

Chapter 1: Clinical Psychology: Definition and Training

Test Bank

Multiple Choice

1. The term *clinical psychology* was first used in print in the year _____.

- A. 1780
- B. 1894
- C. 1907
- D. 1952

Ans: C

Cognitive Domain: Knowledge

Answer Location: Original Definition

Difficulty Level: Medium

2. The first person to use the term *clinical psychology* in print was _____.

- A. Lightner Witmer
- B. Sigmund Freud
- C. Carl Rogers
- D. Richard McFall

Ans: A

Cognitive Domain: Knowledge

Answer Location: Original Definition

Difficulty Level: Easy

3. _____ was the first person to operate a psychological clinic.

- A. Richard McFall
- B. Abraham Maslow
- C. Alfred Adler
- D. Lightner Witmer

Ans: D

Cognitive Domain: Knowledge

Answer Location: Original Definition

Difficulty Level: Easy

4. Based on the discussion in the textbook, a good definition for *clinical psychology* should _____.

- A. focus solely on the treatment of patients
- B. include an emphasis on research and publication
- C. contain reference to the science, theory, and practice of this broad field
- D. exclude the behavioral components that contribute to psychological processes

Ans: C

Cognitive Domain: Comprehension

Answer Location: More Recent Definitions

Difficulty Level: Medium

5. John is an undergraduate psychology major. He wishes to become a clinical psychologist. In order to reach this goal, John must _____.

- A. earn a doctoral degree in clinical psychology
- B. earn a master's degree in clinical psychology
- C. earn a bachelor's degree in psychology
- D. complete 300 clinical internship hours while an undergraduate student

Ans: A

Cognitive Domain: Application

Answer Location: Education and Training in Clinical Psychology

Difficulty Level: Easy

6. Demonstrating that there are many paths to the profession of clinical psychology, more than half of APA-accredited doctoral programs offer _____.

- A. focus groups
- B. specialty training
- C. part-time study
- D. online internships

Ans: B

Cognitive Domain: Knowledge

Answer Location: Education and Training in Clinical Psychology

Difficulty Level: Easy

7. The Boulder model of training is also known as the _____ model of training.

- A. practitioner-scholar
- B. clinical scientist
- C. clinical psychologist
- D. scientist-practitioner

Ans: D

Cognitive Domain: Knowledge

Answer Location: Balancing Practice and Science: The Scientist-Practitioner (Boulder) Model

Difficulty Level: Easy

8. The scientist-practitioner model of training is characterized by a(n) _____.

- A. joint emphasis on practice and research
- B. emphasis on research over practice
- C. emphasis on practice over research
- D. combined emphasis on practice, research, and psychopharmacology

Ans: A

Cognitive Domain: Knowledge

Answer Location: Balancing Practice and Science: The Scientist-Practitioner (Boulder) Model

Difficulty Level: Easy

9. Currently, there are more clinical psychology graduate programs subscribing to the _____ model of training than any other model.

- A. counselor educator
- B. practitioner-scholar
- C. scientist-practitioner
- D. clinical scientist

Ans: C

Cognitive Domain: Knowledge

Answer Location: Balancing Practice and Science: The Scientist-Practitioner (Boulder) Model

Difficulty Level: Medium

10. Lane is attending a clinical psychology graduate program that subscribes to the Boulder Model of training. Which of the following would Lane NOT experience in his program if it truly adheres to the Boulder Model?

- A. training in psychotherapy and statistics
- B. an approximately equal emphasis on research and clinical training
- C. completing original research, such as a dissertation
- D. minimization of clinical training with a heavy emphasis on research training

Ans: D

Cognitive Domain: Application

Answer Location: Balancing Practice and Science: The Scientist-Practitioner (Boulder) Model

Difficulty Level: Medium

11. Clinical psychology graduate programs that subscribe to the practitioner-scholar model of training _____.

- A. typically award the PhD, rather than the PsyD, degree
- B. emphasize practice over research
- C. emphasize research over practice
- D. equally emphasize research and practice

Ans: B

Cognitive Domain: Comprehension

Answer Location: Leaning Toward Practice: The Practitioner-Scholar (Vail) Model

Difficulty Level: Medium

12. Diane has been accepted into a clinical psychology graduate program that adheres to the Vail Model of training. Upon graduation from the program, Diane is most likely to earn a _____ and work in a _____.

- A. PsyD; clinical setting
- B. PhD; clinical setting
- C. PsyD; university psychology department
- D. PhD; university psychology department

Ans: A

Cognitive Domain: Application

Answer Location: Leaning Toward Practice: The Practitioner-Scholar (Vail) Model
Difficulty Level: Medium

13. Which of the following is true?

- A. The scientist-practitioner model of training emerged before the practitioner-scholar model of training.
- B. The scientist-practitioner model of training and the practitioner-scholar model of training emerged at the same time.
- C. The scientist-practitioner model of training emerged after the clinical scientist model of training.
- D. The clinical scientist model of training and the practitioner-scholar model of training emerged at the same time.

Ans: A

Cognitive Domain: Comprehension

Answer Location: Education and Training in Clinical Psychology

Difficulty Level: Medium

14. Compared to PhD programs, PsyD programs typically _____.

- A. accept a smaller percentage of applicants
- B. offer significantly more funding to enrolled students in the form of graduate assistantships, fellowships, and tuition remission
- C. produce graduates who score higher on the national licensing exam (EPPP)
- D. have lower rates of success placing their students in APA-accredited predoctoral internships

Ans: D

Cognitive Domain: Comprehension

Answer Location: Leaning Toward Practice: The Practitioner-Scholar (Vail) Model

Difficulty Level: Medium

15. Compared to PhD programs, PsyD programs _____.

- A. typically place greater emphasis on research-related aspects of training
- B. are more often housed in "professional schools" rather than departments of psychology in universities
- C. prepare their graduates to work as researchers in academic settings
- D. are more likely to require a research-based dissertation

Ans: B

Cognitive Domain: Comprehension

Answer Location: Leaning Toward Practice: the Practitioner-Scholar (Vail) Model

Difficulty Level: Medium

16. Richard McFall is most closely associated with the development of the _____ model of training.

- A. scientist-practitioner
- B. clinical scientist
- C. therapist-educator
- D. practitioner-scholar

Ans: B

Cognitive Domain: Knowledge

Answer Location: Leaning Toward Science: The Clinical Scientist Model

Difficulty Level: Easy

17. Michael's career goal is to become a clinical psychologist who researches the treatment effectiveness of new psychotherapy interventions for bipolar I disorder. He envisions his work setting in academia or at a national research institute. When selecting clinical psychology graduate programs to which he will apply, Michael should focus on programs that adhere to the _____ model of training.

A. scientist-practitioner

B. practitioner-scholar

C. clinical scientist

D. learner-seeker

Ans: C

Cognitive Domain: Application

Answer Location: Leaning Toward Science: The Clinical Scientist Model

Difficulty Level: Medium

18. The _____ is an organization whose member graduate programs emphasis and promote scientific, research-based clinical psychology as the legitimate form of clinical psychology.

A. Academy of Psychological Clinical Science

B. American Academy of Psychology

C. American Psychological Association

D. Association for the Advancement of Clinical Psychology

Ans: A

Cognitive Domain: Knowledge

Answer Location: Leaning Toward Science: The Clinical Scientist Model

Difficulty Level: Easy

19. The *Insider's Guide to Graduate Programs in Clinical and Counseling Psychology* is _____.

A. a book authored by Richard McFall that details scientific standards for psychological research

B. a resource used by many graduate school applicants to learn about specific clinical psychology programs

C. an online portal for applying to clinical psychology graduate programs

D. an evaluation rubric used by graduate program admissions committees to evaluate applicants

Ans: B

Cognitive Domain: Knowledge

Answer Location: Leaning Toward Science: The Clinical Scientist Model

Difficulty Level: Easy

20. A growing emphasis in clinical psychology graduate training is specific _____, or outcome-based skills that a student must be able to demonstrate in areas such as assessment, research, and ethics.

- A. benchmarks
- B. specialty tracks
- C. competencies
- D. training realms

Ans: C

Cognitive Domain: Knowledge

Answer Location: Learning Toward Science: The Clinical Scientist Model

Difficulty Level: Easy

21. Josephine is an undergraduate student who wants to increase her odds of getting into a clinical psychology graduate program. Based on recommendations provided in the textbook, which of the following is the best advice you could provide to Josephine?

- A. avoid undergraduate courses in statistics and research methodology. These classes often lower an applicant's GPA
- B. get to know your professors. Build a positive, professional relationship with them so they can write meaningful, persuasive letters of recommendation for you
- C. limit yourself to one road to becoming a clinical psychologist. For example, once you have decided you want to earn a PhD from a scientist-practitioner program, do not consider other training options
- D. do not seek out clinically relevant experience while an undergraduate. Graduate programs prefer to train "fresh" graduate students, not students who have already acquired some skills through part-time experiences

Ans: B

Cognitive Domain: Application

Answer Location: Getting In: What Do Graduate Programs Prefer?

Difficulty Level: Medium

22. Carrie is writing a personal statement to include with her application to a clinical psychology graduate program. Which of the following should she NOT include in her personal statement?

- A. discussion of her clinical psychology career aspirations
- B. her research and clinical interests
- C. more detailed discussion of clinical or research experiences listed on her vita
- D. overly personal or revealing information, such as a mental health diagnosis

Ans: D

Cognitive Domain: Application

Answer Location: Getting In: What Do Graduate Programs Prefer?

Difficulty Level: Easy

23. The _____ typically consists of a full year of supervised clinical experience in an applied setting and takes place before the doctoral degree is awarded.

- A. postdoctoral internship
- B. predoctoral internship

- C. first year of graduate school in a PsyD program
- D. first year of graduate school in a PhD program

Ans: B

Cognitive Domain: Knowledge

Answer Location: Internships: Predoc and Postdoc

Difficulty Level: Easy

24. A major difference between predoctoral and postdoctoral interns is _____.

- A. predoctoral interns often have more responsibilities than postdoctoral interns
- B. predoctoral interns have not yet earned their doctoral degree, while postdoctoral interns have
- C. predoctoral interns practice under supervision, while postdoctoral interns practice independently
- D. predoctoral interns work in psychiatric hospitals, while postdoctoral interns work in university counseling centers

Ans: B

Cognitive Domain: Comprehension

Answer Location: Internships: Predoc and Postdoc

Difficulty Level: Medium

25. To maximize the likelihood of obtaining a predoctoral internship, students interested in pursuing graduate training in clinical psychology should _____.

- A. restrict the number of internship sites to which they apply as a way to save money
- B. apply to internships in only one or two states
- C. pursue graduate clinical psychology training from a PhD, rather than a PsyD, program
- D. apply to internships that are located in the same state as their graduate program

Ans: C

Cognitive Domain: Analysis

Answer Location: Internships: Predoc and Postdoc

Difficulty Level: Hard

26. _____ authorizes a psychologist to practice independently.

- A. Successful completion of the predoctoral internship
- B. Successful completion of the postdoctoral internship
- C. Successful completion of all graduate courses in an APA-accredited graduate program
- D. Licensure

Ans: D

Cognitive Domain: Comprehension

Answer Location: Getting Licensed

Difficulty Level: Easy

27. Typically, clinical psychologists must pass the _____ in order to become licensed.

- A. Examination for Professional Practice in Psychology (EPPP)
- B. Continuing Education Units Psychology Examination (CEUPE)

- C. Examination for Psychological Practice with Independent Persons (EPPP)
- D. Counselor Education Unity Psychology Examination (CEUPE)

Ans: A

Cognitive Domain: Knowledge

Answer Location: Getting Licensed

Difficulty Level: Easy

28. Once a clinical psychologist is licensed, many states require the accumulation of a specific number of _____ in order to renew the license.

- A. postgraduate courses
- B. continuing education units
- C. seminar certificates
- D. state board phone conferences

Ans: B

Cognitive Domain: Knowledge

Answer Location: Getting Licensed

Difficulty Level: Easy

29. The most common work setting for clinical psychologists since the 1980s is _____.

- A. private practice
- B. medical schools
- C. psychiatric hospitals
- D. university psychology departments

Ans: A

Cognitive Domain: Knowledge

Answer Location: Where Do Clinical Psychologists Work?

Difficulty Level: Easy

30. The second most common work setting for clinical psychologists since the 1980s is _____.

- A. private practice
- B. medical schools
- C. psychiatric hospitals
- D. university psychology departments

Ans: D

Cognitive Domain: Knowledge

Answer Location: Where Do Clinical Psychologists Work?

Difficulty Level: Medium

31. The most common professional activity of clinical psychologists since at least the 1970s is _____.

- A. diagnosis/assessment
- B. research/writing
- C. psychotherapy
- D. teaching

Ans: C

Cognitive Domain: Knowledge

Answer Location: What Do Clinical Psychologists Do?

Difficulty Level: Easy

32. Compared to clinical psychologists, professional counselors _____.

- A. earn a master's degree rather than a doctoral degree
- B. place a higher emphasis on psychological testing
- C. are more likely to conduct extensive research in their training programs
- D. often specialized in career, school, or addiction counseling

Ans: D

Cognitive Domain: Knowledge

Answer Location: Professional Counselors

Difficulty Level: Easy

33. Compared to clinical psychologists, counseling psychologists tend to _____.

- A. work with clients whose degree of psychopathology is greater
- B. work in settings such as inpatient psychiatric units
- C. work in settings such as college counseling centers
- D. work in settings such as hospitals

Ans: C

Cognitive Domain: Knowledge

Answer Location: Counseling Psychologists

Difficulty Level: Easy

34. Psychiatrists _____.

- A. tend to emphasize biological aspects of clinical problems to a greater extent than clinical psychologists
- B. earn the same degree and receive the same license as clinical psychologists
- C. are most likely to use psychotherapy and other "talking cures" to treat patients
- D. can prescribe medication in all 50 states, while clinical psychologists cannot prescribe in most states

Ans: A

Cognitive Domain: Knowledge

Answer Location: Psychiatrists

Difficulty Level: Easy

35. Social workers _____.

- A. typically earn a doctoral degree
- B. undergo training that places heavy emphasis on research methods and psychological testing
- C. emphasize the biological causes of mental illness
- D. focus on the interaction between an individual and components of society

Ans: D

Cognitive Domain: Knowledge

Answer Location: Social Workers

Difficulty Level: Easy

36. School psychologists _____.

- A. are not qualified to conduct psychological testing
- B. work with children in schools and the adults involved in students' lives
- C. attend medical school and specialize in school psychology
- D. are not allowed to provide counseling to their clients

Ans: B

Cognitive Domain: Knowledge

Answer Location: School Psychologists

Difficulty Level: Easy

37. Between 1988 and 2001, the number of PsyD degrees awarded _____.

- A. more than doubled
- B. remained constant
- C. declined by 10%
- D. increased by 10%

Ans: A

Cognitive Domain: Knowledge

Answer Location: Leaning Toward Practice: The Practitioner-Scholar (Vail) Model

Difficulty Level: Medium

38. The website of one doctoral training program includes the following statement: "The Clinical Psychology area is dedicated to research and training in clinical science . . . The main training objective . . . is to cultivate the development of scholars through exposure to a rich and multidisciplinary array of research opportunities." This program adheres to the _____ model of training.

- A. scientist-practitioner
- B. practitioner-scholar
- C. clinical scientist
- D. counseling psychology

Ans: C

Cognitive Domain: Application

Answer Location: Leaning Toward Science: The Clinical Scientist Model

Difficulty Level: Easy

39. Students enrolled in a practitioner-scholar program typically earn what degree?

- A. PsyD
- B. PhD
- C. MD
- D. MS

Ans: A

Cognitive Domain: Knowledge

Answer Location: Leaning Toward Practice: The Practitioner-Scholar (Vail) Model

Difficulty Level: Easy

40. Compared to PhD programs, PsyD programs tend to _____.

- A. place less emphasis on research-related aspects of training and more emphasis on clinically relevant aspects of training
- B. accept and enroll a much smaller percentage and number of applicants
- C. offer significantly more funding to enrolled students
- D. graduate students in a longer time period (about 1.5 years longer)

Ans: A

Cognitive Domain: Comprehension

Answer Location: Leaning Toward Practice: The Practitioner-Scholar (Vail) Model

Difficulty Level: Medium

Short Answer

1. List three areas of required coursework that are a part of doctoral graduate training in clinical psychology.

Ans: Psychotherapy, assessment, statistics, research design and methodology, biological bases of behavior, cognitive-affective bases of behavior, social bases of behavior, and individual differences.

Cognitive Domain: Knowledge

Answer Location: Education and Training in Clinical Psychology

Difficulty Level: Easy

2. List three primary differences between PhD and PsyD programs.

Ans: Compared with PhD programs, PsyD programs tend to deemphasize research, emphasize practice, accept a greater percentage and larger number of students, be housed in professional schools rather than university psychology departments, and offer less funding to students. See Box 1.1 in the text for a complete list.

Cognitive Domain: Comprehension

Answer Location: Education and Training in Clinical Psychology

Difficulty Level: Medium

3. What is the most common setting in which clinical psychologists work?

Ans: private practice

Cognitive Domain: Knowledge

Answer Location: Professional Activities and Employment Settings

Difficulty Level: Easy

4. What is the most common professional activity of clinical psychologists?

Ans: psychotherapy

Cognitive Domain: Knowledge

Answer Location: Professional Activities and Employment Settings

Difficulty Level: Easy

5. After completing a predoctoral internship and receiving the PhD or PsyD, what additional steps are generally required to obtain licensure to practice independently?

Ans: Complete a postdoctoral internship (postdoc) and pass the Examination for Professional Practice in Psychology (EPPP) and a state-specific exam on laws and ethics.

Cognitive Domain: Comprehension

Answer Location: Getting Licensed

Difficulty Level: Medium

6. A student applying for clinical psychology graduate programs would likely select a program adhering to the _____ model of training if he or she wished to primarily engage in research and teach in a university upon graduation.

Ans: clinical scientist

Cognitive Domain: Comprehension

Answer Location: Leaning Toward Science: The Clinical Scientist Model

Difficulty Level: Medium

7. The scientist-practitioner model of graduate training is also known as the _____ model.

Ans: Boulder

Cognitive Domain: Knowledge

Answer Location: Balancing Practice and Science: The Scientist-Practitioner (Boulder) Model

Difficulty Level: Easy

8. The practitioner-scholar model of graduate training is also known as the _____ model.

Ans: Vail

Cognitive Domain: Knowledge

Answer Location: Leaning Toward Practice: The Practitioner-Scholar (Vail) Model

Difficulty Level: Easy

9. A student applying for clinical psychology graduate programs would likely select a program adhering to the _____ model of training if he or she wished to primarily engage in clinical work, like psychotherapy and assessment, upon graduation.

Ans: practitioner-scholar (Vail)

Cognitive Domain: Comprehension

Answer Location: Leaning Toward Practice: The Practitioner-Scholar (Vail) Model

Difficulty Level: Medium

Essay

1. Name and briefly describe the differences between each of the three models of training currently in use by graduate programs in clinical psychology.

Ans: The scientist-practitioner model balances research and clinical practice. The practitioner-scholar model primarily emphasizes clinical practice. The clinical scientist model primarily emphasizes research.

Cognitive Domain: Comprehension

Answer Location: Education and Training in Clinical Psychology

Difficulty Level: Medium

2. Describe at least three steps that you would take to improve the strength of your application to a graduate program in clinical psychology. (Hint: Consider recommendations outlined in the text and provided by references such as *Graduate Study in Psychology* and *Getting In: A Step-by-Step Plan for Gaining Admission to Graduate School in Psychology*.)

Ans: (a) Know your professional options: Explore the different paths to obtaining the title of clinical psychology, and examine similar careers. (b) Take, and earn high grades in, the appropriate undergraduate courses. (c) Get to know your professors: Building a solid reputation will allow professors to write more meaningful letters of recommendation. (d) Get research experience. (e) Get clinically relevant experience: Find a volunteer or paid position that includes exposure to clinical populations. (f) Maximize your GRE score. (g) Select graduate programs wisely: Identify the program's training model and the faculty's therapeutic orientations, and compare them to your goals for training. (h) Write effective personal statements. (i) Prepare well for admissions interviews: Research the school and professors prior to the interview. (j) Consider your long-term goals: Do you see yourself as a clinical or researcher? How much financial debt are you willing to incur?

Cognitive Domain: Application

Answer Location: Getting In: What Do Graduate Programs Prefer?

Difficulty Level: Hard

3. How do clinical psychologists differ from counseling psychologists?

Ans: Compared to counseling psychologists, clinical psychologists tend to work with more severely disturbed pathological clients and to work in settings such as inpatient psychiatric units; counseling psychologists tend to work with less seriously disturbed populations in setting such as college counseling centers. Counseling psychologists tend to be more interested in vocational testing and career counseling, whereas clinical psychologists tend to be more interested in the application of psychology to medical settings.

Cognitive Domain: Comprehension

Answer Location: How Are Clinical Psychologists Different From . . .

Difficulty Level: Medium

4. How do clinical psychologists differ from psychiatrists?

Ans: Unlike clinical psychologists, psychiatrists attend medical school and are licensed as physicians. All psychiatrists, as physicians, are able to prescribe medication, and they often use medication in the treatment of their patients. Until recently, clinical psychologists could not prescribe medication. However, in several states, clinical psychologists have successfully lobbied and received prescription privileges. Psychiatrists view mental disorders as primarily biological, physiological abnormalities of the brain. While clinical psychologists certainly appreciate the biological aspects of mental illness, they also consider behavioral, cognitive, and emotional factors.

Cognitive Domain: Comprehension

Answer Location: How Are Clinical Psychologists Different From . . .

Difficulty Level: Medium