

**Module One:  
Introduction to the Clinical  
Practice of Psychology**

PSY 445  
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Western Kentucky University

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**Clinical Psychology: Definitions**

- **Institute for Juvenile Research**
  - The clinical psychologist is concerned with the evaluation of the child's innate abilities, educational achievements, and special aptitudes
- **David Mitchell**
  - Clinical psychology has to do with the examination of individuals to determine the mental level or ability. It is primarily a diagnosis of subnormal states

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**Clinical Psychology: Definitions**

- **Augusta Bronner**
  - Clinical psychology . . . describes the field of giving and interpreting psychological tests as part of the study in the field of guidance

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### Clinical Psychology: Definition

- **Resnick**
  - 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, p. 7

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### Clinical Psychology: Definitions

- **American Psychological Association:**
  - Clinical psychology is a form of applied psychology which aims to define the behavior capacities and behavior characteristics of an individual through methods of measurement, analysis, and observation; and which, on the basis of an integration of these findings with data received from the physical examinations and social histories, gives suggestions and recommendations for the proper adjustment of the individual

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### Clinical Psychology

- What sets clinical psychologists off from other people who perform similar functions is a focus on science.
  - “Scientific clinical psychology is the only legitimate and acceptable form of clinical psychology”

Richard McFall, 1991, p. 76

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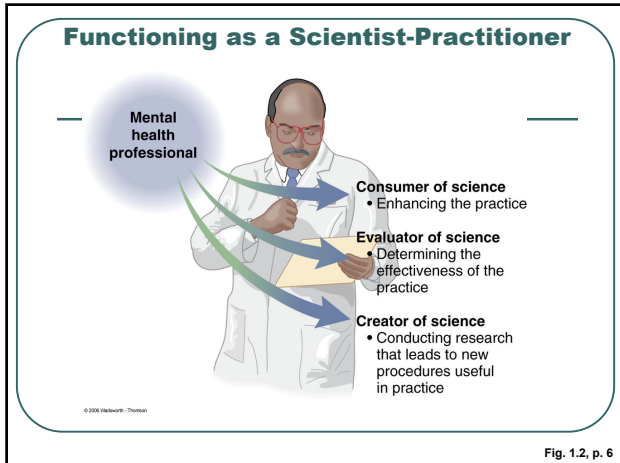


Fig. 1.2, p. 6

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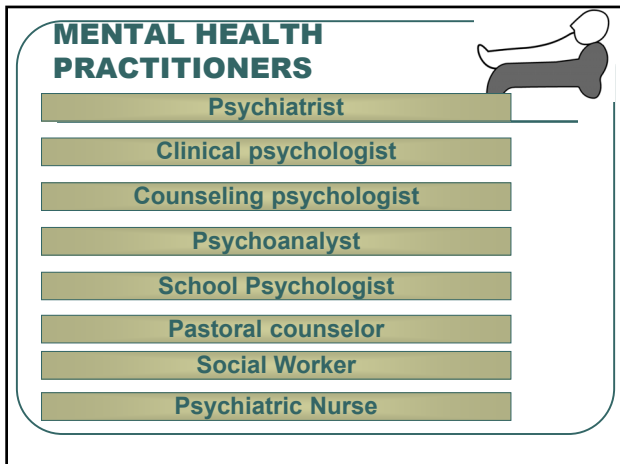
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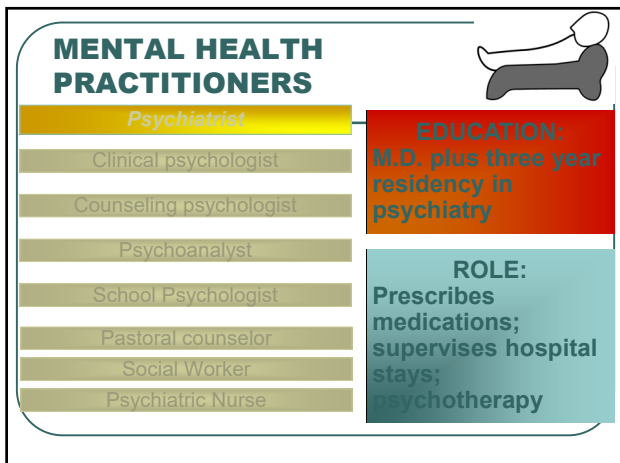
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- **Typical Daily Activities:**
  - See patients in 15-minute increments
  - Manage medication
  - Oversee hospitalized patients
  - Can conduct physical examinations of patients
  - Treat physical ailments



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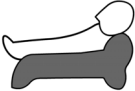
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## MENTAL HEALTH PRACTITIONERS



Psychiatrist	<b>EDUCATION:</b> Master's or PhD/PsyD, plus one year internship
<i>Clinical psychologist</i>	
Counseling psychologist	<b>ROLE:</b> Psychotherapy – may follow one or more theoretical orientations (e.g. behavioral, psychodynamic)
Psychoanalyst	
School Psychologist	
Pastoral counselor	
Social Worker	
Psychiatric Nurse	

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- **Typical Daily Activities**
  - See clients in one-hour time blocks for therapy
  - Complete intellectual or personality assessments
    - Including diagnosis
  - Consult
  - Supervision
  - Teaching
  - Research
  - Administration

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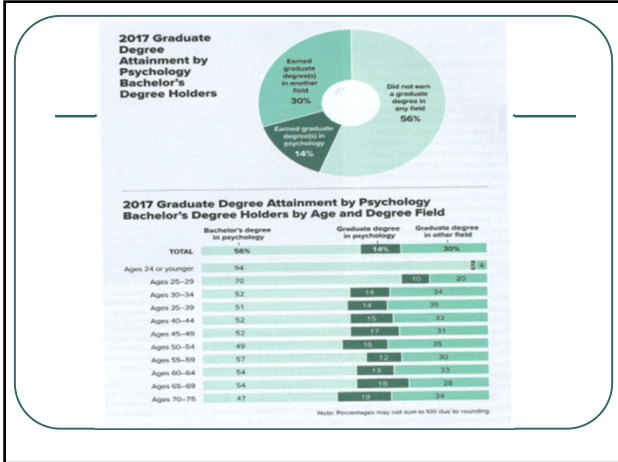
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● Where do clinical psychologists work?

Setting		Primary (%)	Secondary (%)
Independent Private Practice	Individual	36	37
	Group	10	9
Hospitals		12	6
Other Human Service Settings		11	11
Managed Care		5	3
Business & Government		7	9
Academia		19	25

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● Where Do Psychologists Work?

● 2015 APA Practice Organization Survey

Place	Percentage
Independent Solo Practice	54.3%
Independent Group Practice	15.5%
Non-federal Hospital: General Medical	5.0%
Mental Health Clinic	3.8%
College/University Counseling/Health Center	3.6%
Other	18.4%

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## Where Do Psychologists Work?

- Annual Gross Income

Range	Percentage
Less than \$30,000	6.2%
\$30,000-\$59,999	13.0%
\$60,000-\$99,999	30.5%
\$100,000-\$150,000	29.6%
More than \$150,000	13.3%
Chose not to respond	7.3%

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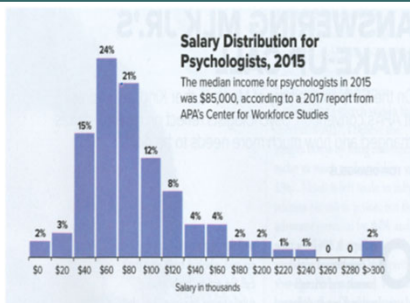
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## Salaries of Psychologists



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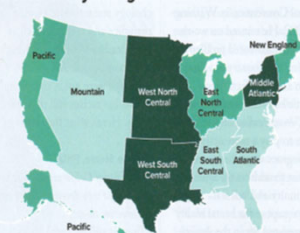
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## Salaries of Psychologists

### Geographic Variation in Psychologists' Salaries

Psychologists in the Middle Atlantic region and in the center of the country earned the most; those in the Southeast and Mountain West earned the least.

**Median Salary**  
 < \$65,000  
 \$65,000-\$90,000  
 > \$90,000



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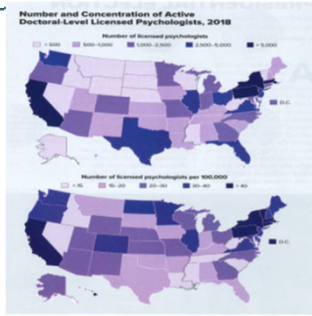
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## Distribution of Licensed Psychologists, 2019



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## Top Mental Disorder Treatment Areas



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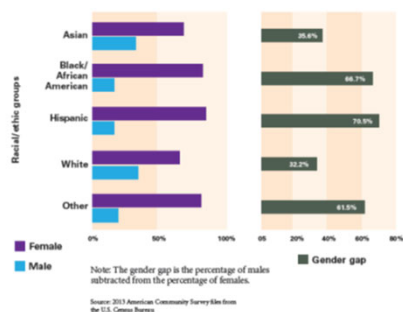
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## Gender differences in the number of active psychologists by race/ethnicity



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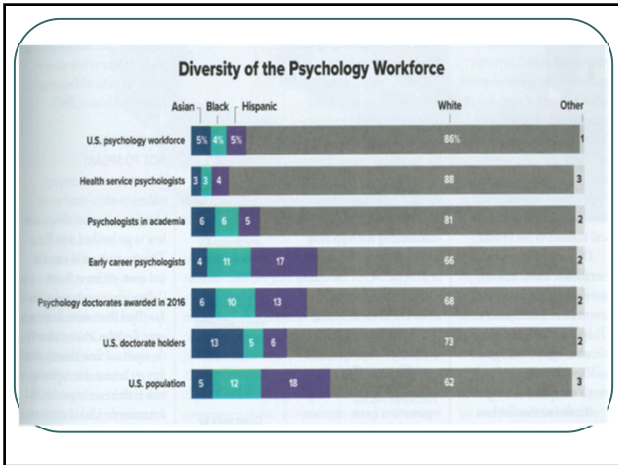
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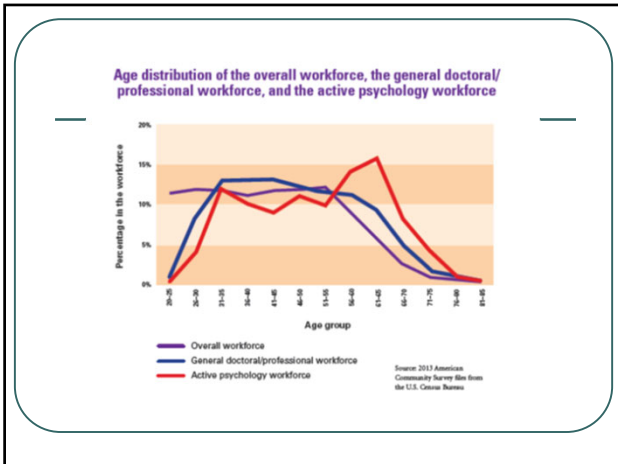
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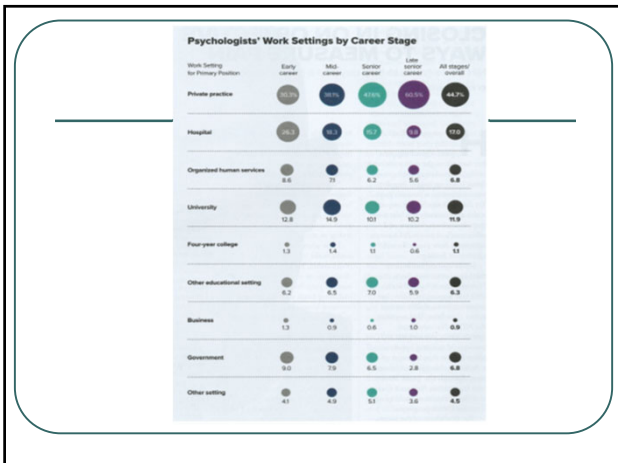
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## Psychologists' Job Satisfaction



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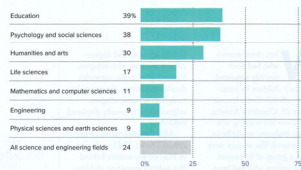
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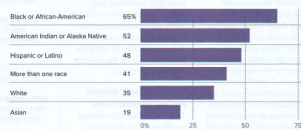
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### Percentage of Doctorate Recipients With Graduate School Debt Greater Than \$30,000



### Percentage of Psychology/Social Sciences Doctorate Recipients With Graduate School Debt Greater Than \$30,000, by Race and Ethnicity



Source: National Science Foundation, Survey of Earned Doctorates, Doctorate Recipients From U.S. Universities, 2016

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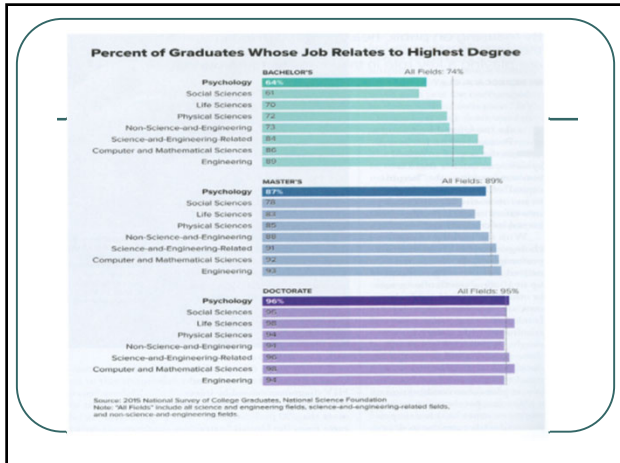
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### Prescription Privileges

- Pros
- Cons
- Where psychologists can prescribe
  - New Mexico
  - Louisiana
  - Iowa
  - Idaho
  - Illinois

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### MENTAL HEALTH PRACTITIONERS

Psychiatrist	<b>EDUCATION:</b> Master's or PhD/PsyD, plus one year internship
Clinical psychologist	
<b>Counseling psychologist</b>	<b>ROLE:</b> Helps people make career choices or other changes in their lives; some psychotherapy
Psychoanalyst	
School Psychologist	
Pastoral counselor	
Social Worker	
Psychiatric Nurse	

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**Typical Daily Activities**

- See clients in one-hour time blocks for therapy
- Consult
- Supervision
- Teaching
- Research



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**Differences between clinical and counseling psychologists**

- 2x as many people apply to clinical programs, though acceptance rates are similar
- GRE scores are higher for clinical
- Counseling programs accept more minority students and students w/master's degrees
- Research focusing on minority issues is more common in counseling programs
- Research focusing on psychological disorders and health psych is more common in clinical programs

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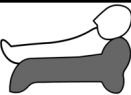
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**MENTAL HEALTH PRACTITIONERS**



Psychiatrist	<b>EDUCATION:</b> Ph.D. or M.D., plus specialized training in psychoanalysis
Clinical psychologist	
Counseling psychologist	<b>ROLE:</b> Psychoanalytic psychotherapy
<b>Psychoanalyst</b>	
School Psychologist	
Pastoral counselor	
Social Worker	
Psychiatric Nurse	

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- **Typical Daily Activities**
  - See clients almost daily for one-hour therapy sessions
  - Also do brief psychotherapy
  - If also physicians, can prescribe medications



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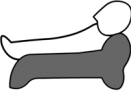
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## MENTAL HEALTH PRACTITIONERS



Psychiatrist
Clinical psychologist
Counseling psychologist
Psychoanalyst
<b>School Psychologist</b>
Pastoral counselor
Social Worker
Psychiatric Nurse

**EDUCATION:** PhD/PsyD or Ed.S., plus one-year internship

**ROLE:** Problem solver within the school system.

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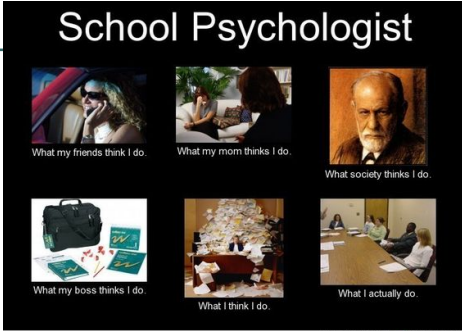
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## School Psychologist



MEMES & FUNNY PICKS FRABZ.COM

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- Typical Daily Activities
  - Solve problems in schools
    - Adjustment issues with children
    - Programmatic issues
    - Advocate for evidence-based practices in schools
  - Complete intellectual and personality assessments
  - Team meetings to develop IEPs
  - Meet with students and families and teachers for interventions (sometimes therapy)

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**What Is the Role of a School Psychologist?**

- Assessment
- Consultation for student and systems-level change
- Prevention
- Intervention
- Staff, parent, and student education
- Research and program development
- Mental health care
- Advocacy

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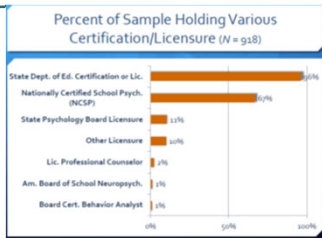
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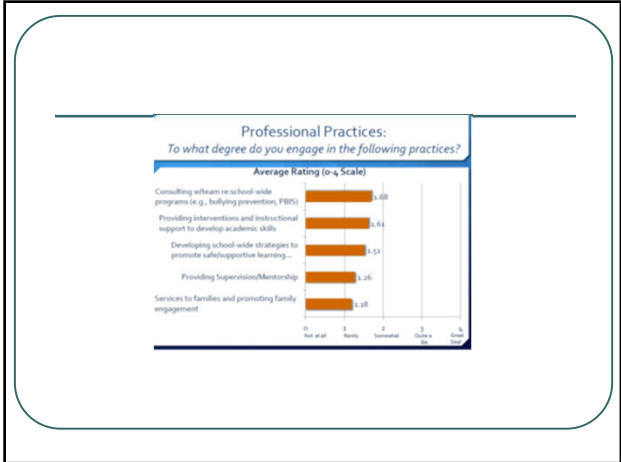
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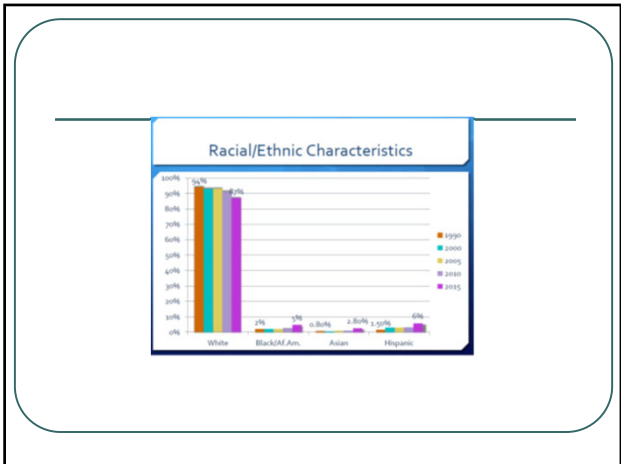
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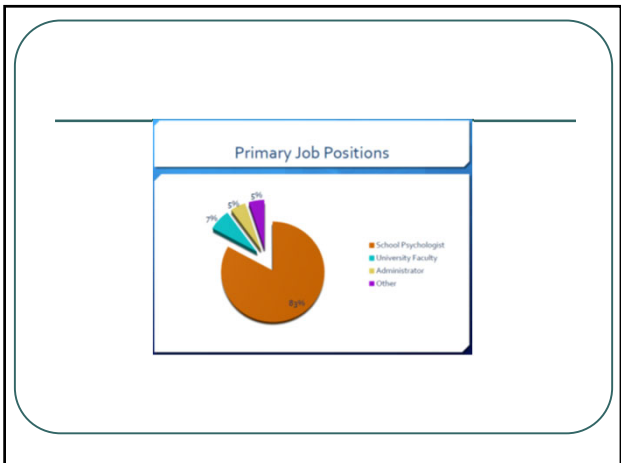
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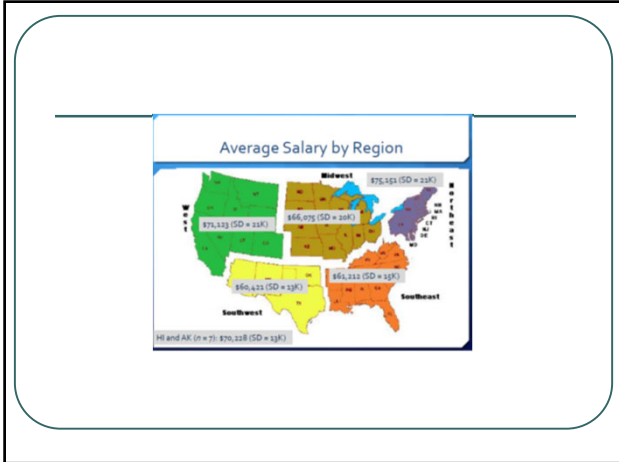
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### Job Info for Recent School Psych Graduates

- May 2021 Graduates
  - Graduates got jobs in 5 different states
  - Average starting salary: \$60,000
  - Average starting salary in Kentucky: \$55,000

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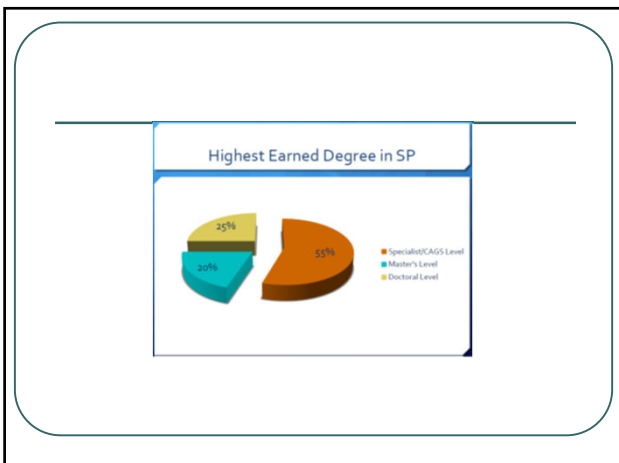
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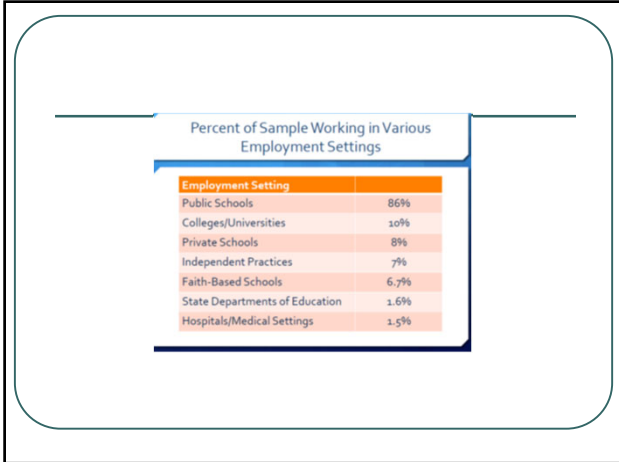
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## MENTAL HEALTH PRACTITIONERS

- Psychiatrist
- Clinical psychologist
- Counseling psychologist
- Psychoanalyst
- School Psychologist
- Pastoral counselor**
- Social Worker
- Psychiatric Nurse

**EDUCATION:**  
 Bachelor's in divinity, plus training in counseling

**ROLE:**  
 Supportive counseling to people in congregation going through difficult times

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- Typical Daily Activities
  - Complete therapy and integrate religious teachings into the therapy sessions

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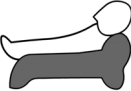
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## MENTAL HEALTH PRACTITIONERS

- Psychiatrist
- Clinical psychologist
- Counseling psychologist
- Psychoanalyst
- School Psychologist
- Pastoral Counselor
- Social Worker**



**EDUCATION:**  
 Bachelor's or  
 Master's degree in  
 social work

**ROLE:**  
 Assist those with  
 problems to deal  
 with life-threatening  
 issues.

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- Typical Activities
  - Crisis management
  - Counseling/Intervention
    - Group and individual
  - Home visits
- Field is growing



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**MENTAL HEALTH PRACTITIONERS**



- Psychiatrist
- Clinical psychologist
- Counseling psychologist
- Psychoanalyst
- School Psychologist
- Pastoral Counselor
- Social Worker
- Psychiatric Nurse**

**EDUCATION:**  
Associate's, Bachelor's or degree in nursing; Master's degree in psychiatric Nursing

**ROLE:**  
Collaborate with other professionals to provide treatment, provide medical education, prescribe meds.

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**Typical Activities**

- Collaboration
- Medical Education
- Case Management
- Therapy
- Medication Management

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**Mental Health Practitioners?**

- Life Coach
  - Option for people who want to help others but not be licensed.
    - Although lack of regulation = problem
  - Different goals in treatment, approach to treatment, and clients

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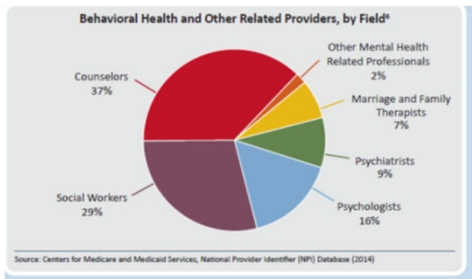
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## Percentages of Mental Health Providers



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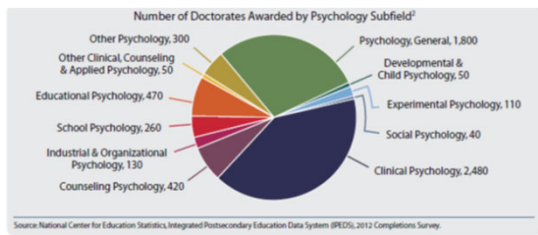
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## Graduate School



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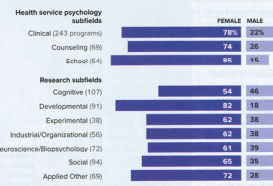
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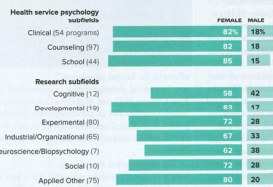
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## Gender Percentages in Doctoral Psychology Programs



## Gender Percentages in Master's Psychology Programs



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## Graduate School

- What does it take to get into graduate school?
  - 2005 survey:
    - (1 = low, 2 = medium, 3 = high)
    - Master's Programs:
      - Letters of Recommendation: 2.74
      - Research Experience: 2.04
      - Work Experience: 1.91
      - Clinically-Related Public Service: 1.94
      - Extracurricular Activity: 1.46
      - Interview: 2.30
      - Personal Statement: 2.63
      - GRE Scores: 2.36
      - GPA: 2.75

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## Graduate School

- 2005 survey:
  - (1 = low, 2 = medium, 3 = high)
  - Doctoral Programs:
    - Letters of Recommendation: 2.82
    - Research Experience: 2.54
    - Work Experience: 1.87
    - Clinically-Related Public Service: 1.91
    - Extracurricular Activity: 1.41
    - Interview: 2.62
    - Personal Statement: 2.81
    - GRE Scores: 2.50
    - GPA: 2.74

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## Graduate Programs at WKU

- WKU offers graduate-level psychology programs in:
  - Clinical Psychology (MA)
  - School Psychology (EdS)
  - Counseling
    - Marriage and Family
    - Mental Health Counseling
  - Social Work

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### Graduate Programs at WKU

- Psychology Admission Minimum Requirements:
  - GPA: 2.75
  - Psy GPA: 3.00
  - GRE: 142 Verbal + 142 Quantitative
  - 18 hours of undergraduate psychology courses
  - Three letters of recommendation
- Completion requirements

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### Graduate Programs at WKU

- Averages for Fall 2016 (and Fall 2015) WKU Clinical MA Acceptees :
  - Number: 9 (10)
  - GPA: 3.43 (3.50)
  - GRE Verbal: 154 (154)
    - Range: 147-161
  - GRE Quantitative: 151.33 (150)
    - Range 144-163
  - GRE Analytical Writing: 4.00 (4.06)
  - GRE Total: 305.33 (304)

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### Graduate Programs at WKU

- Averages for Fall 2021 (Fall 2017 & 2018 Combined) WKU School Ed.S. Acceptees:
  - Number: 11 (14)
  - GPA: 3.69 (3.58)
  - GRE Verbal: Not Required (152.2)
  - GRE Quantitative: Not Required (146.4)
  - GRE Analytical Writing: Not Required (3.9)
  - GRE Total: Not Required (298.6)

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### Graduate Programs at WKU

- Averages for Fall 2021 (Fall 2017) WKU Doctoral Program Acceptees:
  - Number: 8 (5)
  - Graduate GPA: 3.65 (3.67)
  - GRE Verbal: 149.8 (149.67)
  - GRE Quantitative: 149.4 (145.33)
  - GRE Analytical Writing: 4.0 (3.5)
  - GRE Total: 299.2 (295)

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### Graduate Programs at WKU

- Averages for Fall 2016 WKU Counseling MA Students:
  - Number: 25 (currently enrolled in program)
  - GPA: 3.39
  - GRE Verbal: 450
  - GRE Quantitative: 506
  - GRE Total: 956

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### Graduate Programs at WKU

- Changes to Counseling MA program:
  - number of students: between 40 to 48 total
    - Four concentrations:
      - School counseling
      - Clinical mental health counseling
      - Marriage and family therapy,
      - Student affairs
    - The application process
      - Completing an admissions portfolio
      - interview with an admission committee
        - 3 faculty members and 1 current student.

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### Graduate Programs

- Averages for 2009 Clinical Ph.D. Programs (members of the Academy of Psychological Clinical Science):
  - GPA: 3.7
  - GRE Total: 1330
  - Percentage of applicants accepted: 4.9%
  - Number of offers extended: 10.6
  - Number enrolled: 6.6

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### Graduate Programs

- Averages for 2009 Clinical Ph.D. Programs (non-members of the Academy of Psychological Clinical Science):
  - GPA: 3.6
  - GRE Total: 1241
  - Percentage of applicants accepted: 10.4%
  - Number of offers extended: 12.6
  - Number enrolled: 7.8

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### Graduate Programs

- Averages for 2003-2004 Master's Level Acceptees:
  - GPA: 3.37
  - Psych GPA: 3.48
  - GRE Verbal: 504
  - GRE Quantitative: 549
  - GRE Total: 1055

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## What if you don't want to go to grad school?

- Do you have to go to graduate school to get a job with a psychology degree?

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70

### Psychology Is Ranked 12th out of 33 Knowledge Areas




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71

## Top 10 Skills Employers Like in Psychology Majors

- Listening Skills
- Ability to Work on Teams
- Interpersonal Awareness
- Desire and Ability to Learn
- Willingness to Gain New Skills
- Focus on the Customer/Clients
- Environmental Awareness

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72



**Top 10 Skills Employers Like in Psychology Majors**

- Adaptability
- Critical Evaluation
- Problem-Solving Skills

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73

**Other Skills Gained With a Psychology Major**

- Literacy
- Statistical Familiarity
- Computer Literacy
- Research Skills
- Perspective
- Pragmatism

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**So, what kind of job can I get with my B.A. in Psychology?**

- 50% of Psychology graduates were employed with a for-profit company
- 20% public affairs or social services
- 13% teaching
- 9% sales
- 9% state or local government

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## Salary range

- 2001 survey
  - Range of \$21,900-\$40,000
    - Management: \$30,488
    - Teaching: \$25,378
    - Counseling: \$24,724
    - Social Work: \$23,988
    - Sales: \$34,451
    - Government: \$20,000-\$29,000

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## Licensure

- What the heck is licensure, anyway?
- Purpose of licensing board:
  - to determine standards for admission into the profession
  - to screen applicants applying for licensure
  - to regulate the practice of psychology for the public good
  - to conduct disciplinary proceedings involving violations of standards of professional conduct as defined by law

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## Different Types of Licenses, 1

- Licensed Psychologist
  - Education:
    - Doctorate in Psychology (Ph.D., Psy.D., Ed.D.)
  - Training:
    - Two years of training at the predoctoral or postdoctoral level (3600 supervised practical hours), pass EPPP, pass Oral Exam, pass Jurisprudence Exam
    - For Health Service Provider (HSP), need 5400 supervised practical hours
  - Supervision:
    - One hour per week for up to one year, then none
  - Supervisor:
    - Licensed Psychologist with HSP

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## Different Types of Licenses, 2

- Licensed Psychological Practitioner
  - Education:
    - Master's in Psychology (M.A., M.S.)
  - Training:
    - 60 hours of graduate training, pass EPPP, pass Oral Exam
  - Supervision:
    - One hour per week for five years (after two years, can petition for less frequent), then none
  - Supervisor:
    - Licensed Psychologist

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## Different Types of Licenses, 3

- Psychological Associate
  - Education:
    - Master's in Psychology (M.A., M.S.)
  - Training:
    - 48 hours of graduate work, pass EPPP
  - Supervision:
    - One hour per week for one year (after two years, can petition for less frequent)
  - Supervisor:
    - Licensed Psychologist

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## Different Types of Licenses, 4

- Licensed Clinical Social Worker
  - Education:
    - Master's in Social Work (MSW, MSSW)
  - Training:
    - 60 hours of graduate work, pass licensing exam
  - Supervision:
    - One hour per week for two years, afterwards none
  - Supervisor:
    - Licensed Clinical Social Worker

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### Different Types of Licenses, 5

- **Nationally Certified School Psychologist**
  - Not really a license—a certification
  - Education:
    - Ed.S. in School Psychology
  - Training:
    - 60 hours of graduate work, 1200 hour internship. pass licensing exam
  - Supervision:
    - N/A
  - Allows School Psychologists to easily move to a new state (that accepts the credential)

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### Different Types of Licenses, 6

- **Licensed Marriage and Family Therapist (LMFT)**
  - Education:
    - Master's in Family Studies (or other discipline that meets Board requirements)
  - Training:
    - 60 hours of graduate work, pass a licensing exam
  - Supervision:
    - 200 hours of supervision to be completed in fewer than two years; no supervision once fully licensed
  - Supervisor:
    - LMFT or other Board-approved individual

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### Different Types of Licenses, 7

- **Licensed Professional Counselor (LPC)**
  - Education:
    - Master's in Counseling (M.A.)
  - Training:
    - 60 hours of graduate work with specific courses, pass a licensing exam
  - Supervision:
    - 4,000 hours past Master's
  - Supervisor:
    - Board-approved supervisor

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