

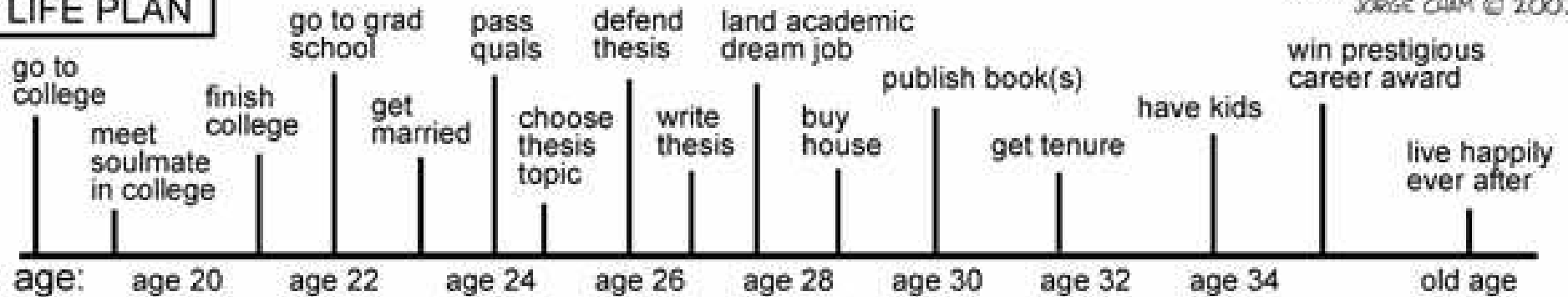
# **Graduate School in Clinical Psychology**

What to Expect & Tips for Survival

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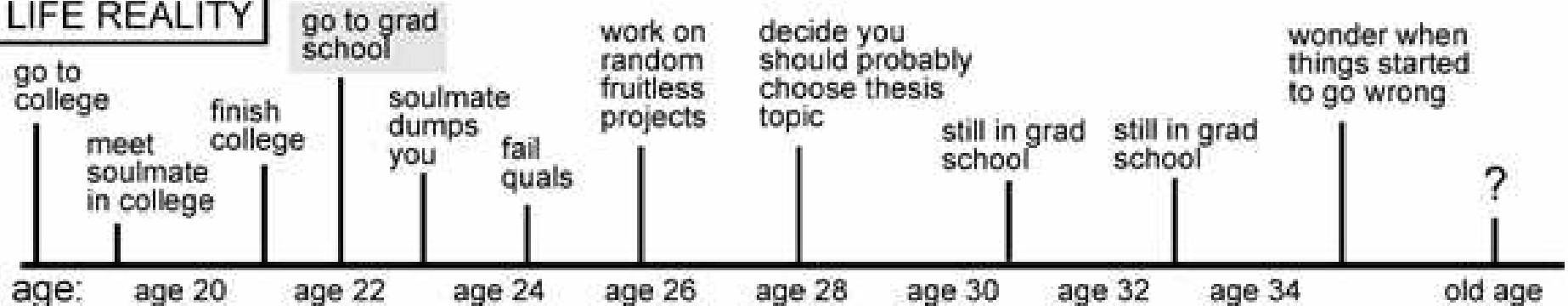
# What are your plans?

## LIFE PLAN



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## LIFE REALITY



# Outline

- Choosing your grad school
- Program description
- Tips for survival
- Current trends in clinical psychology

# Choosing your Grad School



## **2 Essential Attributes**

- 1. Program with a good BALANCE between research & clinical work**
- 2. Awesome supervisor in a research area you enjoy**

# A Balanced Program:

- views Clinical Psychology as an evidence-based health profession
- adopts the Scientist-Practitioner (Boulder) model: clinical psychologists should be competent in conducting research and providing psychological services
- emphasizes the development, evaluation and use of evidence-based assessment and treatment strategies

# A Great Supervisor:

- provides instruction and encouragement with respect to all graduate work
- provides regular feedback on your work
- provides guidance & stimulate research
- is approachable (a pseudo-friend)

**This should never happen...but it  
most certainly will happen...**



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# Program Outline (Master's)

## ■ M.Sc. 1

- Research Design
- Professional Issues/Ethics
- Adult Psychopathology
- Child Psychopathology
- Adult Assessment
- Child Assessment
- Summer Practicum

## ■ M.Sc. 2

- Adult Psychotherapy
- Child Psychotherapy
- Statistics/Methodology
- Research Seminar in Clinical Psychology
- History and Systems
- Completion of Master's thesis
- Summer Practicum

# Program Outline (Ph.D)

## ■ Ph.D 1

- Breadth Course
- Elective Course
- Specialty Practicum
- Advanced Clinical Seminar
- Dissertation Research

## ■ Ph.D 2

- Advanced Clinical Seminar
- Specialty Practicum
- Dissertation Research
- Candidacy (aka: Qualifying or Comprehensive Exam)

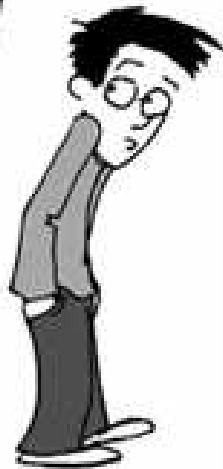
# Qualifying Examinations

**Why? (oh God, why?!)**

- **basically, to see if you've been doing the work/paying attention**
- **demonstrate competence in applying broad base of knowledge accumulated throughout graduate school in an exam or research project**

# Candidacy (Qualifying) Exams

## Living with P.Q.S.



Brought to you by:



the National Council for  
Graduate Student Mental  
Health

### What is PQS?

"Post-Quals Slump", or PQS, affects 99% of all grad students. It is the #1 cause of delayed graduation dates and contributes to the Ph. D. degree drop-rate.

### What are the symptoms of PQS?

Symptoms include:

- Inability to maintain interest in research area
- Advisor Avoidance
- Increased web-surfing
- Healthy sleeping pattern
- Cynicism towards Academia

### How long does PQS last?

PQS is incurable. With proper treatment, its main symptoms may last up to 5 years.

### How do I treat PQS?

Experimental treatments such as Advisor-Pressure (AP), Spousal-Income-Frustration (SIF), Lack-of-Savings-Realization (LSR) and "cocktails" of these have known to cause a remission of the disease long enough to at least defend a thesis. More severe treatments are required to actually finish writing the thesis

# Program Outline (Ph.D)

- Ph.D 3+
  - SLEEP.
  - Everything else life throws at you
  - 1-Year Pre-Doctoral Internship in Clinical Psych
  - Completion of dissertation
  - Graduate with Ph.D

# You Know you're a 3+ Year Ph.D student when...



# Thesis/Dissertation

## ■ **Master's Thesis:**

- **Show familiarity with literature in the subject of thesis**
- **Appropriate research methods used**
- **Show that critical analysis has been applied**
- **Original contribution to knowledge in field**

## ■ **Doctoral Dissertation:**

- **Evidence of critical understanding of literature**
- **Original work**
- **Significant contribution to knowledge in field of study**
- **Publishable**



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# Clinical Practica

- Document all hours from the beginning!
- There are a number of helpful resources (e.g., articles, spreadsheets) for documenting practicum hours.
- Canadian Council of Professional Psychology Programs (CCPPP) [www.ccppp.ca](http://www.ccppp.ca)
- Association of Psychology Postdoctoral and Internship Centres (APPIC) [www.appic.org](http://www.appic.org)

# Pre-Doctoral Internship in Clinical Psychology

- 1-year paid internship
- 31 training sites in Canada with 56 programs & over 100 positions
  - Example: Site = U of M Dept. of Clinical Health Psych; Program = Adult stream; Positions available = 2
- Stipends range from \$0 (Quebec) to \$46,000 (Winnipeg)

# **2007 APPIC MATCH STATISTICS FOR APPLICANTS FROM CANADIAN SCHOOLS AND PROGRAMS IN CANADA**

- Applicants Participating in the Match: 111
- MATCH RESULTS
  - Applicants Matched: 86 (77%)
    - To Canadian Programs: 80 (93%)
    - To U.S. Programs: 6 ( 7%)
  - Participating Applicants Not Matched 25 (23%)

# **SUMMARY OF 2007 MATCH RATES BY APPLICANT AND PROGRAM CHARACTERISTICS**

- N = 2,656 internship applicants (survey)
- Type of Doctoral Program
  - Clinical Match rate = 79% n = 2082
  - Counseling Match rate = 78% n = 357
  - School Match rate = 84% n = 121
  - Combined Match rate = 80% n = 66
- Degree sought:
  - Ph.D. Match rate = 83% n = 1531
  - Psy.D. Match rate = 73% n = 1102

# **SUMMARY OF 2007 MATCH RATES BY APPLICANT AND PROGRAM CHARACTERISTICS**

- Accreditation (APA or CPA) status of doctoral program:
  - Accredited Match rate = 80% n = 2446
  - Not Accredited Match rate = 64% n = 192
- Location of doctoral program:
  - United States Match rate = 79% n = 2532
  - Canada Match rate = 78% n = 86

# SUMMARY OF 2007 MATCH RATES BY APPLICANT AND PROGRAM CHARACTERISTICS

## ■ Age of applicant:

■ Ages 21-25	Match rate = 76%	n = 249
■ Ages 26-30	Match rate = 82%	n = 1509
■ Ages 31-35	Match rate = 80%	n = 462
■ Ages 36-40	Match rate = 70%	n = 161
■ Ages 41-45	Match rate = 71%	n = 75
■ Ages 46-50	Match rate = 73%	n = 63
■ Ages 51-55	Match rate = 51%	n = 41
■ Ages 56+	Match rate = 57%	n = 14

## ■ Gender:

■ Male	Match rate = 81%	n = 555
■ Female	Match rate = 79%	n = 2024

# **Will's Top 10 Tips for Surviving Grad School in Clinical Psych**

- 1) Be selective in your learning
- 2) Be a well-rounded person
- 3) Be enthusiastic about your research
- 4) Develop your own opinions, viewpoints, and identity as a grad student
- 5) Get involved in side projects where possible

# **Will's Top 10 Tips for Surviving Grad School in Clinical Psych**

- 6) Go to conferences
- 7) Don't waste your time thinking / talking about how busy you are...
- 8) Keep records of everything
- 9) Develop a good relationship with your supervisor (if not...ditch him/her!)
- 10) Acknowledge that the life of a student is really not that bad



# Handling Stress



# Recent Data on Grad Students in Psychology (Canada)

- Avg age of completing PhD in Psych = 34
- Significant minority of psychology students in their doctoral programs for 8-10 years (PhD only), but average is 6 years
- Best estimate of PhD completed & registered to practice psychology = 35 years
- 35% of Psychology Faculty are over 55 years of age

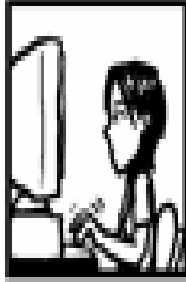
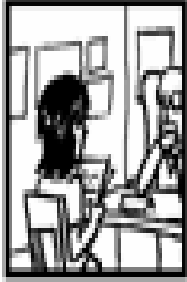
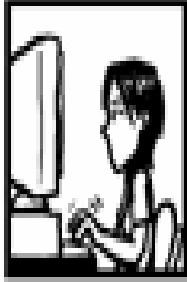
# Trends in Clinical Psych

- Trend with psychologists (esp. in clinical practice) to retire earlier than 65 years
  - burn out, heavy emotional toll (work with difficult and needy individuals), rewards not concrete
  - continuing ed. requirements, new tests/techniques to master
  - fear of ethical complaints, potential death & suicide of patients
- Feminization of clinical psychology:
  - APA: 34% female in 1985; 53% female in 2007, projected to be 60% in 2010
  - males represent <20% of internship and clinical graduate student population over last 5 years

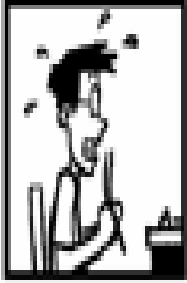
# Want a Job?

- Great psychologist jobs available in Winnipeg
- Lots of faculty jobs across country (academic positions for clinical vs. experimental)
- Demand is HIGH for psychologists in Northern & Rural positions (avg is 1 psychologist per 9000 people in rural areas):
  - Rural & Northern Psychology Section of CPA
  - <http://www.cpa.ca/sections/ruralandnorthernpsychology>

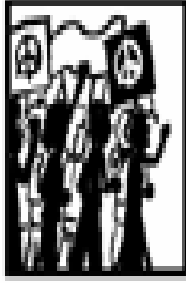
A  
DAY



IN



THE



"LIFE"

