

So, you think you want to be a clinical psychologist? Let's look at the various subfields of clinical psychology, keeping in mind that within each subfield, psychologists can engage in many different activities. Most conduct research, teach, and/or apply psychological principles to the solution of the real life problems of individuals and society.

■ **Clinical Psychologists:** are concerned with the diagnosis and treatment of psychological disturbances. After graduate preparation in an accredited university or school of professional psychology, supervised postdoctoral experience, and licensure or certification by the state, some clinical psychologists enter independent practice/consulting roles. Others find themselves responsible for a complete range of psychological services in public settings. Their responsibilities range from administering and scoring psychological tests, to engaging in therapy, to supervising the training of graduate students in the delivery of mental health services, to administering a community mental health program. Some clinical psychologists obtain faculty positions in a college or university where they perform research and train graduate students. Others serve as adjunct (or part-time) faculty, while maintaining independent clinical practices. Many serve as consultants. Ph.D. or Psy.D. needed.

■ **Counseling Psychologists:** are concerned with counseling, teaching, consulting research, and/or administration. In their work, they are particularly concerned with the role of education and work in an individual's functioning, and with the interaction between individuals and the environments in which they live. Typically, counseling psychologists work with normal or moderately maladjusted persons, individually or in groups. This work includes use of traditional counseling interview methods, interest, ability and personality tests, and educational and occupational information. Most counseling psychologists are employed in educational settings and most of those in colleges or universities. A minority are employed in hospitals, (e.g., the VA), community mental health or rehabilitation centers, industry, government, or in private or community counseling agencies.

■ **Psychotherapists:** A very broad term. Generally, anyone can call him or herself a "Psychotherapist", but **ONLY** a person with a Ph.D. in Psychology and a license can use the term "Psychologist". Psychotherapists can include anyone without a Ph.D. who tries to help people deal with their problems. Counselors and Social Workers are psychotherapists, but **not** Psychologists.

■ **Community Psychologists:** are concerned with the application of concepts, tools and skills from the fields of counseling, guidance and rehabilitation psychology. Community psychologists are trained to counsel, treat and/or refer outpatients and to assist in the development of community resources for their clients.

■ **Research Psychologists:** a general title applied to a variety of psychologists who are trained in designing and conducting research in specific basic areas like learning, sensation and perception, human performance, human interactions, motivation, and emotion. A research oriented doctoral degree (Ph.D.) is usually needed.

■ **Health or Medical Psychologists:** are concerned with understanding how psychological factors can affect physical health. Some representative issues: how certain attitudes and behaviors may cause heart disease; how the state of physical health affects one's psychological well-being; and how living with cancer can affect one's attitude and behavior. They also study the psychology of how people can better cope with physical disease

■ **Industrial / Organizational Psychologists:** are concerned with the relation between individuals and work. They are employed in business and industry, in government, and in colleges and universities, and may perform a variety of jobs. An industrial/organizational psychologist working in industry may study how work is organized; suggest changes to improve the satisfaction of employees, the quality of the organization's services, and productivity; consult with management on the development of effective training programs for employees; design programs for the early identification of management potential; administer career counseling and preretirement counseling programs; develop affirmative action programs; recommend changes in job definition; design a system of performance evaluation. A master's degree in industrial/organizational psychology is a minimum requirement for a position as a psychological associate but a position as a psychologist requires a Ph.D.

■ **Psychometric (Quantitative) Psychologists:** are directly concerned with the measurement of behavior (mostly through the use of tests) and the design of research investigations. Such a psychologist may be analyzing complex sets of data; designing, developing pilot testing, or validating versions of intelligence, personality, or aptitude tests; or deriving new statistics with which to analyze data. The psychometric psychologist is typically well-trained in mathematics, statistics, and in the programming and use of computers.

■ **School Psychologists:** are concerned with increasing the effectiveness of schools in improving the intellectual, social and emotional development of children. They may also serve as consultants in education for the handicapped, mentally disturbed or mentally retarded; or in developing special programs in adult education. They typically function in various roles within the school system. They may assist in implementing and evaluating special education programs, may serve as leaders of in-service training programs for teachers, or as consultants to teachers regarding specific teaching or classroom related problems. They may also help to treat children's psychological and educational problems that influence problems in school. They may also administer tests and interpret their results. An M.A. and certification by the State Board of Education are generally required, and a Ph.D. may be required for supervisory positions.

■ **Social Workers:** attempts to meet social needs by providing leadership in the development of social policy and practice in the field of social welfare. Social Workers help advance the professional practice of social work by enhancing the social functioning of individuals, groups, families, and communities. Two subfields exists in the field of Social Welfare, such as specializations in either direct practice or management concentrations.