

Introduction & Overview

Psych 454 - Clinical Psychology
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Orientation

- What is a scientist?
- What is a therapist?
- What is a clinical psychologist?

Clinical Psychology - A Definition

“The field of clinical psychology involves research, teaching, and services relevant to the applications of principles, methods, and procedures for understanding, predicting, and alleviating intellectual, emotional, biological, psychological, social and behavioral maladjustment, disability, and discomfort, applied to a wide range of client populations.”

(Resnick, 1991)

Clinical Psychology - Focus

- Assessment
 - Identification of psychological and behavioral problems.
- Treatment
 - Amelioration of psychological and behavioral problems.
- Understanding
 - Research and teaching in the areas of psychology, or psychological and behavioral problems.

Clinical Psychologists - Education and Training

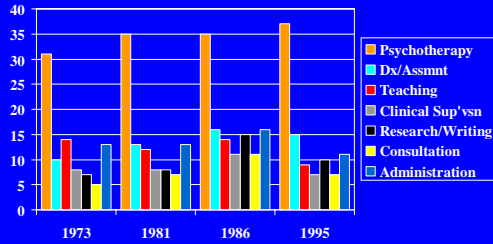
- For independent practice in clinical psychology, the minimum degree is a doctoral degree.
 - Ph.D. - Doctor of Philosophy (in ...)
 - Psy.D. - Doctor of Psychology
- However, in order to practice independently, in addition to the doctorate, you will also need at least 1 year of post-doctoral training.

Clinical Psychologists - Education and Training

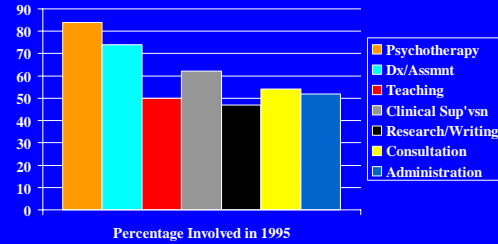
For a doctorate in psychology, you will need:

Bachelor's Degree in Related Field	4 yrs
Ph.D. or Psy.D. in Clinical Psychology	4-6 yrs
Pre-Doctoral Clinical Internship	1 yr

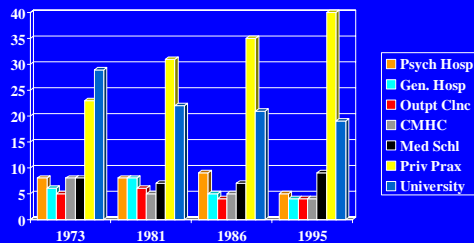
Clinical Psychologists' Activities: 1973 - 1995



Clinical Psychologists' Activities: 1995



Where Clinical Psychologists Work



Specialties in Clinical Psychologists

- Child Clinical Psychologists
- Clinical Health Psychologists
- Pediatric Psychologists
- Clinical Neuropsychologists
- Forensic Psychologists
- Geropsychologists

What Clinical Psychologists Aren't

- Psychiatrists (MD)
- Social Workers (BSW, MSW, DSW)
 - Clinical Social Workers (MSW, LCSW)
 - Psychiatric Social Workers (MSW, LCSW)
- Counseling Psychologists (PhD, EdD)
- School Psychologists (MA, PhD, EdD)
- Psychiatric Nurses (RN)
- Marriage and Family Therapists (MFT)

Psychiatrists

- MD degree - physician

Bachelor's Degree in Related Field	4 yrs
Medical School	4 yrs
Clinical Internship	1 yr
Psychiatry Residency	3 yrs

Psychiatrists - Pros

- Prescribe medications, treat physical ailments, and give physical examinations.
 - Most of their intellectual background, however, comes from the non-medical contributions of Freud, Jung, Adler, and others (largely psychoanalytic).
- Accorded the power, prestige, and salaries commensurate with societal expectations for physicians.

Psychiatrists - Cons

- Costs of medical training are very high, compared to other professions.
- Generally, have much less training in psychological aspects of treatment than most advanced graduate students in psychology.
- Salaries are among the bottom of the barrel for MD's.
- Many psychiatrists today do “medication management” and little psychotherapy.

Social Workers

- BSW, MSW, DSW

Bachelor's Degree: Social Work (BSW)	4 yrs
Masters in Social Work	2 yrs
Clinical Internship	2 yrs
Doctorate in Social Work	3-4 yrs

- LCSW - Licensed Clinical Social Worker
 - State license, not a degree
- Psychiatric Social Worker

Social Workers

- Traditionally, focused on
 - patient case management
 - patient advocacy
 - liaison to social service agencies and benefits.
- Modern Social Workers
 - psychotherapy with individuals, families, groups
 - focus on social theories and interventions

Social Workers - Pros

- Shorter length of training
- Less expensive (?)
- Focus on social factors as contributory to psychopathology
 - poverty, crime, racism, oppression
- No dissertation, no master's thesis
- Utilization of supervised fieldwork as training model for students

Social Workers - Cons

- Brief training, less knowledge.
- Less knowledge = less responsibilities.
- Less emphasis on research.
- Lower earning abilities.

Counseling Psychologists

- PhD, EdD

Bachelor's Degree in Related Field	4 yrs
Graduate School	4 - 6 yrs
Predoctoral Clinical Internship	1 yr

Counseling Psychologists

- Most similar to clinical psychologists
- Traditionally,
 - worked with unimpaired or moderately maladjusted individuals.
 - testing focus: vocational, occupational
- Modern Counseling Psychologists
 - psychotherapy, testing
 - typical activities:
 - preventive treatment consultation
 - development of outreach programs
 - vocational counseling short-term therapy

School Psychologists

- MA, PhD, EdD

Bachelor's Degree in Related Field	4 yrs
Graduate School	3yrs for MA 4 - 6 yrs PhD/EdD
Predoctoral Clinical Internship	1 yr

- Most School Psychologists choose the MA

School Psychologists

- Typically work in school system
 - testing
 - consultation to teachers, administrators, parents
 - brief counseling
 - recommend special programs for students
- Few are in private practice
 - tutoring help
 - testing

Psychiatric Nurses

- BSN, MS

Bachelor's Degree in Nursing	4 yrs
Graduate School - Nursing	2 - 4 yrs

- RN - State License, not a degree

Psychiatric Nurses

- Training in psychiatric diagnoses and treatment.
- Also learn about the biological aspects of psychiatric disorders and psychopharmacology.
- Involved (in some states) in administering psychopharmacology.
- Also conduct psychotherapy.

Marriage & Family Therapists

- MA - terminal

Bachelor's Degree in Related Field	4 yrs
Graduate School	2yrs
Post-Graduate Clinical Internship	2 yrs

MFT

- Pro's
 - Ease of acceptance into programs
 - Brief program
- Con's
 - Mixed quality of training programs
 - Loosely regulated field
 - Mixed income potential

Other Mental Health Professionals

- Child Life Specialists
- Occupational Therapists
- Recreational Therapists
- Art/Dance/Music Therapists
- Alcohol/Drug Abuse Counselors
- Educational/Cognitive Specialists

Other Psychologists

- Social Psychologists
- Cognitive Psychologists
- Developmental Psychologists
- Physiological Psychologists
- (Cognitive) Neuropsychologists
- Industrial/Organizational Psychologists
- Human Factors / Applied Psychologists