PATHS TO CAREERS IN CLINICAL PSYCHOLOGY

Presentation by Peer Advisors
Amy Vu & Rachelle Lamb
Introduction

AMY VU
- Third Year - Intensive Psychology Major
- Fun Fact: I have taken 5 Clinical Psychology courses at UCSC
- Peer Advisor

RACHELLE LAMB
- Fourth Year - Psychology Major
- Second Year at UCSC (Transfer Student)
- Peer Advisor
Today's Presentation

DISCUSSION POINTS

Career Options
Types of Grad Schools
General Grad School Requirements
UCSC Undergrad Opportunities
Career Options
Career Options

CLINICAL PSYCHOLOGY

School Psychologist
Learning Disabilities Specialist
Guidance Counselor
Clinical Psychology Professor
Family / Marriage Counselors
Health Psychologist
Neuropsychologist
Forensic Psychologist
**SCHOOL PSYCHOLOGIST**
- Work with school-aged children & young adults
- Help with academic, emotional, social, and behavioral problems
- Implement behavioral management and learning programs
- Administer psychological tests in special education
- Specialist or Master’s Degree in School Psychology, Counseling or Education
- May need state credential (depending on state)
LEARNING DISABILITIES SPECIALIST

- AKA Special Education Teachers
- Work with students with disabilities
- Document disabilities to access support services
- Master’s Degree in Special Education (Recommended)
- OR Undergrad Degree + Education Specialist Credential Program
Education System

GUIDANCE COUNSELOR
- In an educational setting: offers advice to troubled students with their education and help with college and career aspirations

CLINICAL PSYCHOLOGY PROFESSOR / LECTURER
- Professor Cardilla
- Professor Cook
HEALTH PSYCHOLOGIST
- Focuses on how mental, emotional, social factors that effect an individual's lifestyle and behavior towards their overall health
- Requires at least a Master's Degree

NEUROPSYCHOLOGIST
- Study relationships of behaviors and cognitive functioning
- Main job is to assess, diagnose, and then treat abnormal development, medical, psychological, or neurological conditions and problems
# Counseling

<table>
<thead>
<tr>
<th>FAMILY COUNSELOR</th>
<th>MARRIAGE COUNSELOR</th>
<th>GENERAL COUNSELOR</th>
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</table>
| - Help family work through tough times together  
- Help families develop effective communication strategies | - Help identify problems within the relationships and help devise solutions. | - Individual therapy sessions can help you personally identify your own thoughts and feelings, and help you connect that towards one's behavior |
**LEGAL SYSTEM**

**FORENSIC PSYCHOLOGIST**

- Most important aspect is to determine competency of a defendant
- Evaluate behaviors in both parties of legal disputes

**LEGAL PSYCHOLOGY**

- Apply psychology insights of human's behavior and cognition and to Human behavior in matters in laws/legal system

*Innocence Project*
Innocence Project

- Overturning murder conviction base evidence on eye witness testimony
- In psychological research found people falsely accuse people due to false memory
- Hundreds of overturn convictions
Types of Graduate School
<table>
<thead>
<tr>
<th>PSY.D Programs</th>
<th>Some Ph.D Programs</th>
<th>Most Ph.D Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scholar-Practitioner</td>
<td>Clinical-Scientist</td>
<td>Practitioner-Scientist</td>
</tr>
<tr>
<td>Focus on training psychologists mostly as practitioners</td>
<td>Focus on training psychologists mostly as scientists</td>
<td>Focus on training psychologists who are equally well-rounded as clinical scientists and practitioners</td>
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</tbody>
</table>
Master's Degree

- Approximately 2-year programs
- Specialized Areas
  - Counseling Psychology
  - School Psychology
  - Marriage / Family Therapy
- May need to take the State Licensing Exam to practice
- Preparation for Doctorate Degree
Ex. San Jose State University

MA. RESEARCH AND EXPERIMENTAL PSYCHOLOGY
- Emphasis: psychological theory and research skill development
- Objectives:
  To succeed in business, industry, and/or a research setting
  To earn a Ph.D in psychology

MS. CLINICAL PSYCHOLOGY
- Prepares for licensure as a Marriage Family Therapist or Licensed Professional Clinical Counselor (LPCC)

MS. INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY
- Scientist-Practitioner Model
- Prepare for professional practice and conduct research in job analysis, work motivation, team building, etc
- Past students held internships in companies: LinkedIn, Google, Apple
PH.D. Programs

- More emphasis on research
- May include a Master's Degree in the program
- Dissertation Project

- Most provide funding of tuition and stipend
- Most require research and teaching assistantships

- More open career options
- Preparation for career in academia - research and teaching
- Preparation for career in clinical settings
Ex. UC Santa Barbara

- Receive Ph.D in counseling, clinical, or school psychology
- Master's Degree also received for students seeking Ph.D in counseling and school psychology

The doctoral program in Counseling, Clinical, and School Psychology is accredited* by the Committee on Accreditation of the American Psychological Association as a combined psychology program. The Department of Counseling, Clinical, and School Psychology (CCSP) adheres to a scientist-practitioner training model; therefore, heavy emphasis is placed on developing academic, research, and practitioner knowledge and skills.

https://education.ucsb.edu/ccsp
Ex. SDSU-UCSD Joint Doctoral Program

SCIENTIST-PRACTITIONER MODEL

- Major Areas of Study: Behavioral Medicine, Experimental Psychopathology, Neuropsychology

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
<th>Major Area(s) of Study</th>
<th>Research Area Key Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gregory</td>
<td>Aarons</td>
<td>UC San Diego</td>
<td>BMed/EP</td>
<td>Implementation Science; Child Neglect; HIV Prevention; International</td>
</tr>
<tr>
<td>Niloofar</td>
<td>Afari</td>
<td>UC San Diego</td>
<td>BMed/EP</td>
<td>Pain; Obesity; Trauma; Acceptance and Commitment Therapy; eHealth Technology; Veterans</td>
</tr>
<tr>
<td>Natacha</td>
<td>Akshoomoff</td>
<td>UC San Diego</td>
<td>Neuro</td>
<td>Pediatric Neuropsychology; Preterm Birth; Academic Development; Children; Prenatal Substance Exposure; Rare Genetic Syndromes; Autism Spectrum Disorders</td>
</tr>
<tr>
<td>Nader</td>
<td>Amir</td>
<td>SDSU</td>
<td>EP</td>
<td>Anxiety Disorders; Interventions; Etiology</td>
</tr>
<tr>
<td>Catherine</td>
<td>Ayers</td>
<td>UC San Diego</td>
<td>EP</td>
<td>Hoarding Disorders; Interventions; Lifespan</td>
</tr>
<tr>
<td>Katherine</td>
<td>Bangen</td>
<td>UC San Diego</td>
<td>Neuro</td>
<td>Neuroimaging; Aging; Mild Cognitive Impairment; Dementia; Alzheimer's Disease</td>
</tr>
</tbody>
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https://clinpsyc.sdsu.edu/people/faculty/
PSY.D Programs

- Focus/Emphasis on training in clinical work, rather than research
- Psy.D degrees tend to be earned in a shorter amount of time than Ph.D
  - Psy.D : 4–6 years
  - Ph.D : 5–7 years
- Higher acceptance rate than Ph.D programs
- Tuition coverage is uncommon
- Career Options: direct client care, such as counseling, social work, therapy, human services, and consulting
Ex. Palo Alto University

- For students "seeking careers devoted to the direct delivery of clinical psychological services"
- "Provides a generalist education in clinical psychology, emphasizing evidence-based practice"
- Program faculty from Palo Alto University and Stanford
- Requires a minimum of 4 full-time academic years in residence plus a 2000-hour internship in clinical psychology
General Graduate School Requirements
General Grad School Requirements

GRE
- Some programs may require or recommend the GRE Psychology Subject Test

3 LETTERS OF RECOMMENDATION
- With 2 from professors or academic faculty members

RESUME, PERSONAL STATEMENT
UCSC Undergraduate Opportunities
PSYC 193
Field Study

- Receive hands on experience for juniors and seniors
- 2 quarter commitment
- 5 units, pass/no pass
- Meet with faculty sponsor and field sponsor on quarterly projects
  - Ex. keeping a journal, writing a reflection paper
- Through different lenses:
  - Developmental, Cognitive, Social, or Clinical
**EXAMPLE OF PLACEMENTS**

<table>
<thead>
<tr>
<th>PEER ADVISOR</th>
<th>TEACHER AIDE</th>
</tr>
</thead>
<tbody>
<tr>
<td>- At UCSC Psychology Department</td>
<td>- At local Santa Cruz preschools to high school</td>
</tr>
<tr>
<td>- Help students with academic plan &amp; declare major</td>
<td>- Education environment</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HAVEN OF HOPE</th>
<th>WOMEN'S CENTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Group home for girls</td>
<td>- Walnut Avenue</td>
</tr>
<tr>
<td>- Facilitate activities</td>
<td>- Help families facing</td>
</tr>
<tr>
<td>- Help teach structure</td>
<td>domestic abuse</td>
</tr>
</tbody>
</table>

*AND MANY MORE PLACEMENTS*
HOW TO APPLY FOR FIELD STUDY

PLAN A QUARTER AHEAD OF TIME

GO TO AN INFORMATION MEETING TO RECEIVE MORE INFORMATION ABOUT SPECIFIC PLACEMENT AVAILABILITY AND APPLICATION FORM
PSYC 194 Advanced Research

- Receive hands-on experience with research
- Become a research assistant to help grad students and professors conduct their research studies
- Great for students interested in Ph.D programs
- 5 units, graded or pass/no pass
- Professors have different qualifications and requirements, such as reading research papers or writing a final literature review on related research topics
HOW TO BECOME A RESEARCH ASSISTANT

ASK YOUR PROFESSORS AND TAS ABOUT THEIR RESEARCH

LOOK ONLINE FOR RECENT POSTINGS AND EMAIL PROFESSORS
WHERE TO LOOK FOR RESEARCH ASSISTANTSHIP (RA) POSITIONS

1. UCSC PSYCHOLOGY - UNDERGRADUATES
2. EDUCATIONAL OPPORTUNITIES
3. POSTED RESEARCH OPPORTUNITIES
Sources

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https://drandreacook.com/

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https://psychologygradschool.weebly.com/types-of-programs.html

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Slide 16
https://www.sjsu.edu/psych/Graduates/

Slide 17
https://www.allpsychologyschools.com/psychology/psyd-vs-phd-programs/

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https://education.ucsb.edu/ccsp

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https://clinpsyc.sdsu.edu/people/faculty/

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https://www.allpsychologyschools.com/psychology/psyd-vs-phd-programs/
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https://www.paloaltou.edu/graduate-programs/pgsp-psyd-stanford-consortium

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https://psychology.ucsc.edu/undergraduate/field-study/prospective-students/index.html

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https://psychology.ucsc.edu/undergraduate/field-study/prospective-students/requirements.html

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https://psychology.ucsc.edu/undergraduate/educational-opportunities/undergrad-research.html

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https://psychology.ucsc.edu/undergraduate/educational-opportunities/194-openings.html