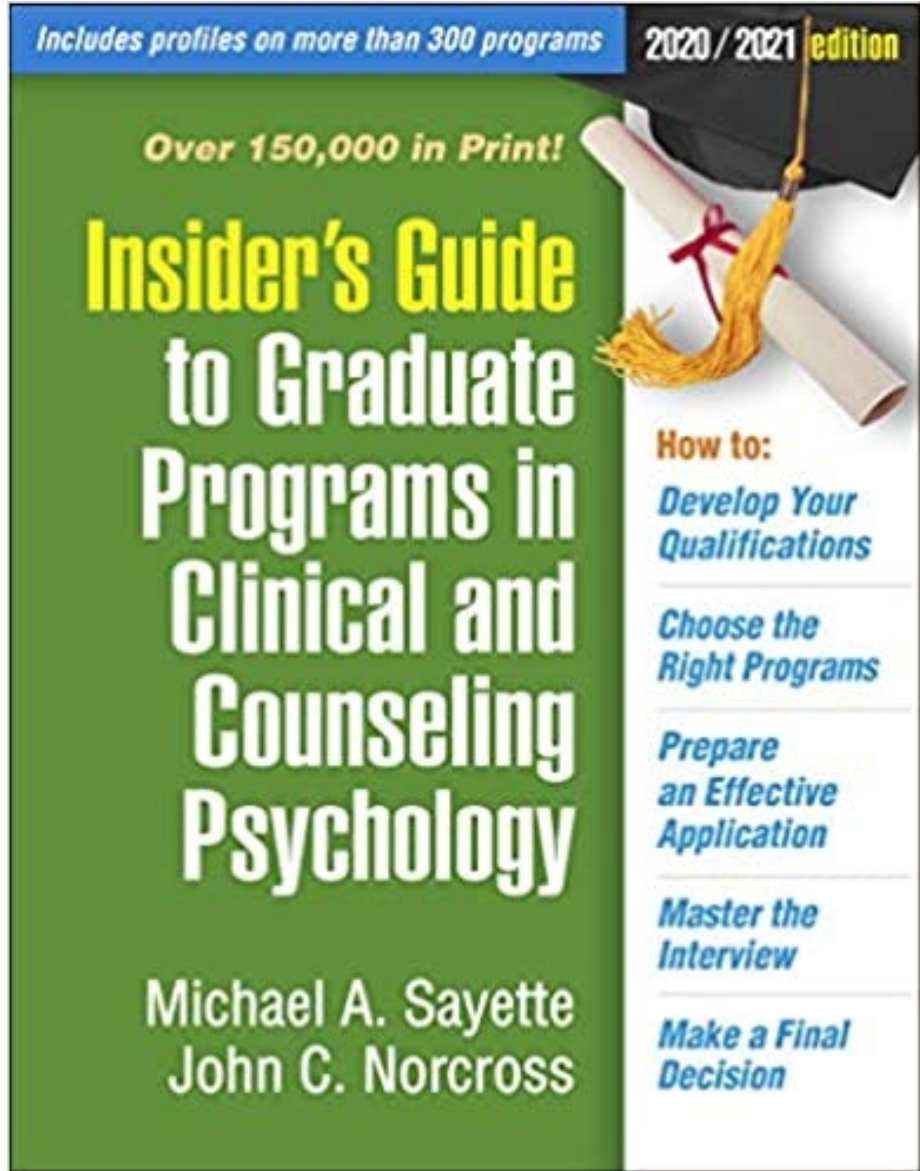
TAKE THE GRE
(General and
Psychology)

GET Letters of
Recommendation

Write a personal
statement

Prepare your
CURRICULUM
VITAE (CV)

**HOW DO I
APPLY?**

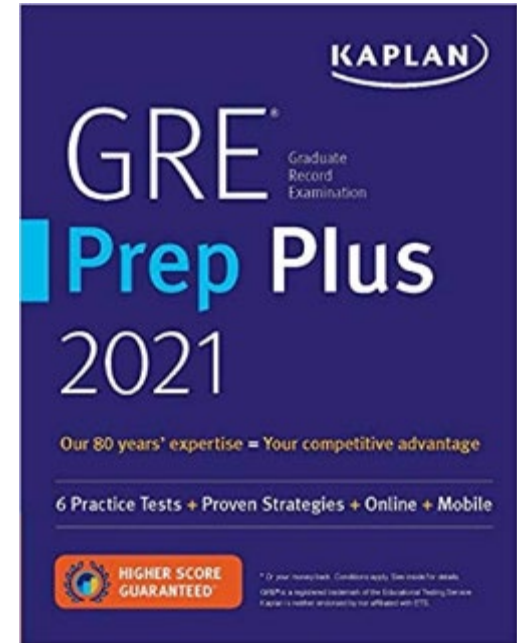
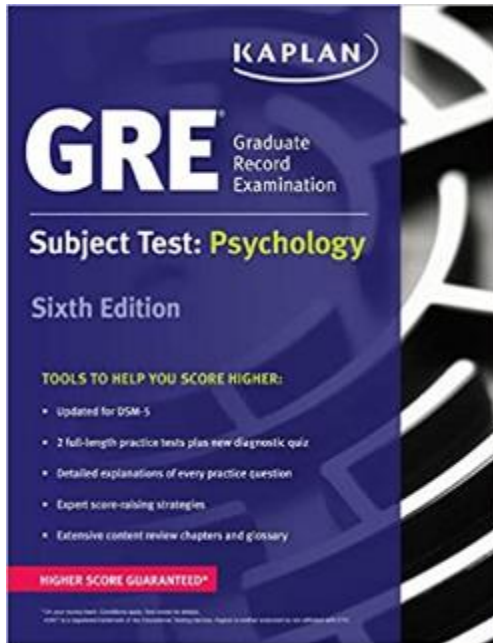


RESEARCH DIFFERENT PROGRAMS

- Take time to *really* research programs
 - Identify possible major professors
 - **All about FIT**

- APA accreditation





TAKE THE GRE (GENERAL AND PSYCHOLOGY)

- 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



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

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)

ACADEMIC INFORMATION

Master of Education in Counselling Psychology
The University of Western Ontario, London, ON

Anticipated Completion: April 2010

Master's Thesis:
• Title of thesis

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

Dec 2006

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

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

- 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



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 stipends, some offer additional support)
 - PhD- research focused (primarily university funded, additional support)



FUNDING OPPORTUNITIES



Research
Assistantships /
Training Grants



Teaching
Assistantships



University
Fellowships



External
Fellowships





Opportunities for pre-doctoral and dissertation

- Pre-Doctoral: Annual stipend of \$27,000 for 3 years
- Dissertation Award: One year with \$25,000 award
- 9 month or 12 month packages

Additional Expenses paid (e.g. conference fees)

Access to Ford Fellow Liaisons network

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





Predocctoral 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