

CLINICAL PSYCHOLOGY

BY THE APS COLLEGE OF
CLINICAL PSYCHOLOGISTS



Jessie Armitage – APS CC student rep

What is Clinical Psychology?

Psychology Student



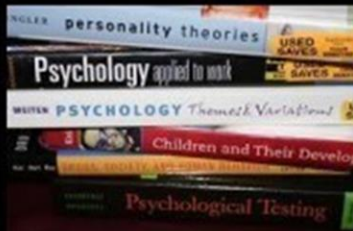
What my friends think I do.



What my parent think I do.



What society thinks I do.



What my professors think I do.



What I never do.



What I actually do.

What is (not!) Clinical Psychology?

We don't
read minds



It's not all
about the
couch

It's more
than
diagnosis

Good thing I studied psychology.
Otherwise I wouldn't know that
he's OCD, the other guy is
narcisistic, she's histrionic, and
I'm needy and
dependant.



som^{ee}cards
user card

What is Clinical Psychology?



- Assessment and Diagnosis of Mental Disorders and Psychological Problems
 - ▣ Including comprehensive formulation
 - ▣ Specialist training allows clinical psychologists to give expert opinions in clinical and compensation areas.
- Treatment of complex problems
 - ▣ Evidenced based interventions e.g. CBT, ACT, DBT, MI, MCBT, IPT, SFT
 - ▣ Applying psychological theory and scientific research to tailor interventions to individuals
- Research, Teaching, and Evaluation
 - ▣ Research areas of prevention, diagnosis, assessment, and treatment

You will find Clinical Psychologists...

- **Setting:** In private practice, hospitals, universities, general medical practices, community health/mental health services
- **Working with:** infants, children, adolescents, adults, older adults
- **Therapy format:** Individual, group, family, face-to-face, telephone etc.
- Designing and implementing a wide range of prevention and mental health promotion **programs**
- Working in **multidisciplinary teams** with medical practitioners (e.g. general practitioners, psychiatrists, physicians), social workers, occupational therapists, speech pathologists etc.



Undergraduate
Bachelor Degree/Grad Dip Psychology

Fourth Year
Honours/Postgrad Dip

Postgraduate training (Provisionally Registered Psychologist)

Professional
Masters (2yrs)

Combined
Masters/PhD (4yrs)

Doctor of
Psychology (Clinical)
(4yrs)

Registrar Program (General Registered Psychologist)

2 years supervised
practice (80hrs PD)

1.5 years supervised
practice (60hrs PD)

1 years supervised
practice (40hrs PD)



Congratulations !

After 8 (+) years you can
now call yourself a
Clinical Psychologist!



Postgrad Clinical Courses

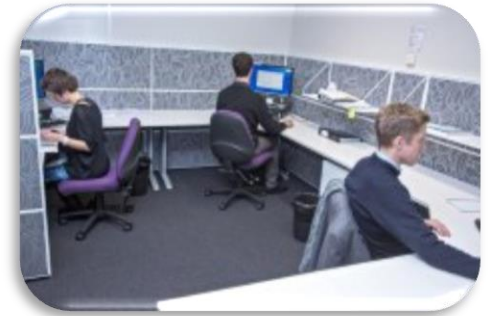
- Offered at 39 institutions around Australia
- Offered at a range of Victorian universities (and elsewhere!) e.g. Monash, Deakin, Swinburne, Melbourne, Federation, ACU, VU, La Trobe, RMIT, Cairnmillar Institute
- Usually very competitive entry
 - “Lots” of applicants per course
 - Usually between 10-25 successful applicants per course per year
 - Minimum of H2A in Honours year (75% +). Usually at least H2A average required across other undergraduate years.
 - Not just about marks → Personality at interview, relevant work/volunteer experience matters

Postgrad Clinical Courses

- My advice:
 - Do your research & apply widely
 - Be conscientious - sooner rather than later
 - Gain related work experience if you can (e.g. youth work, community work, Lifeline counselling)
 - Try to have a chat with those in the field
 - Practice interviewing skills
 - think about why you're applying
 - brush up on ethical issues in clinical work (e.g. limitations of confidentiality, cross-cultural issues)
 - think about your theoretical/treatment/research interests and other interests related to clinical psychology (e.g., do you like CBT? ACT? Positive Psychology? Adults, Children?).

Typical Postgrad Course

- Research component - clinically relevant thesis
- Student placements - working as a provisional psych under supervision by a clinical psychologist
- Coursework - which may include:
 - Psychopathology
 - Psychological assessment
 - Therapy and Intervention skills
 - Ethics
 - Research methods/design & statistics
 - Developmental Psych
 - Health Psych
 - Clinical Neuropsych
 - Psychopharmacology



Interested in Clinical Psychology?

- Become a Student Subscriber to the APS College of Clinical Psychologists (when you start postgrad)
 - Through the APS College of Clinical Psychologists Website
<http://www.groups.psychology.org.au/cclin/>
 - State committees and national committee
 - Benefits include: student rates to PD events and conferences (e.g. Clinical College Conference 2015), keeping up with relevant information (newsletters, webinars), mentoring, networking
 - Trainee representatives: myself (Jessie) & Tonia-Marie (registrar rep)
aps.cc.student@gmail.com



Summary



Important to do your own research and figure out which specialisation and which university pathway is the best fit.

Thanks!