

## Training in Clinical Psychology



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## Overview

- Clinical psychology training options
- Structure and activity on a typical programme
- Integrating evidence and practice

## Training options

- UCD, TCD, UL, NUIG, QUB
  - <http://www.ucd.ie/psychology/postgraduateprogrammes/dpsychoclinicalprogram/>
  - <http://www.tcd.ie/Psychology/postgraduate/d-clin/>
  - [http://www2.ul.ie/webWWW/Services/Research/Graduate\\_School/Prospective\\_Students/Graduate\\_Programmes/TAught\\_Programmes/Education\\_&\\_Health\\_Sciences/Clinical\\_Psychology](http://www2.ul.ie/webWWW/Services/Research/Graduate_School/Prospective_Students/Graduate_Programmes/TAught_Programmes/Education_&_Health_Sciences/Clinical_Psychology)
  - [http://www.nuigalton.ie/psyc/d-clin\\_psych.htm](http://www.nuigalton.ie/psyc/d-clin_psych.htm)
  - <http://www.psych.qub.ac.uk/Education/PostgraduateStudies/DClinPsych/>
- UK Programmes
  - <http://www.leeds.ac.uk/chpcp/index.html>
- North America
  - PhD or Psy D Programmes

## Entry requirements

2.1 degree in psychology or 2.1 higher diploma in psychology that is recognised by PSI or BPS

Plus  
a years relevant experience



## Entry requirements

- Competition is a very significant barrier to entry
- Rep of Ireland 150-160 applicants compete for one of 40-50 places (about 20-25% success rate)
- UK 2010 2,969 people applied for 617 places (21% success rate)
- Many successful applicants to programmes apply 2-3-4 times



## Developing your CV...

- Academic development
  - Postgraduate study; taught masters, research masters, phd
- Clinical development
  - Assistant psychology post, research in a clinical setting;
  - Recognised training in basic counselling
  - Experience with an organisation like Childline
  - Beware of slave labour!
- Research Development
  - Often part of your postgrad experience
  - Working with a reputable research team
  - Presenting your research at a peer reviewed conference
  - Publishing your research in a peer reviewed journal
- Personal Development
  - Personal therapeutic work; travel, life-experience



## Selection Process...

- Application
  - Short-listing for interviews
- Some courses use preliminary group interviews/academic task
- Round 1 individual interviews
  - Shortlisting for final interview
- Round 2 final interview with a larger panel
- Offer of a place, or reserve list, or no offer
  - From a reserve list you have a very good chance of a later offer
- Seek help for these stages from others who have been through this process (ie current trainees) or on-line such as the assistant psychologists in Ireland google group



## A typical clinical psychology training programme UCD Programme

- 3 year programme leading to a Doctoral Degree in Clinical Psychology (D Psych Sc)
- Sponsorship available from Health Service Executive (HSE)
- Trainees are paid a salary plus a contribution towards their fees. The terms of this arrangement are currently under review and subject to change.



## Structure of the Programme

- **Year 1** Child, adolescent, and family clinical psychology (psychological models: formulation and systemic practice)
- **Year 2** Adult clinical psychology (psychological models: CBT & psychodynamic practice)
- **Year 3** Intellectual disability and specialist clinical practice (psychological models: life-span systemic practice)



## Structure of the Programme

- Each year follows the same structure:
  - **First 6 months:**
    - 6 week academic block
    - 4.5 month clinical placement
  - **Second 6 months:**
    - 6 week academic block
    - 4.5 month placement



## Placements

- 6 placements completed in total
  - 2 child & adolescent mental health placements in 1st year
  - 2 adult mental health placements in 2nd year
  - 1 Intellectual Disability placement in 3rd year
  - 1 specialist choice in 3rd year
- 5-6 placements completed in your sponsoring agency



## Placements

- Under supervision of Senior or Principal Clinical Psychologist.
- Apprenticeship model
- Placement progress monitored through mid and end of placement meetings and evaluations with member of the course team, trainee, and supervisor

## Many Assignments!!!

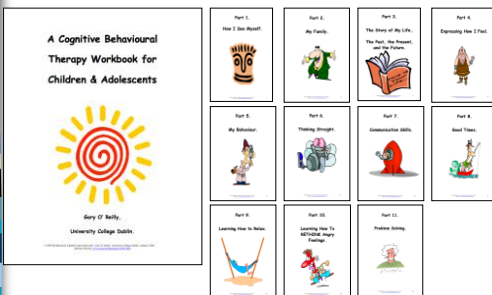
- A doctoral thesis of 32,000 words – making an original contribution to clinical psychology knowledge
- An article based on your research thesis
- Two other clinical research projects (quantitative service audit and a qualitative service study)
- 4 essays (child, adult, older adult, intellectual disability)
- 3 clinical case studies
- Placement evaluation
- Final Viva examination with the external examiner

## Doctoral Research – We tend to follow streams Example: Young People & CBT

- Cait Verling (2007) Cognitive Readiness for CBT in Children Aged 6-8 Years
- Nicola McGlade (2010) An Exploration of a Computer-Assisted CBT Game and a Measure of Automatic Thoughts in Adolescents.
- RCT of our programme

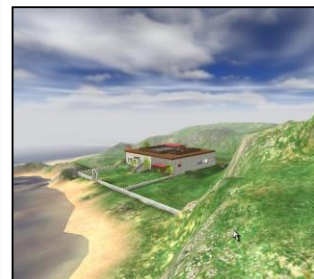
Available for  
free from:

[www.juvenilementalhealthmatters.com](http://www.juvenilementalhealthmatters.com)



O' Reilly, G. (2004). A Cognitive Behavioural Therapy Workbook for Children & Adolescents. Dublin: School of Psychology, University College Dublin.

David Gnatborough's Island  
by Gary O' Reilly, Nicola McGlade & David Coyle



A 6 session  
computerised CBT  
programme that the  
young person plays in  
session with their  
therapist

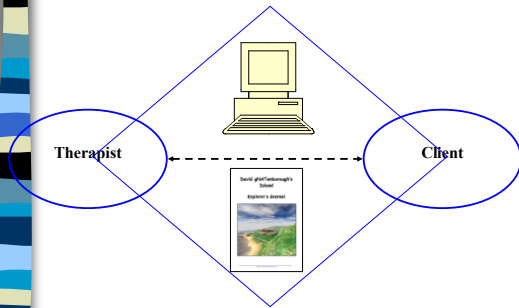
July 2009

Age range 11-15

Internalising disorders

O' Reilly, G., McGlade, N., & Coyle, D. (2009). David Gnatborough's Island. A Computerised Cognitive Behavioural Therapy Programme for Children & Adolescents. Version 1.0

The therapeutic space between client & therapist



O' Reilly, G., McGlade, N., & Coyle, D., (2009). David Gatenborough's Island. A Computerised Cognitive Behavioural Therapy Programme for Children & Adolescents. Version 1.0

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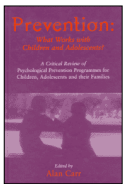
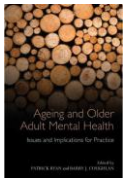
O' Reilly, G., McGlade, N., & Coyle, D., (2009). David Gatenborough's Island. A Computerised Cognitive Behavioural Therapy Programme for Children & Adolescents. Version 1.0

Staff & Trainees  
Contributing to knowledge...

Alan Carr  
& UCD trainees



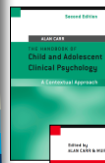
Patrick Ryan,  
Barry Coughlan  
& University of  
Limerick trainees



Carr, A. (2006). *Handbook of Child and Adolescent Clinical Psychology (Second Edition)*. London, UK:Routledge.

Carr, A. & McNulty, M. (2006). *Handbook of Adult Clinical Psychology*. London, UK:Routledge.

Carr, A, O' Reilly, G. Walsh, P. N., & McEvoy, J (2007). *Handbook of Intellectual Disability & Clinical Psychology Practice*. London, UK:Routledge.





Carr, A. (2006). *Family Therapy, Concepts, Process & Practice* New York: Wiley.



Carr, A. (2010) Ten Research Questions for Family Therapy. *Australian & New Zealand Journal of Family Therapy*, 31 (2), 119-132



O' Reilly, G., Marshall, W., Carr, A., & Beckett, R. (2004). *Handbook of Clinical Intervention with Young People who Sexually Abuse*. London, UK: Routledge.



O' Reilly, G., Carr, A., Murphy, P., & Cotter, A. (2010) A Controlled Evaluation of a Prison-Based Sexual Offender Intervention Program. *Sexual Abuse: A Journal of Research and Treatment*, 22 (1), 95-111

## Graduation...



## Working Life...

- Skilled to work in many fields...
- Community psychology
- Child psychiatry
- Adult psychiatry
- Intellectual disability
- Health and medicine
- Neuropsychology
- Forensic Psychology
- Private Clinical Practice
- Service Development
- Management
- Research
- Academic life
- Further psychotherapeutic training
- Running a bar in exotic locations...

Best of luck to you – hope you enjoy it!

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