Careers in Psychology & Intro to Child Psychopathology

CLP4134: Childhood Psychopathology
Fall 2017
Dr. M.D. Rapport
Career options with BS/BA in psychology

- Direct care staff (+50¢/hour vs. HS Diploma)*
- Walgreen’s Assistant Manager*
- Shirt folder at The Gap*

* With extensive additional training and several years experience
Core mental health professions

- **Clinical Psychologists**
  - PhD or PsyD from APA Accredited program
  - Minimum 4 years + 1 year internship
  - Licensure
  - Trend toward more administrative/supervisory functions

- **Master’s in clinical psychology, ABA, School, or Counseling**
  - ~2-3 years
  - Licensure in many states (mental health counselor)
  - Can practice psychotherapy, but must be supervised by licensed psychologist or psychiatrist (most states)
  - Trend toward increased opportunities for direct care
  - Applied Behavior Analysis (programs at UF, FSU, USF, FIT), School, Counseling, & Clinical programs
Core mental health professions

- **Counseling psychology**
  - Similar to clinical psych but with less severe patient population
  - Often offered through Education departments
  - Offer PhD, PsyD, or EdD degrees
    - Generally eligible for same licensure/professional benefits as clinical psychologists
  - Differences from Clinical Psych:
    - Deal also with “normal transitions” people face (e.g., career counseling, family counseling, marriage counseling)
    - Typically work with less severe pathology

- **Social workers**
  - Master’s, and doctoral degrees
  - Largest group of mental health providers in U.S.
  - Provide direct clinical services; also do administration, public policy, research, and community organizing
Core mental health professions

- **Psychiatrists**
  - M.D. with specialty in psychological disorders
  - Can prescribe medication and conduct/order additional medical tests
  - Compared to clinical psychologists: Typically more medical training, but less training in assessment and psychological treatments

- **Psychiatric nursing**
  - Most commonly found in hospital settings
  - Trained in care and treatment of persons with psychiatric disorders

- **Marriage and Family Therapists**
  - Master’s or doctoral degrees
  - Treat psych disorders as they occur within context of marriage, couples, and families
  - Family systems model
Other mental health professions

- **Paraprofessionals**
  - Bachelor’s or Associate’s level
  - Trained to administer a specific form of treatment to a specific population
  - e.g., case workers, clinical case managers, volunteers at telephone crisis hotlines, group leaders, pastoral counselors

- **Nonprofessional caregivers**
  - e.g., friends, family, neighbors, bartenders, divorce lawyers, hair stylists, etc.
What do clinical psychologists do?

- **Assessment (testing, interviews, and observations)**
  - Diagnose & treat mental illness, recommend vocational paths, select job candidates, select treatment modality, guide legal decisions (e.g., custody battles), establish pretreatment baselines, select research participants

- **Treatment**
  - Help people better understand and solve distressing psychological problems using empirically supported Rxs
  - E.g., psychotherapy, behavior modification

- **Research**

- **Teaching**

- **Consultation**

- **Administration**
PsyD

- Clinical (practitioner) focus
- No Master’s thesis; Dissertation is not research-oriented
- Vs. PhD:
  - Similar performance on qualifying exams and course grades
  - Accept more applicants, & lower GRE scores
  - Larger classes
  - Much less likely to be involved in research
  - More psychodynamic-oriented faculty (36%)
    - PhD program faculty are more often cognitive-behavioral (48%)
  - Graduates are less likely to be employed in academic settings, pursue post-doctoral degrees, and engage in research
  - 23% acceptance rates (vs. 6%)
  - Less likely to receive financial assistance (grants, scholarships, work-study)
    - Average debt (1997): $100K to $150K or more (vs. average $22K for PhD)

- Areas of concern:
  - Many PsyD programs employ part-time faculty to train large numbers of students: “does not encourage comprehensive education”
    - Less individual attention?
  - Too few PsyD grads involved in research of any kind—33% cannot obtain an APA internship
Professional Schools

- Typically free-standing organizations (not university affiliated)
- vs. university-affiliated PhD:
  - Average incoming class 5 times larger
  - Train students as providers rather than research-practitioners
  - Likely more practitioner role models
  - Provides venue for further training for large numbers of people with Master’s degrees that have not been admitted to traditional PhD programs
Getting into graduate school in clinical psychology and related fields
Getting into grad school

- **What career do I want?** What types of graduate programs are available to meet my career goals?
  - Do I want to work with a specific population?
  - Am I willing to relocate?

- Am I ready to make the *emotional, financial, and time commitments* required in doctoral programs?
  - PhD: 5-7 years full time, *plus 1-year internship*
    - Full course load, 20/week job placement, plus timely progress on independent research (master’s thesis, doctoral dissertation … and more if you plan to work in academia)
    - Higher expectations, 2x amount of reading (at least); readings are journal articles instead of textbooks
    - Stress!
  - Debt
    - PsyD: Often ~$130,000 in debt (average > $50K); many cannot locate appropriate employment after graduating
    - PhD: average ~ $23K
  - Starting salaries (7 to 9 years from now): lower for PsyD vs Ph.D.; can be hard to pay off debt
Getting into grad school

- Should I take time off after undergrad?
  - It doesn’t hurt
  - Work in a related field
  - RESEARCH EXPERIENCE
    - For the PhD: No research = no grad school
  - Take grad courses
    - Esp. in stats/research methods
Getting into grad school

- Are my credentials strong enough for a university-affiliated PhD program?
  - Typical program: 100 – 400 applicants; 5-10 accepted
  - GRE Scores
    - “minimum 1000”—just means to apply not to be accepted
    - If you scored near a program’s minimum acceptable score, you’re (probably) not getting in—look at their on-line data for previous admissions
  - GPA
    - Grades on psych courses
      - Especially in stats and experimental methods
        - Got a B-? Retake it.
    - Pattern of grades
      - Slow start probably okay, as long as you got (much) better
    - Psychology GPA of 3.5-3.6 (out of 4.0) = minimum
Getting into grad school

- Are my credentials strong enough for a university-affiliated PhD program?
  - Letters of recommendation
    - Faculty need to know you outside of class
      - RESEARCH RESEARCH RESEARCH RESEARCH
        - Work (hard) in their labs – work in several labs
  - RESEARCH EXPERIENCE
    - Show admissions committee that you understand what is involved in research, and enjoy it
    - Helps letters of recommendation
    - Helps you decide your areas of interest
    - Excellent basis for discussion during interviews with faculty
    - How do I get research experience???
      - www.psych.ucf.edu
      - Click on Laboratories
Getting into grad school

- **Other options**
  - **Master’s programs**
    - Lower admissions criteria
    - Terminal master’s or first step toward PhD
    - Preferable if you want to work in the field
  - **Counseling, school, and other psychology programs**
    - Somewhat less competitive
    - You often receive just as much applied training and experience
    - Preferable if you want to deliver clinical services
  - **Nonclinical programs**
    - e.g., developmental, social
    - Fewer applicants, lower admissions criteria
    - Preferable if you want to remain in a research environment
Getting into grad school

- How do I tell if a program is “any good”? (i.e., does it fit my needs?)
  - Research vs. clinical emphasis
  - Size of department and program
  - Faculty research interests (do they match yours?)
  - Student/faculty ratio
  - Breadth of practicum experiences
  - Size and location of campus and city
  - Type and extent of department resources
  - Theoretical orientation(s) of faculty
  - APA accreditation (doctoral degrees only)
    - A must for getting quality internships, licensure, etc.
The Scientist-practitioner debate (research vs. practice)

- Clinical Scientist (5%)
- Practitioner-Scholar (36%)
- Scientist-Practitioner (51%)
- Practitioner (2%)
- University-Affiliated PhD
- PsyD
- Professional Schools

From APPIC Internship Statistics, 2007
Note: Other (6%)
Why is research important?

- Critical evaluation of assessment procedures and therapeutic interventions
  - Which one(s) are likely to be effective for a particular client with particular problems?
- Critically evaluate our own clinical work
  - Is the client getting better? How do we know it’s due to our interventions?
- Critically evaluate effectiveness of programs in mental health facilities
- Supervise and evaluate our students’ research projects

“The single most important goal in training competent clinical psychologists is to teach them to choose and evaluate whatever services they offer in light of research that employs the empirical methods of science” (Neitzel et al., 2003)
Getting into grad school

● Applying
  - Helpful books:
    ● *Clinical Psychology, 6th ed. – Appendix A* (Nietzel, Bernstein, Kramer, & Milich)
    ● *Majoring in Psych? Career Options for Psychology Undergraduates* (Morgan & Korschgen, 2001)
    ● *Getting In: A Step-by-Step Plan for Gaining Admission to Graduate Programs in Psychology* (APA, 200X)
  - www.apa.org
Getting into grad school

Applications Procedures

1. GRE: *Study* for it and take it (at least once!)
2. Web searches for appropriate programs (min. 10-15)
   - [http://www.psychwww.com/resources/deptlist.htm](http://www.psychwww.com/resources/deptlist.htm)
   - Programs by state and country
   - PsychINFO to find professors doing research in your area of interest
3. Get info from each program
## Getting into grad school

<table>
<thead>
<tr>
<th>Internship</th>
<th>Vibe</th>
<th>Location</th>
<th>Apps</th>
<th>Interviews</th>
<th>% Interviewed</th>
<th>% Accepting</th>
<th>Overall Accepting</th>
<th>Research Emphasis</th>
<th>Rhs Hrs</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Brown Medical School</td>
<td>Great</td>
<td>Rhode Island</td>
<td>331</td>
<td>117</td>
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<td>20</td>
<td>57</td>
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<td>strong</td>
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<td>Boston Consortium in Clinical Psychology</td>
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<td>298</td>
<td>121</td>
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<td>19</td>
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<td>6</td>
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<td>2</td>
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<tr>
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<td>Great</td>
<td>New York, Metro Area</td>
<td>279</td>
<td>113</td>
<td>41</td>
<td>10</td>
<td>25</td>
<td>4</td>
<td>strong</td>
<td>Unclear</td>
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<tr>
<td>University of Illinois at Chicago</td>
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<td>50</td>
<td>21</td>
<td>8</td>
<td>39</td>
<td>3</td>
<td>high</td>
<td>Major rotation in research currently down - check later</td>
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<tr>
<td>University of Miami/Jackson Memorial</td>
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<td>Miami</td>
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<td>130</td>
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<td>13</td>
<td>23</td>
<td>6</td>
<td>?</td>
<td>NO WEBSITE!!!</td>
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<tr>
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<td>Massachusetts</td>
<td>224</td>
<td>70</td>
<td>31</td>
<td>8</td>
<td>26</td>
<td>4</td>
<td>good</td>
<td>Heavy emphasis on research disorders (Required) *Has clinical child/pediatric and child community tracks (only interested in ADHD. Also, behavior problems rotation. Largest hospital in the U.S.)</td>
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<td>70</td>
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<td>10</td>
<td>31</td>
<td>5</td>
<td>low-moderate</td>
<td>up to a day a research on CD and ADHD. Also, behavior problems rotation. Largest hospital in the U.S.)</td>
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<td>7</td>
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<tr>
<td>Charleston Consortium Internship (MUSC) - Child</td>
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<tr>
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<td>35</td>
<td>7</td>
<td>poor</td>
<td>unclear</td>
</tr>
<tr>
<td>Harvard Medical School/The Children's Hospital</td>
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<td>60</td>
<td>33</td>
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<td>21</td>
<td>4</td>
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<tr>
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<td>Maryland</td>
<td>181</td>
<td>83</td>
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<td>14</td>
<td>31</td>
<td>8</td>
<td>moderate</td>
<td>6</td>
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</tbody>
</table>

Comments: General experiences are available; however, there is a STRONG emphasis on HIV/AIDS. Varieties of clinical experiences related to children, including ADHD. Disruptive Behavior Disorders clinic. Broad range of possible disorders, including ADHD. Disruptive Behavior Disorders clinic. Major rotation in research currently down - check later. Strong emphasis on CBT for all childhood disorders (Requirement of 2 years). Has clinical child/pediatric and child community tracks (only interested in ADHD. Also, behavior problems rotation. Largest hospital in the U.S.). Strong emphasis on ADHD. Also, behavior problems rotation. Largest hospital in the U.S.) Very strong emphasis on sufficient coverage of ADHD. Specific ADHD facility. Specific ADHD facility. Specific ADHD facility.
Getting into grad school

Applications Procedures

4. Complete and submit application and financial aid forms

5. Arrange for transcripts to be sent to each program for all undergraduate institutions you’ve attended

6. Arrange for GRE scores to be sent to each program

7. Acquire 3 letters of recommendation from professors who know you – at least 1 month before deadlines
   ➢ Provide them with written “fact sheet” about you

8. Write and revise, revise, revise personal statement
   ➢ Tailor personal statement to each program
Getting into grad school

- The personal statement
  - Not too personal
  - “Tpyos” and grammatical errors make you look bad (writing skills, conscientiousness, and attention to detail)
    - PRINT OUT your drafts and read the hard copies – you’ll catch many many many more errors that way
    - Goal: Convince faculty that you’re a good match for their program
    - Tailor personal statement to each program
  - Cover 4 key components:
    - Your previous research experience
    - Current research interests
      - How your interests coincide with ongoing research by faculty at the program
    - Other relevant experience
    - Future career goals
Getting into grad school

- Curriculum vita (CV)
  - The academic résumé
  - Literally, “the course of one’s life”
  - Unlike a résumé, has no standard page length
  - For graduate school applications, can often submit it in résumé format
  - Include only *relevant* jobs and experiences
    - e.g.,
      - Yes: Volunteered for crisis hotline
      - No: Worked at Starbucks