

Counseling Psychology Education and Training Taxonomy

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Learning Objectives

Participants will be able to:

- Explain the potential benefits of broad adoption of the taxonomy by training programs.
- List the suggested terms in the taxonomy that programs would use to describe their training opportunities.
- Describe the types of training opportunities offered by their program using the taxonomy as adapted for counseling psychology.



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Quick Poll:

What does the word taxonomy mean?

- A. The study of tax law
- B. A review of characteristics of training programs in counseling psychology
- C. Not sure, but I think it is an entry on my word for the day calendar
- D. All of the above



Ok, what does it really mean?

- “orderly classification or arrangement of a set of related concepts”
- Hierarchical structure
- Clear rules defining the components and how it is organized



Carl Linnaeus

- Originator of taxonomy
- 1735, The System of Nature
- Classification of plants, animals



So, why is this relevant to me?

Survey by Nutt (2006)

- 35 random doctoral program websites regarding training experiences offered
- Range of terms: Emphasis, Track, Concentration, Rotation, Subspecialty Area
- Inconsistent application

Reflection Activity

Students may choose to add an optional
Counseling Psychology XXXX

Includes the completion of:

- 3 courses and
- 2 semesters practicum
- Research experience
- in the area of counseling psychology



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Lack of consistency or clear guidance promotes confusion

EDUCATION AND TRAINING GUIDELINES

*A Taxonomy for Education and Training in
Professional Psychology Health Service Specialties*

Development of the Taxonomy for Health Service Psychology

- 2007 APA Board of Directors Task Force
- Commission for the Recognition of Specialties and Proficiencies in Professional Psychology (CRSPPP)
- Approved as APA policy 2012
 - Guidance for programs, not mandatory
- Council of Specialties

Purpose

- Facilitate program comparison by prospective students
- Make it clearer to the public how HSPs are trained



This taxonomy is **NOT** ...

- A way to describe qualifications of an individual
- A mechanism to define specific course content
- Meant to describe opportunities in areas that are not recognized specialties
 - Focus

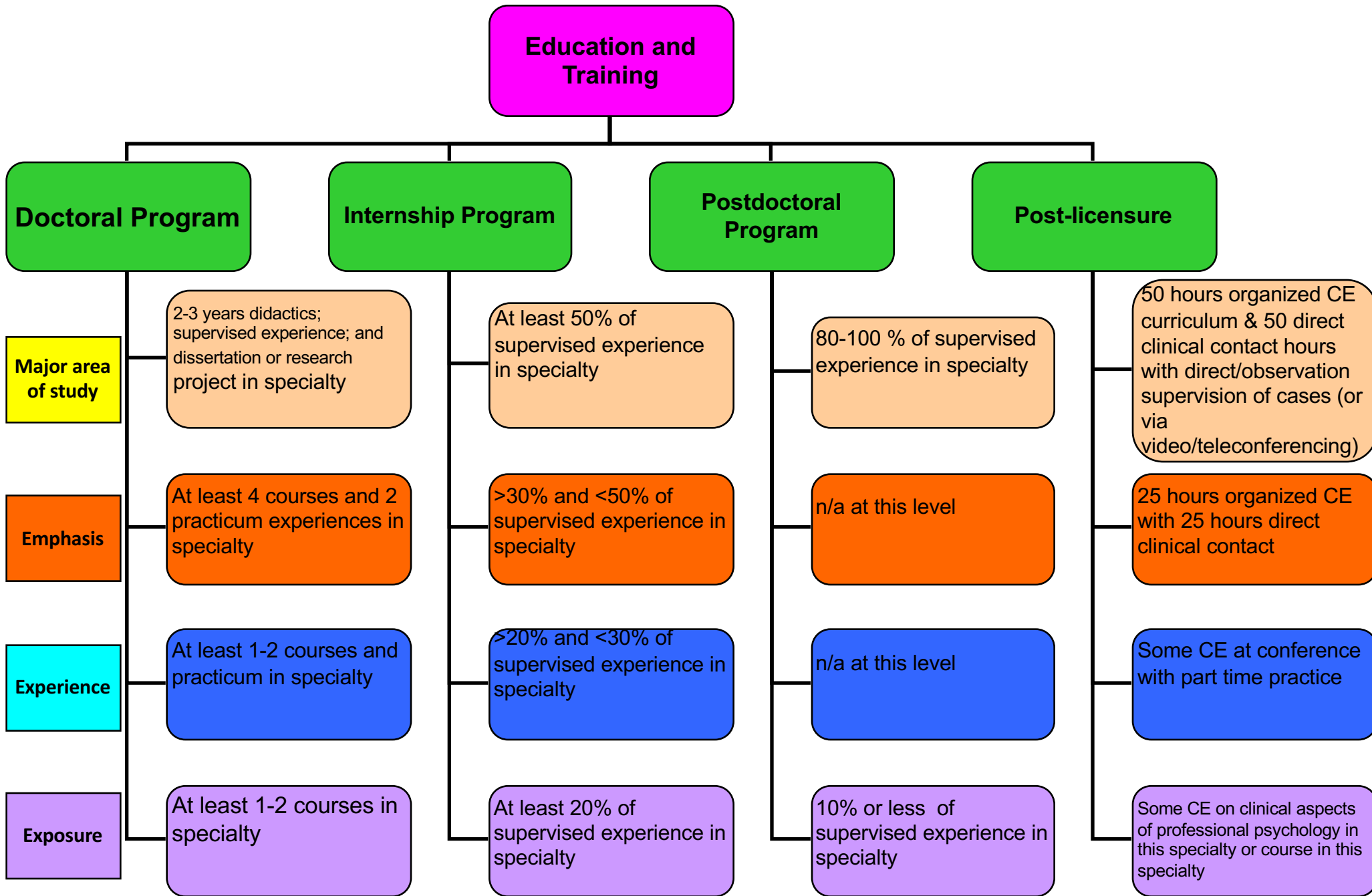


This Taxonomy

- Is a guide for education and training programs to describe, using consistent language, the nature of the education and training opportunities in APA recognized specialties across the sequence of training in professional psychology.
- The descriptors provided are not meant to be “bright-lines” but rather guidance to help education and training programs establish clear distinctions.



The Taxonomy for Education and Training



Structure of the Taxonomy

Levels of Education and
Training Opportunities

Stages of Education and Training



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Stages of Education and Training

- Doctoral
- Internship
- Postdoctoral
- Postlicensure



Levels of Education and Training Opportunities



Major area of study

Emphasis

Experience

Exposure



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Major Area of Study

- The most intensive offering, for example:
 - 2-3 years of didactics
 - Supervised experience
 - Research



Emphasis

- Next level lower with respect to program opportunities, for example:
 - 4 courses
 - 2 practicum experiences

Experience

- Example:
 - 1-2 courses
 - practicum

Exposure

- Lowest amount of opportunity offered, for example:
 - 1-2 courses



- EACH specialty completes this taxonomy by levels of experience within each level of education and training specific to that specialty area

The Counseling Psychology Taxonomy



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Specialty: Counseling Psychology¹

Level of Training	Doctoral Training Program	Internship Training Program	Postdoctoral Training Program	Post Licensure Training Program
Major Area Of Study ^{1, 2, 3}	2-4 years didactics in Counseling Psychology. All practicum and non-practicum experiences are supervised, and the dissertation or research project should consist of a Counseling Psychology content area. Board certification is introduced, setting specialty certification as professional norm.	At least 50% of supervised experience in specialty. Professional development on board certification in Counseling Psychology and other relevant specialties is provided.	80-100% of supervised experience in specialty, including professional development on board certification in Counseling Psychology and the early entry process	At least 100 hours of Counseling Psychology CE with 1000 hours of supervised Counseling Psychology experience in professional activities in specialty. ^{1, 2, 3}
Emphasis	3-4 courses and at least 2 academic terms of practicum training in specialty.	30% and <50% of supervised experience in specialty	N/A	At least 50 hours of Counseling Psychology CE or 2 academic courses with 480 hours of supervised Counseling Psychology practice or other professional activities in specialty. ^{2, 3}
Experience	1-2 courses and at least 1 academic term of practicum training in specialty	>20% and <30% of supervised experience in specialty	N/A	At least 25 hours of Counseling Psychology CE or 1 Counseling Psychology academic course with 240 hours of supervised Counseling Psychology practice or other professional activities in specialty. ^{1,2,3}
Exposure	1-2 courses in specialty	Up to but not more than 20% of supervised experience in specialty	Up to but not more than 20% of supervised experience in specialty	At least 15 hours of CE in Counseling Psychology practice or other professional activities in specialty. ^{2, 3}

¹ Counseling psychology is a general practice and health service provider specialty in professional psychology. It focuses on how people function both personally and in their relationships at all ages. Counseling psychology addresses the emotional, social, work, school and physical health concerns people may have at different stages in their lives, focusing on typical life stresses and more severe issues with which people may struggle as individuals and as a part of families, groups and organizations. Counseling psychologists help people with physical, emotional and mental health issues improve their sense of well-being, alleviate feelings of distress and resolve crises. They also provide assessment, diagnosis, and treatment of more severe psychological symptoms. Specialized knowledge includes (across all stages of development including childhood, adolescence, adulthood and older age) a focus on healthy aspects and strengths of clients (whether being seen as individuals, couples, families, groups or organizations, environmental/situational influences (how cultural, gender and lifestyle issues shape people's experiences and concerns), issues of diversity and social justice (e.g., advocacy), and the role of career and work in people's lives (<http://www.apa.org/ed/graduate/specialize/counseling.aspx>).

² Coursework in Counseling Psychology includes assessment, intervention, ethics and the scientific foundations in psychology, in addition to a training focus in diversity, multiculturalism, social justice, wellness and prevention, vocational, and supervision issues.

³ Professional activities in Counseling Psychology include encompasses work in practice (as a practitioner, supervisor, or consultant); science, and/or teaching.

Counseling Psychology Taxonomy Doctoral

Major Area
of Study

2-4 years didactics in Counseling Psychology. All practicum and non-practicum experiences are supervised, and the dissertation or research project should consist of a Counseling Psychology content area. Board certification is introduced, setting specialty certification as professional norm.

Emphasis

3-4 courses and at least 2 academic terms of practicum training in specialty

Experience

1-2 courses and at least 1 academic term of practicum training in specialty

Exposure

1-2 courses in specialty

Reflection Activity

- **Major Area of Study:** 2-4 years didactics in Counseling Psychology. All practicum and non-practicum experiences are supervised, and the dissertation or research project should consist of a Counseling Psychology content area. Board certification is introduced, setting specialty certification as professional norm.
- **Emphasis:** 3-4 courses and at least 2 academic terms of practicum training in specialty
- **Experience:** 1-2 courses and at least 1 academic term of practicum training in specialty
- **Exposure:** 1-2 courses in specialty

“ Students may choose to add an optional Counseling Psychology XXXXX”

Includes the completion of:

- 3 courses and
- 2 semesters of practicum
- Research experience
- in the area of counseling psychology

Reflection Activity

- Using the counseling psychology taxonomy how well does it map onto the structure of your training program?
 - Challenges?

Resources

- <http://www.apa.org/ed/graduate/specialize/taxonomy.pdf>
- Rozensky, R. H., Grus, C. L., Nutt, R. L., Carlson, C. I., Eisman, E. J., & Nelson, P. D. (2015). A taxonomy for education and training in professional psychology health service specialties: Evolution and implementation of new guidelines for a common language. *American Psychologist*, 70(1), 21-32.
<http://dx.doi.org/10.1037/a0037988>
- <http://cospp.org/guidelines>



Thank you

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