

Planning your Education and Training in Rehabilitation Psychology: A Guide for Graduate Students

Presenters:

William Stiers, Ph.D., ABPP

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Meredith Williamson, Ph.D.

Welcome and Introductions

- ▶ The APA Division 22 Student Leadership Network and the APA Division 22 Education and Training Committee appreciate your attendance
- ▶ Questions regarding the webinar can be directed to Meredith Williamson at mcmeredithcampbell@gmail.com

American Board of Rehabilitation Psychology Competencies (ABRP)

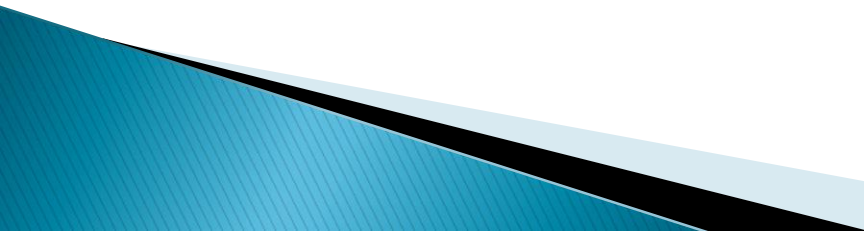
Presenter: Philip Uy, Ph.D., MFT



Complimentary Specialties

- ▶ **Rehabilitation Psychology (RP)**
 - ▶ **Clinical Neuropsychology (CN)**
 - ▶ **Clinical Health Psychology (CHP)**

 - ▶ **Psychological specialties most associated with medical and healthcare professions**

 - ▶ **Familiarity with physiological conditions in addition to psychiatric disorders**
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ABRP Competencies

- ▶ **Foundational Competencies**
 - Interpersonal interactions
 - Individual and Cultural Diversity
 - Professional Identification
 - Ethical and Legal Foundations

ABRP Competencies

▶ **Functional Competencies**

- Scientific Base & Application
 - Assessment
 - Intervention
 - Consultation
 - Consumer Protection
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- ▶ <http://www.abpp.org/i4a/pages/index.cfm?pageid=3361>

Rehabilitation Psychology Core Competencies

▶ Assessment

- Adjustment to disability: patient
- Adjustment to disability: family
- Extent of extent and nature of disability and preserved abilities
- Educational and vocational capacities
- Personality/emotional functioning
- Cognitive abilities
- Sexual functioning
- Decision making capacity
- Pain
- Substance use/abuse identification
- Social and behavioral functioning

▶ Intervention

- Individual therapeutic interventions as related to adjustment to disability
- Family/couples therapeutic interventions as related to adjustment to disability
- Behavioral management
- Sexual counseling with disabled population(s)

▶ Consultation

- Behavioral functioning improvement
- Cognitive functioning
- Vocational and/or educational considerations
- Personality/emotional factors
- Substance abuse identification and management
- Sexual functioning and disability

Clinical Health Psychology Core Competencies

▶ Assessment

- Knowledge of Measurement and Psychometrics
- Knowledge of Assessment Methods
- Application of Assessment Methods
- Diagnosis
- Identify Risk Factors
- Adherence
- Conceptualization and Recommendations
- Communication of Assessment Findings

▶ Intervention

- Intervention Planning
- Empirically Supported Skills
- Intervention Implementation
- Independent Evaluation
- Progress Evaluation

▶ Consultation

- Role of Consultant
- Understand Role in Different Medical Environments
- Addressing Referral Question
- Communication of Consultation Findings
- Application of Consultation Methods

Rehabilitation and Clinical Health Psychology

▶ Similarities

- Strong emphasis on treatment of chronic medical conditions
- RP and HP participate in transdisciplinary teams

▶ Differences

- Population: HP focuses on various medical conditions, management, and prevention (e.g., diet compliance with diabetes mellitus)
- Setting: HP are typically involved in medical facilities/integrated primary care (IPC) whereas RP are likely in rehabilitation facilities
- RP typically have more familiarity with neurocognitive assessment/treatment than HP practitioners

Clinical Neuropsychology Core Competencies

▶ Assessment

- Information gathering
- History taking
- Selection of tests and measures
- Administration of tests and measures
- Interpretation and diagnosis
- Treatment planning
- Report writing
- Provision of feedback
- Recognition of multicultural issues

▶ Intervention

- Identification of intervention targets
- Specification of intervention needs
- Formulation of an intervention plan
- Implementation of the plan
- Monitoring and adjustment to the plan as needed
- Assessment of the outcome
- Recognition of multicultural issues

▶ Consultation

- Effective basic communication (e.g. listening, explaining, negotiating)
- Determination and clarification of referral issues
- Education of referral sources regarding neuropsychological services (strengths and limitations)
- Communication of evaluation results and recommendations
- Education of patients and families regarding services and disorder(s)

Rehabilitation and Neuropsychology

▶ Similarities

- Awareness of neurocognitive abilities and how they affect functioning
- Use of neurocognitive assessment and treatment (e.g., remediation)

▶ Differences

- CN has strong foci on brain dysfunction, assessment, diagnostics, and symptom validity
- RP has more emphasis in treatment recovery and care of the individual
- RP uses neuropsychological data to provide specific and efficacious interventions (CN is the “what” and RP is the “now what”)

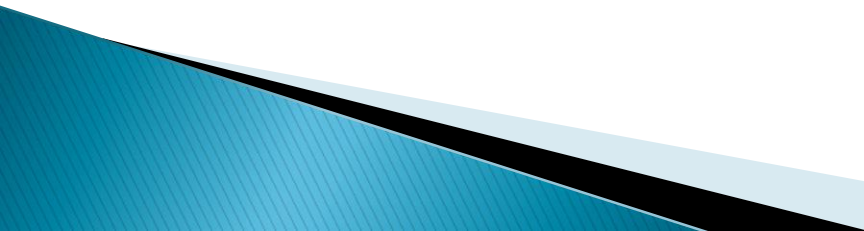
Careers in Rehabilitation Psychology

Presenter: William Stiers, Ph.D., ABPP

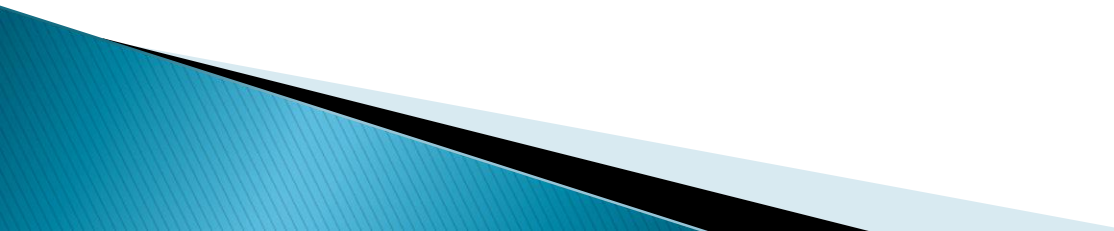
Overview

- ▶ **Rehabilitation psychologists work in a variety of settings including:**
 - Academic/Research/Teaching Careers
 - Clinical Service Careers
 - Institutional Clinical Careers
 - Private Practice Clinical Careers
 - Consultation and Administration Careers
- ▶ **Some rehabilitation psychologists work across diverse settings and with a broad range of persons**

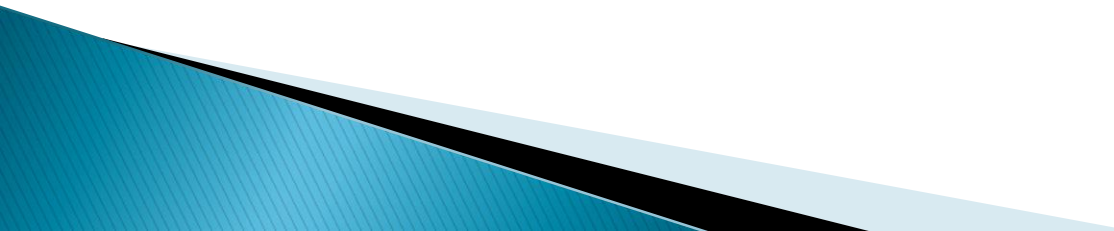
Academic/Research/Teaching Careers

- ▶ **Serve as full or part-time university or college faculty focusing on teaching, research, and/or administration**
 - ▶ **Conduct research on the occurrence of, and immediate and lifelong implications of, circumstances leading to disability.**
 - ▶ **Common research areas include, but are not limited to, risk factors for disability and chronic illness and associated prevention strategies; identification and reduction of co-morbidities; development, use, and effectiveness of assessment and intervention tools and strategies; changes in social support, familial and cultural networks; coping needs and resources; educational and community re-entry and participation processes, developmental processes and aging after diagnosis; and healthcare access, resource needs, and cost.**
 - ▶ **Plan and conduct teaching programs to develop clinical and research skills for psychology and other health trainees.**
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Clinical Service Careers— Institutional Clinical Careers

- ▶ Acute care hospitals and healthcare centers
 - ▶ Inpatient and outpatient physical rehabilitation units/centers
 - ▶ Specialty clinics (e.g., pain and sports injury centers, cardiac rehabilitation facilities), and community agencies serving individuals with specific disabilities or chronic illnesses (e.g. cerebral palsy, multiple sclerosis, spinal cord injury/disease, brain injury, deafness)
 - ▶ Private facilities or nonprofit organizations
 - ▶ Government facilities such as Veterans Administration hospitals
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Clinical Service Careers—Private Practice Clinical Careers

- ▶ **Assess and treat persons served and their support systems**
 - ▶ **Provide training, educational and support services to families and primary caregivers, and to other significant people in the individual's social community (e.g. teachers, employers, co-workers, clergy, friends)**
 - ▶ **Conduct assessments and evaluations for insurance agencies or Social Security Disability Determination**
 - ▶ **Work in assisted living and long term care facilities**
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Consultation and Administration Careers

- ▶ **Provide expert legal testimony**
 - ▶ **Consult to attorneys, courts, governmental agencies, educational institutions, employers, and insurance companies.**
 - ▶ **Social Security Disability Determination**
 - ▶ **Development and promotion of public policies and legislation**
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Pre-Internship Preparation

Presenter: Meredith Williamson, Ph.D.

Get Involved in APA Division 22!

- ▶ **Join the Division as a student member**
 - <http://www.apadivisions.org/division-22/index.aspx>
- ▶ **Join the RehabPsych Email List / Facebook Group**
 - Valuable information related to clinical practice, billing (e.g., Health and Behavior Codes) and research
 - <http://www.apadivisions.org/division-22/membership/index.aspx>
- ▶ **Attend the Annual Rehabilitation Psychology Conference in February/APA in August**
 - Volunteer at the conference (possible reimbursement for conference fee)
 - <http://www.abpp.org/i4a/pages/index.cfm?pageid=3574>
- ▶ **Serve as a student member/representative on committees within Division 22**
 - Serve as a student member as part of the Foundation of Rehabilitation Psychology and the Council of Rehabilitation Psychology Postdoctoral Training Programs
 - Look out for opportunities through the RehabPsych Email List
 - Contact the student member, Gillian Mayersohn, at gsm219@gmail.com for additional information about how to get involved with the Foundation of Rehabilitation Psychology
 - <http://www.apadivisions.org/division-22/leadership/committees/index.aspx>

Gain Knowledge of Rehabilitation Psychology

- ▶ Look for information through the RehabPsych email list
- ▶ Foundations of Rehabilitation Psychology articles
 - ▶ <http://www.apadivisions.org/division-22/about/early-writings/index.aspx>
- ▶ Division 22 Journal: *Rehabilitation Psychology*
 - Included in student membership fees 😊
 - <http://www.apa.org/pubs/journals/rep/index.aspx>
- ▶ Check back to Division 22 website for a comprehensive reading list in the near future

Practicum / Externship Opportunities

- ▶ Identify rehabilitation specific practicum/externships within your area
- ▶ Identify faculty who may have knowledge/skills or relationships with other psychologist in the community with whom you can work with
- ▶ Contact the RehabPsych email list to see if there are any psychologists in the area who would be willing to supervise graduate students
- ▶ Variety of experiences outside rehabilitation psychology can be useful
- ▶ Visit the APPIC website to see the experience needed for any internship sites of interest to you
 - Ex: Assessment vs. Therapy hours
- ▶ Develop relationships with other students, interns, postdoctoral fellows, and early career psychologists interested in rehabilitation psychology

Research Opportunities

- ▶ **Foundation of Rehabilitation Psychology Mitchell Rosenthal Student Scholarship Fund**
 - <http://www.apadivisions.org/division-22/about/foundation/index.aspx>
- ▶ **Get into the literature and read about recent research**
 - Utilize PubMed, GoogleScholar, PsychInfo, etc.
- ▶ **Attend presentations, webinars, conferences about various topics in rehabilitation psychology**
- ▶ **Contact Division 22 members who are conducting research in your area of interest**
 - RehabPsych email list
- ▶ **Gain knowledge of commonly used assessment measures and questionnaires**
 - Traumatic Brain Injury, Spinal Cord Injury, Burn Injury Model Systems
 - <http://www.msctc.org/sci/model-system-centers>

Mentorship

- ▶ Apply to be a part of the Division 22 Mentoring Program to get connected with rehabilitation psychologists in various stages of their careers
 - <http://www.apadivisions.org/division-22/leadership/committees/mentorship/index.aspx>
- ▶ Contact Efrat Eichenbam, Division 22 Mentorship Committee Trainee Representative, for additional information about the application process
 - Efrat.eichenbaum@gmail.com

Clinical Internship Training

Presenters: Meredith Williamson, Ph.D. &
Philip Uy, Ph.D., MFT

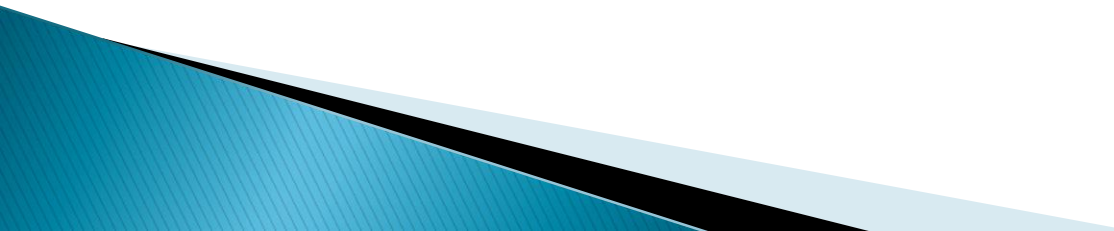
Preparing for Internship

- ▶ **Information on clinical internship programs with a rehabilitation focus can be found on the APPIC Website**
 - Search program by criteria & Training opportunities
 - <https://membership.appic.org/directory/search>
- ▶ **Attend the Internship seminar at the Annual Rehabilitation Psychology Conference**
 - Several training directors are also Division 22 members and often attend the Annual Rehabilitation Psychology Conference
- ▶ **Consider your short-term and long-term career goals when applying for internship**
- ▶ **Consider internships that are not only rehabilitation psychology focused, but will also enhance areas of weakness/growth edges**
- ▶ **Neuropsychology internship considerations**
- ▶ **Choose sites that are a “good fit” for you!!**


Postdoctoral Training

Presenter: William Stiers, Ph.D., ABPP

Postdoctoral Training Requirements

- ▶ Is a formal, organized program, based in or affiliated with a nationally accredited or certified institution, agency, or consortium (e.g., CARF, JCAHO) that provides direct interdisciplinary services (in an interdisciplinary model) to individuals with rehabilitation needs
 - ▶ Incorporates training site(s) that involve direct applied experience with persons with disabling conditions resulting in cognitive and physical impairments
 - ▶ Has two or more formally designated training faculty, at least one of whom has achieved an advanced level of competence in rehabilitation psychology such as the American Board of Professional Psychology diploma
 - ▶ Requires applicants to have completed doctoral education and internship training programs that are accredited by the American Psychological Association or the Canadian Psychological Association
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Postdoctoral Training Requirements

- ▶ is a 2-year program
 - ▶ Activities primarily consist of supervised service delivery in direct contact with service recipients
 - ▶ Has a minimum of four hours structured learning activities per week, at least two hours of which are individual, face-to-face supervision, and at least two hours of which involve didactic seminars, colloquia, symposia, mentorship, observation, case conferences, rounds, journal clubs, etc.
 - ▶ Learning activities take precedence over service delivery activities and revenue generation
 - ▶ Have a formal on-going evaluation program that collects and analyzes data on resident and faculty performance, with at least two formal evaluations each year
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Finding Postdoctoral and Early Career Positions

- ▶ **Identifying Postdoctoral Positions**
 - List of rehabilitation psychology postdoctoral positions available

- ▶ **Preparing to Apply for Early Career Jobs**
 - EPPP and Licensing
 - <http://www.asppb.net/login.aspx>
 - Importance of networking
 - Job Talk

Additional Resources

- ▶ Stiers W, Hanson S, Turner AP, Stucky K, Barisa M, Brownsberger M, Van Tubbergen M, Ashman T, Kuemmel A; Council of Rehabilitation Psychology Postdoctoral Training Programs. *Rehabil Psychol*. 2012 Nov;57(4):267–79.
<http://dx.doi.org/10.1037/a0030774>
- ▶ Stiers, W., Barisa, M., Stucky, K., Pawlowski, C., Van Tubbergen, M., Turner, A. P., Hibbard, M., & Caplan, B. (2014, December 15). Guidelines for Competency Development and Measurement in Rehabilitation Psychology Postdoctoral Training. *Rehabilitation Psychology*. Advance online publication.
<http://dx.doi.org/10.1037/a0038353>


Early Career Advice

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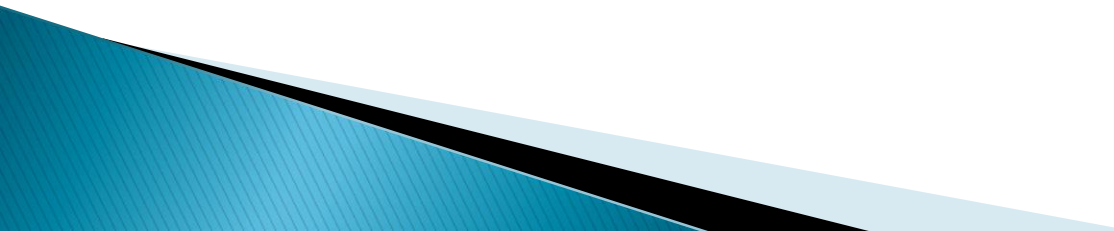
Early Career Advice

- ▶ **Ideas to consider as an early career rehabilitation psychologist**
 - Professional Environment
 - Mentor
 - Organizational Membership
 - Board Certification

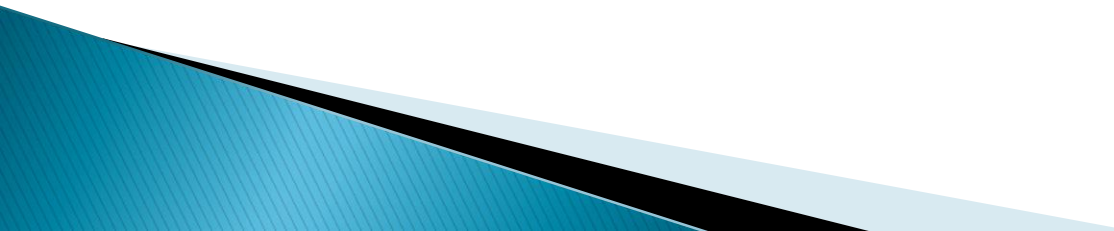
Professional Environment

- ▶ Search for a position that will allow you learn new skills and provide exposure to various populations
 - ▶ Seek consultation regularly
 - ▶ If you work in a facility not attached to a teaching institution, try to get affiliated with one
 - ▶ Familiarize yourself with stakeholders: volunteer to conduct presentations, lecture to medical residents, etc.
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Mentor

- ▶ If you do not already have a mentor, get one
 - ▶ Can provide professional guidance/direction if you want to go into research, practice, etc.
 - ▶ A mentor can help familiarize you with other professionals
 - ▶ Model for ethical and best practices
 - ▶ Consider mentoring fellows, interns, and students
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Organizational Membership

- ▶ **Network with other rehabilitation psychologists**
 - ▶ **Participate in the RehabPsych email list**
 - ▶ **Join committees and organizations**
 - ▶ **Participate in presentations and research**
 - ▶ **Involvement in activities that support the greater body of RP/policies/social justice**
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Board Certification

- ▶ **Start early while material is fresh!**
- ▶ **It can help establish career identity**
- ▶ **The board certification process motivates you to learn**
- ▶ **Develop relationships with the leaders of RP**
- ▶ **Must have 3 years experience**
 - May include clinical internship if primary clinical duties were within the scope of rehabilitation psychology

Board Certification Cont.

- ▶ Attend presentations on the ABRP board certification process at the Annual Rehabilitation Psychology Conference
- ▶ ABRP website
 - <http://www.abpp.org/i4a/pages/index.cfm?pageid=3361>

Q & A Discussion