

A top-down view of a wooden desk. In the upper right, a white keyboard is partially visible. To its left is a small black pot with green grass-like plants. In the lower right, there is a black notebook with a white page, a black pen, and a white coffee cup with dark liquid. A black binder clip is on the desk near the keyboard. The background is a dark, textured wood grain. The text 'Clinical/Counseling Psychology' is centered in a white, italicized serif font, with a short green horizontal line underneath it. There are also some green decorative dots in the bottom right corner.

Clinical/Counseling Psychology

What is Clinical Psychology?

- Clinical psychology is more focused on mental illness and how it impacts the lives of individuals or groups. It leans more towards the biopsychosocial aspect of psychology and looks more at the “how it works” of mental illness. More information can be found using the links provided below:

<https://www.apa.org/ed/graduate/specialize/clinical>.

https://www.youtube.com/watch?v=5iSvcnoITx4&ab_channel=Phil%27sGuidetoPsy.D.

https://www.youtube.com/watch?v=NvzR29WFYOO&ab_channel=Phil%27sGuidetoPsy.D.

What is Counseling Psychology?

- Counseling psychology, on the other hand, is more focused on the helping aspect of psychology. It looks at the therapy aspect of helping individuals or groups as they navigate life and its difficulties. More information can be found using the links provided below:

<https://www.apa.org/ed/graduate/specialize/counseling>

https://www.youtube.com/watch?v=GfEmcL6LWdg&ab_channel=SeriousScience

https://www.youtube.com/watch?v=NvzR29WFYOO&ab_channel=Phil%27sGuidetoPsy.D. (From previous slide, so skip if you watched those already 😊).

Potential Career Paths in Clinical/Counseling Psychology:

- Clinical Psychologist.
 - This path requires receiving either an M.A., M.S., Ph.D., or Psy.D.
- Counseling Psychologist.
 - This path requires receiving either an M.A., M.S., or Ph.D.
- Clinical Research Assistant.
 - This path requires receiving either a B.A. or B.S.
- Licensed Clinical Social Worker.
 - This path requires receiving either an MSW or LCSW.
- Licensed Professional Counselor.
 - This path requires receiving either an M.A. or LPC.

Undergraduate Recommended Courses in Psychology:

- Elementary Behavioral Statistics (**PSY 223***).
 - Child Development (**PSY 311**).
 - Adult Development (**PSY 312**).
 - Experimental Psychology (**PSY 323***).
 - Personality (**PSY 360**).
 - Psychometrics (**PSY 406***).
 - Abnormal Psychology (**PSY 408**).
 - Intermediate Behavioral Statistics (**PSY 417***).
 - Health Psychology (**PSY 443***).
 - History and Systems of Psychology (**PSY 460**).
- * make sure to look at the pre-requisites for these courses, as there are more than just PSY 201! Ask an Advising Officer if you have any questions 😊

Undergraduate Recommended Courses Outside of Psychology:

- Introduction to Communication Disorders (**CD 101**).
- Language and Speech Development (**CD 228**).
- Survey Exceptional Child I and II (**CISP 320/420 - must be taken at the same time!**).
- Child With Exceptionalities (**CISP 421**).
- Introduction to Autism (**CISP 427**).
- Introduction to Social Work (**SWK 203**).
- Substance Use and Social Work (**SWK 260**).

* make sure to look at the pre-requisites for these courses! Ask an Advising Officer if you have any questions



Recommended Minors and Certificates:

- Depending on your area of interest, these minors might be beneficial to receive:
 - Addiction Studies.
 - Biological Sciences.
 - Communication Disorders.
 - Social Work.
 - Sociology.

Accelerated Masters Students Recommended Courses:

- Psychometrics (**PSY 506** instead of PSY 406).
- Abnormal Psychology (**PSY 508** instead of PSY 408).
- Intermediate Behavioral Statistics (**PSY 517** instead of PSY 417).
- Advanced Social Psychology (**PSY 606** instead of PSY 302).

Is Graduate Training Required?

- Yes, graduate training is required to become a clinical or counseling psychologist. In fact, the only potential career path that does not include graduate training is a Clinical Research Assistant (please refer to slide #4 for more details).
- Depending on the route taken and where you plan to work one day, you might have to complete extra schooling (fun fact, WV is one of few states that allow you to be licensed as a clinical psychologist with a master's degree. Most states require at least a doctorate with licensing). Make sure you check out these requirements and more when considering post-secondary education options!

Ways to Stand Out in Clinical/Counseling Psychology:

- Clinical Experience:
 - Clinical experience is HIGHLY appealing to graduate programs in this subdiscipline. Look for opportunities that best match your population(s) of interest and consider shadowing a therapist.
 - Some therapy offices might be willing to take on clinic assistants. This is a great way to get applied clinical experience and additional knowledge about mental health!
- Volunteer Work:
 - There are many places you can volunteer around Huntington that are applicable to this subdiscipline. Consider volunteering with Harmony House, the Youth Center, or the A.D. Lewis Center for example.
 - Working for an emergency/crisis line is an excellent volunteer experience that is highly applicable to the field, and it is a great way to stand out!
 - If you are interested in working with child and adolescent populations, consider attending a youth summer camp as a counselor! There are some camps that work specifically with mental health and look for psychology undergraduates as counselors (ex: Mighty Mouth Kids Camp, FIU Summer Treatment Camp, Camp Baker). Remember that, if it is a paid position, then it does not count as volunteering!
- Research:
 - Research experience is essentially required if applying for a Ph.D. (and HIGHLY recommended for Psy.D. and M.A. programs)! Check out the professor's research interests on Marshall's website or ask around! This does not have to be limited to psychology, as Dr. Marianna Linz may have some relevant information about other research opportunities around campus.