

Test Bank – Chapter 1
Clinical Psychology: Definition and Training

Multiple Choice Questions

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

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

Ans: C

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

3. 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

4. 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

5. The scientist-practitioner model of training is characterized by

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

Ans: A

6. 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

7. 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) all of the above
- D) none of the above

Ans: B

8. 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

9. Compared to PhD programs, PsyD programs typically

- A) accept a larger percentage of applicants.
- B) offer significantly less funding to enrolled students in the form of graduate assistantships, fellowships, and tuition remission.
- C) produce graduates who score lower on the national licensing exam (EPPP).
- D) all of the above

Ans: D

10. 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) both of the above
- D) none of the above

Ans: B

11. 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

12. A growing emphasis in clinical psychology graduate training is _____, or skills that a student must be able to demonstrate in areas such as assessment, research, and diversity.

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

Ans: C

13. Which of the following are important factors in admissions decisions for graduate programs in clinical psychology?

- A) GRE scores
- B) letters of recommendation
- C) research experience
- D) all of the above

Ans: D

14. 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

15. _____ 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-approved graduate program
- D) Licensure

Ans: D

16. 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

17. 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

18. 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 and conducting research.
- C) often specialize in areas such as career, addiction, or college counseling.
- D) both A and C

Ans: D

19. Compared to counseling psychologists, clinical psychologists tend to

- A) work with clients whose degree of psychopathology is greater.
- B) work in settings such as inpatient psychiatric units.
- C) all of the above
- D) none of the above

Ans: C

20. 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) all of the above
- D) none of the above

Ans: A

21. Social workers

- A) typically earn a doctoral degree.
- B) undergo training that places heavy emphasis on research methods and psychological testing.
- C) all of the above
- D) none of the above

Ans: D

22. School psychologists

- A) are not qualified to conduct psychological testing.
- B) work with children in schools and the adults involved in students' lives.
- C) all of the above
- D) none of the above

Ans: B

23. Across both PhD and PsyD programs, graduate training in clinical psychology typically includes

- A) a predoctoral internship.
- B) coursework in psychotherapy, assessment, research design, statistics, and other areas.
- C) all of the above
- D) none of the above

Ans: C

24. 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

25. 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

26. In order to earn a PhD in clinical psychology, an individual must generally

- A) complete a doctoral dissertation.
- B) complete four years of intensive, full-time coursework.
- C) complete a one year predoctoral internship.
- D) all of the above

Ans: D

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

- A) PsyD
- B) PhD
- C) MD
- D) none of the above

Ans: A

28. 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) all of the above

Ans: A

Short Answer Questions

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, individual differences

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.

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

Ans: private practice

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

Ans: psychotherapy

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.

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 on graduation.

Ans: clinical scientist

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

Ans: Boulder

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

Ans: Vail

Essay Questions

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.

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?

3. How do clinical psychologists differ from counseling psychologists?

Ans: Compared to counseling psychologists, clinical psychologists tend to work with more severely pathological clients and to work in settings such as inpatient psychiatric units; counseling psychologists tend to work with less seriously disturbed population 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.