



CLINICAL PSYCHOLOGIST

What is a Clinical Psychologist?

A clinical psychologist applies psychological principles to the assessment and alleviation of psychological, emotional, psychophysiological, psychiatric and behaviour disorders in individuals, families, groups, and communities. Clinical psychologists provides services to clients of all ages to prevent disorder and/or to improve the adaptation, adjustment, personal development and satisfaction of individuals, families or groups.

A clinical psychologist may specialize in behavioural problems and therapy, group therapy, individual and group psychotherapy, parent training programs, tests of cognitive impairment, personality tests, objective tests, or projective techniques.

Job responsibilities for clinical psychologists generally include:

- Assessing and diagnosing a client's psychological functioning and behaviour using direct observation, interviews and psychometric tests;
- Developing a course of therapy using empirically supported [or scientifically valid] psychological treatments for clients;
- Working in conjunction with other health care professionals to ensure the best course of treatment for a client's needs;
- Treating psychological disorders using various psychological techniques, such as cognitive therapy, behavioral treatment, stress inoculation training, anxiety management, and exposure therapy; and
- Conducting applied research for the development and validation of assessments and interventions, and for program evaluation

A career in clinical psychology requires:

- Excellent communication skills;
- Skill in the analysis of personal problems and individual needs;
- An understanding of the influence of feelings, attitudes, thoughts and perspectives on the behaviour of others;
- An understanding of ethical principles, of diversity and of cultural context;
- The ability to lead, inspire, and work effectively with people;
- Personal integrity and a commitment to behave ethically;
- An active concern for the welfare of others;
- Recognition of the need for competence and continuous learning; and
- An ability to be non-judgmental and objective

How do you become a Clinical Psychologist?

Employment as a clinical psychologist in Saskatchewan requires a Master's or Doctoral degree in a program that primarily consists of psychology classes.

Registration with the Saskatchewan College of Psychology (<http://www.skcpica/>) is required to be a fully practicing member, that is, a psychologist that is able to practise without supervision or any other restrictions. Restricted practise members will be granted a provisional licence to practise until they complete the remaining requirements for registration, which is most often additional supervised experience.

Where can you be trained in Clinical Psychology?

Saskatchewan

University of Regina

<http://www.uregina.ca/arts/psychology/>

<http://www.uregina.ca/arts/psychology/forms/ClinPsycProgManual04.pdf>

University of Saskatchewan

<http://www.usask.ca/psychology/>

Alberta

University of Calgary

<http://www.psych.ucalgary.ca/>

Manitoba

University of Manitoba

<http://www.umanitoba.ca/faculties/arts/psychology/grad/programs/clinical.php>

British Columbia

Simon Fraser University (Developmental: Child Clinical Stream)

<http://www.psyc.sfu.ca/grad/>

University of Victoria

<http://web.uvic.ca/psyc/>

What do you need to get into a Clinical Psychology program?

Fully qualified acceptance into the M.A. program requires an Honours degree or equivalent in Psychology. Admission to the Ph.D. program is either directly after a B.A. (Honours) or may be contingent upon a Master's degree.

What do Clinical Psychologists Study?

Required courses for a doctorate in clinical psychology typically include:

- History;
- Theory and Systems in Psychology;
- Psychometrics;
- Psychological Assessment;
- Psychological Interventions;
- A Doctoral Seminar; and

Students must also complete 2 practicums in clinical psychology and one year as an intern before obtaining a Ph.D.

Please Note: Other programs may have different course requirements. Please check their respective websites for further information.

Where do Clinical Psychologists Work?

- Regional Health Authorities (Hospitals and Mental Health Clinics, Psychiatric and Rehabilitation Centres)
- Private Practice
- Universities and Colleges
- Industry
- The Military
- Prisons and Correctional Facilities
- Research Agencies
- Schools
- Government

What is the salary of a Clinical Psychologist?

Psychologist pay scales are part of the Health Sciences Association of Saskatchewan/SAHO Collective Agreement: <http://www.hsa-sk.com/bargaining.php>

Related Links

Psychological Association of Saskatchewan

<http://www.psychsociety.sk.org/>

Canadian Psychological Association

<http://www.cpa.ca/contents.html>

Please check the Saskatchewan Health Bursary webpage for information about bursaries for health science students: http://www.health.gov.sk.ca/hhrp_bursaries.html