

## Chapter 1: Clinical Psychology: Definition and Training

### Test Bank

### Multiple Choice

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

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

Ans: C

Cognitive Domain: Knowledge

Answer Location: Original Definition

Difficulty Level: Medium

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

Cognitive Domain: Knowledge

Answer Location: Original Definition

Difficulty Level: Easy

3. \_\_\_\_\_was the first person to operate a psychological clinic.

- A. Richard McFall
- B. Abraham Maslow
- C. Alfred Adler
- D. Lightner Witmer

Ans: D

Cognitive Domain: Knowledge

Answer Location: Original Definition

Difficulty Level: Easy

4. Based on the discussion in the textbook, a good definition for *clinical psychology* should \_\_\_\_\_.

- A. focus solely on the treatment of patients
- B. include an emphasis on research and publication
- C. contain reference to the science, theory, and practice of this broad field
- D. exclude the behavioral components that contribute to psychological processes

Ans: C

Cognitive Domain: Comprehension

Answer Location: More Recent Definitions

Difficulty Level: Medium

5. John is an undergraduate psychology major. He wishes to become a clinical psychologist. In order to reach this goal, John must\_\_\_\_\_.

- A. earn a doctoral degree in clinical psychology
- B. earn a master's degree in clinical psychology
- C. earn a bachelor's degree in psychology
- D. complete 300 clinical internship hours while an undergraduate student

Ans: A

Cognitive Domain: Application

Answer Location: Education and Training in Clinical Psychology

Difficulty Level: Easy

6. 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

Cognitive Domain: Knowledge

Answer Location: Education and Training in Clinical Psychology

Difficulty Level: Easy

7. 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

Cognitive Domain: Knowledge

Answer Location: Balancing Practice and Science: The Scientist-Practitioner (Boulder) Model

Difficulty Level: Easy

8. The scientist-practitioner model of training is characterized by a(n)\_\_\_\_\_.

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

Ans: A

Cognitive Domain: Knowledge

Answer Location: Balancing Practice and Science: The Scientist-Practitioner (Boulder) Model

Difficulty Level: Easy

9. 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

Cognitive Domain: Knowledge

Answer Location: Balancing Practice and Science: The Scientist-Practitioner (Boulder) Model

Difficulty Level: Medium

10. Lane is attending a clinical psychology graduate program that subscribes to the Boulder Model of training. Which of the following would Lane NOT experience in his program if it truly adheres to the Boulder Model?

- A. training in psychotherapy and statistics
- B. an approximately equal emphasis on research and clinical training
- C. completing original research, such as a dissertation

D. minimization of clinical training with a heavy emphasis on research training

Ans: D

Cognitive Domain: Application

Answer Location: Balancing Practice and Science: The Scientist-Practitioner (Boulder) Model

Difficulty Level: Medium

11. 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. emphasize research over practice

D. equally emphasize research and practice

Ans: B

Cognitive Domain: Comprehension

Answer Location: Leaning Toward Practice: The Practitioner-Scholar (Vail) Model

Difficulty Level: Medium

12. Diane has been accepted into a clinical psychology graduate program that adheres to the Vail Model of training. Upon graduation from the program, Diane is most likely to earn a\_\_\_\_\_and work in a\_\_\_\_\_.

A. PsyD; clinical setting

B. PhD; clinical setting

C. PsyD; university psychology department

D. PhD; university psychology department

Ans: A

Cognitive Domain: Application

Answer Location: Leaning Toward Practice: The Practitioner-Scholar (Vail) Model

Difficulty Level: Medium

13. 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

Cognitive Domain: Comprehension

Answer Location: Education and Training in Clinical Psychology

Difficulty Level: Medium

14. Compared to PhD programs, PsyD programs typically\_\_\_\_\_.

- A. accept a smaller percentage of applicants
- B. offer significantly more funding to enrolled students in the form of graduate assistantships, fellowships, and tuition remission
- C. produce graduates who score higher on the national licensing exam (EPPP)
- D. have lower rates of success placing their students in APA-accredited predoctoral internships

Ans: D

Cognitive Domain: Comprehension

Answer Location: Leaning Toward Practice: The Practitioner-Scholar (Vail) Model

Difficulty Level: Medium

15. 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. prepare their graduates to work as researchers in academic settings
- D. are more likely to require a research-based dissertation

Ans: B

Cognitive Domain: Comprehension

Answer Location: Leaning Toward Practice: the Practitioner-Scholar (Vail) Model

Difficulty Level: Medium

16. 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

Cognitive Domain: Knowledge

Answer Location: Leaning Toward Science: The Clinical Scientist Model

Difficulty Level: Easy

17. Michael's career goal is to become a clinical psychologist who researches the treatment effectiveness of new psychotherapy interventions for bipolar I disorder. He envisions his work setting in academia or at a national research institute. When selecting clinical psychology graduate programs to which he will apply, Michael should focus on programs that adhere to the \_\_\_\_\_ model of training.

- A. scientist-practitioner
- B. practitioner-scholar
- C. clinical scientist
- D. learner-seeker

Ans: C

Cognitive Domain: Application

Answer Location: Leaning Toward Science: The Clinical Scientist Model

Difficulty Level: Medium

18. The \_\_\_\_\_ is an organization whose member graduate programs emphasis and promote scientific, research-based clinical psychology as the legitimate form of clinical psychology.

- A. Academy of Psychological Clinical Science
- B. American Academy of Psychology
- C. American Psychological Association
- D. Association for the Advancement of Clinical Psychology

Ans: A

Cognitive Domain: Knowledge

Answer Location: Leaning Toward Science: The Clinical Scientist Model

Difficulty Level: Easy

19. The *Insider's Guide to Graduate Programs in Clinical and Counseling Psychology* is \_\_\_\_\_.

- A. a book authored by Richard McFall that details scientific standards for psychological research
- B. a resource used by many graduate school applicants to learn about specific clinical psychology programs
- C. an online portal for applying to clinical psychology graduate programs
- D. an evaluation rubric used by graduate program admissions committees to evaluate applicants

Ans: B

Cognitive Domain: Knowledge

Answer Location: Leaning Toward Science: The Clinical Scientist Model

Difficulty Level: Easy

20. A growing emphasis in clinical psychology graduate training is specific\_\_\_\_, or outcome-based skills that a student must be able to demonstrate in areas such as assessment, research, and ethics.

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

Ans: C

Cognitive Domain: Knowledge

Answer Location: Leaning Toward Science: The Clinical Scientist Model

Difficulty Level: Easy

21. Josephine is an undergraduate student who wants to increase her odds of getting into a clinical psychology graduate program. Based on recommendations provided in the textbook, which of the following is the best advice you could provide to Josephine?

- A. avoid undergraduate courses in statistics and research methodology. These classes often lower an applicant's GPA
- B. get to know your professors. Build a positive, professional relationship with them so they can write meaningful, persuasive letters of recommendation for you
- C. limit yourself to one road to becoming a clinical psychologist. For example, once you have decided you want to earn a PhD from a scientist-practitioner program, do not consider other training options
- D. do not seek out clinically relevant experience while an undergraduate. Graduate programs prefer to train -fresh|| graduate students, not students who have already acquired some skills through part-time experiences

Ans: B

Cognitive Domain: Application

Answer Location: Getting In: What Do Graduate Programs Prefer?

Difficulty Level: Medium

22. Carrie is writing a personal statement to include with her application to a clinical psychology graduate program. Which of the following should she NOT include in her personal statement?

- A. discussion of her clinical psychology career aspirations