

## Summary and Outcome

*From the:*

2024 SfHP Clinical Health Psychology Education & Training Summit:

## Pathways to the Specialty



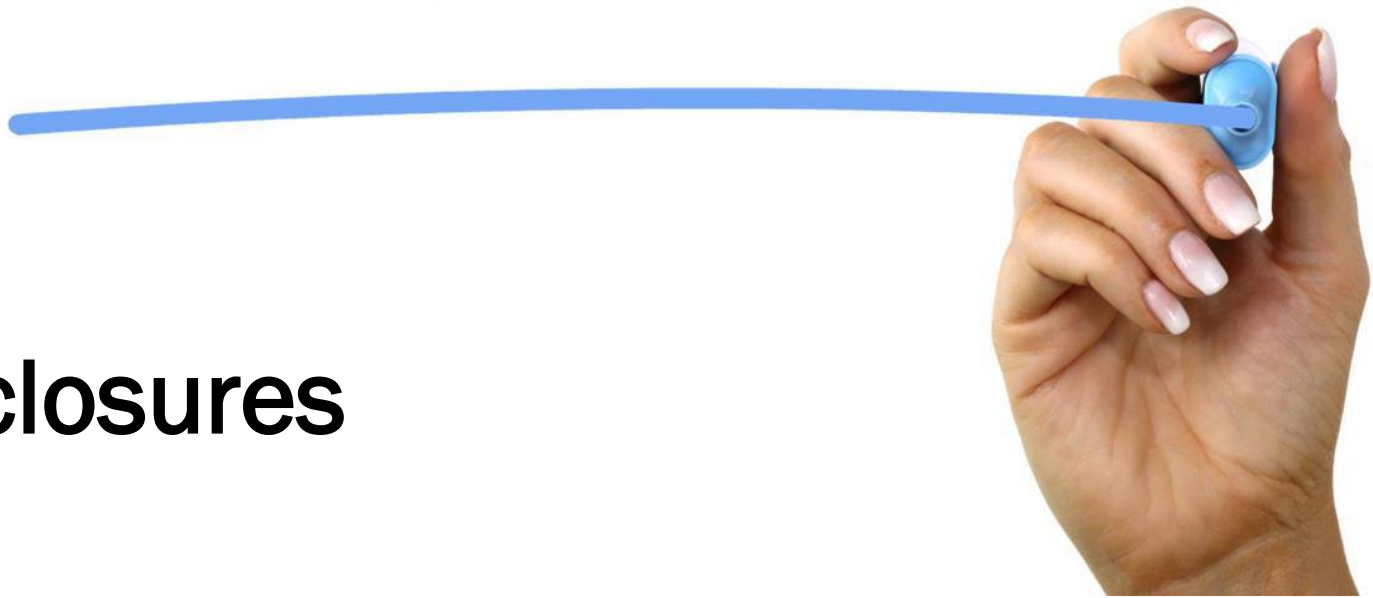
Mark Vogel, PhD, ABPP & Lloyd Berg, PhD, ABPP



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# DISCLOSURE STATEMENT



**No financial disclosures**



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# LEARNING OBJECTIVES

1. Participants will learn about the process of specialty **CRSSPP petition** and the importance of educational and training guidelines in this process.
2. Participants will appreciate the various educational and training **pathways** that lead to competency in health psychology.
3. Participants will be able to state the value of the Education and Training **Taxonomy** and apply this into describing their own training and training program.



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# AGENDA

- **Overview of the Summit**
  - What is a specialty and what is the CRSSPP petition process
  - Why a Summit
  - Who participated – process of the meeting
- **Acknowledgement of various pathways to the specialty**
  - new emerging areas influencing pathways
- **The importance of the taxonomy**
  - Initially for programs to define what they offer
  - The Summit helped to expand the importance of the Taxonomy for students to help develop their portfolio in Health Psychology
- **Next steps for the Summit and CRSSPP process in 2024**



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# WHAT IS CRSSPP

## Commission for the Recognition of Specialties and Subsidiaries in Professional Psychology (CRSSPP)

Part of the APA Education Directorate that reviews and recognizes specialties and subspecialties in professional psychology.

- Currently there are 17 recognized specialties and 1 subspeciality
  - 2 new ones are being reviewed (Geropsychology and Addiction)

Each specialty must be renewed every seven years to continue to be recognized.

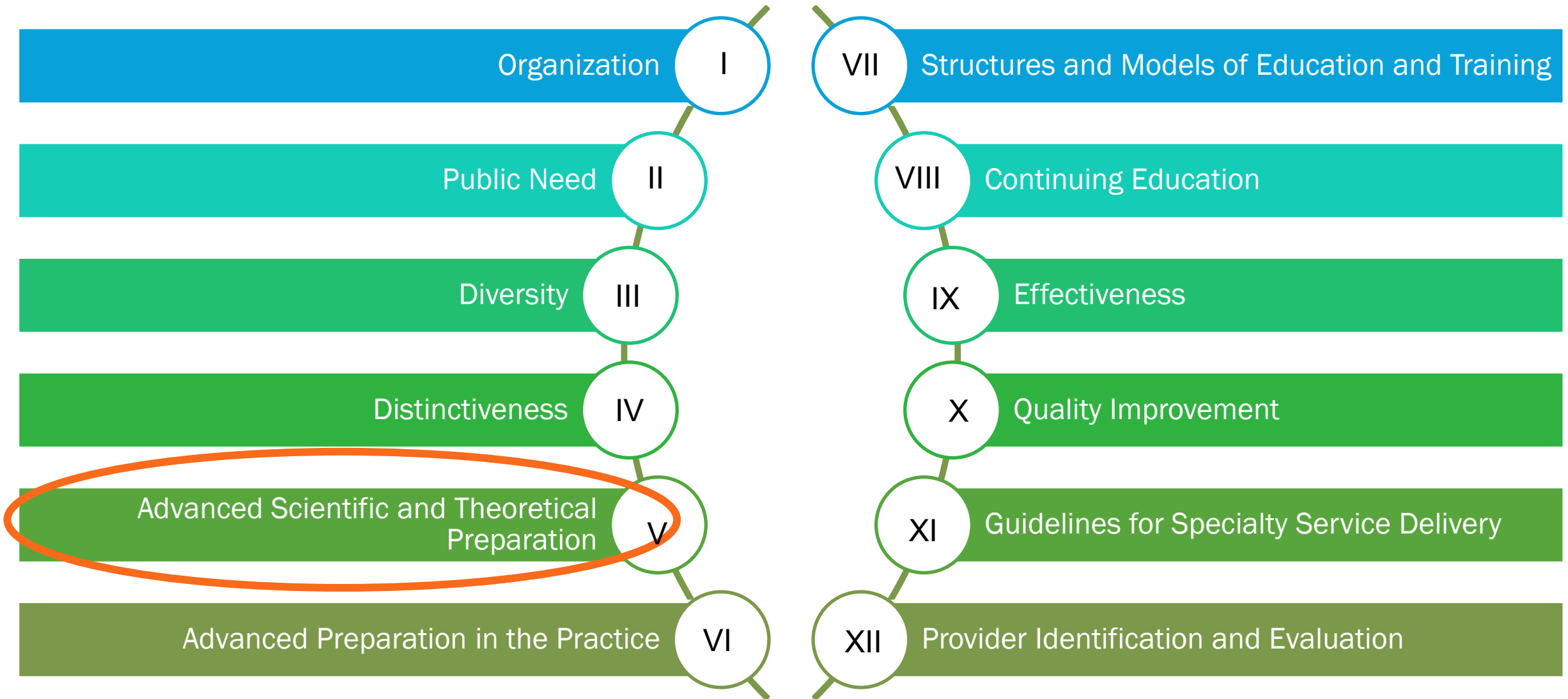
Clinical Health was initially recognized in 1997 and submitted their last re-petition in 2018.

Next re-petition is due by end of 2024



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# WHAT IS INCLUDED IN THE CRSSPP PETITION?



# ARDEN HOUSE - 1983

### **The National Working Conference on Education and Training in Health Psychology (Arden House)- 1983**

Defined the specialty

One of the most important decisions was the endorsement of two training options:

- scientist and scientist-practitioner, now referred to as **health psychology** and
- **clinical health psychology**, respectively.

- **Solid foundation in conducting research** was required of both

- **Clinical HP** were required hands on training and recommended 1 year full-time internship



*The Arden House Conference Center in Harriman, NY (1983)*



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# TEMPE SUMMIT - 2007

## **Tempe Summit on Education and Training in Clinical Health Psychology**

“20 leading educators in health and clinical health psychology training programs” to enumerate the essential **competencies associated with the specialty practice of clinical health psychology.**

The goals :

- (1) bring interested parties together to begin a dialogue on issues of curriculum and training, and
- (2) explore the possibility of establishing a standing Council of Clinical Health Psychology Training Directors

**This was the reestablishment of an active training council - CCHPTP**



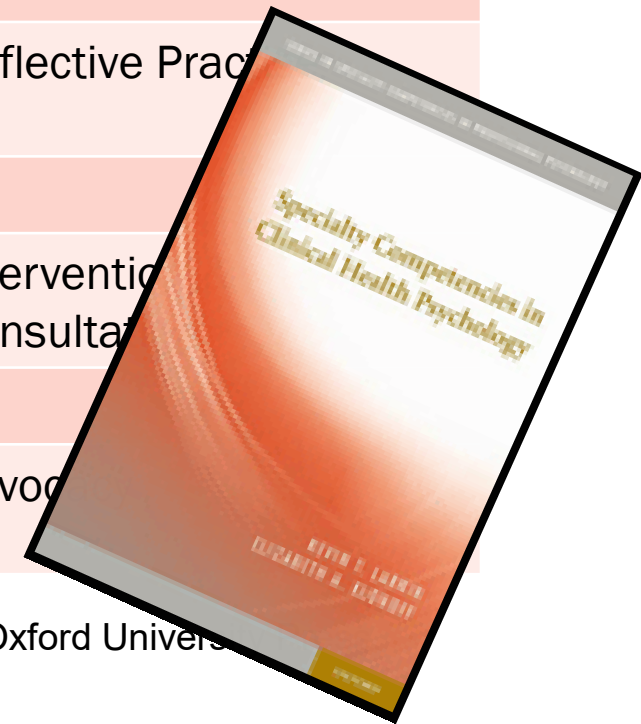
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# CLINICAL HEALTH COMPETENCIES

Cluster	Competencies		
Science	Scientific Knowledge & Methods	Research/Evaluation	
Professionalism	Individual and Cultural Diversity	Ethical standards in Health Care Setting	Reflective Practice
Relationships	Relationships	Interprofessionalism	
Applications	Evidence Based Practice	Assessment	Intervention Consultation
Education	Teaching	Supervision	
Systems	Interdisciplinary	Management/Admin/Leadership	Advocacy



Larkin, K. T., & Klonoff, E. A. (2014). Specialty competencies in clinical health psychology. New York, NY: Oxford University Press.



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# - RIVERFRONT CONFERENCE - 2010

**Riverfront Conference on Education & Training for Health Psychologists**

**February 2010**

**Jacksonville, FL**

- Enumerated competencies specific to Health Psychology
- Initial preparation for the CRSPPP reapplication in that year
- Reaffirmed finding of Arden House



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# - PATHWAYS SUMMIT - 2024

Sponsored by SfHP

January 2024, New Orleans, LA

- **Process**
  - 20 invited participants with broad representation
  - Large group plenary sessions and small group discussion
- **Discussions**
  - Examined trends in CHP and Workforce issue
  - Affirmed value of Taxonomy in Clinical Health Psychology
  - Explored Board Certification requirement
  - Vision for the future



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# GOAL OF THE 2024 E&T SUMMIT

## Goal of Summit

Examine the key challenges facing education and training of Clinical Health Psychologists and promote visionary thinking about educational opportunities and pathways toward the specialty.

### Specific objectives include:

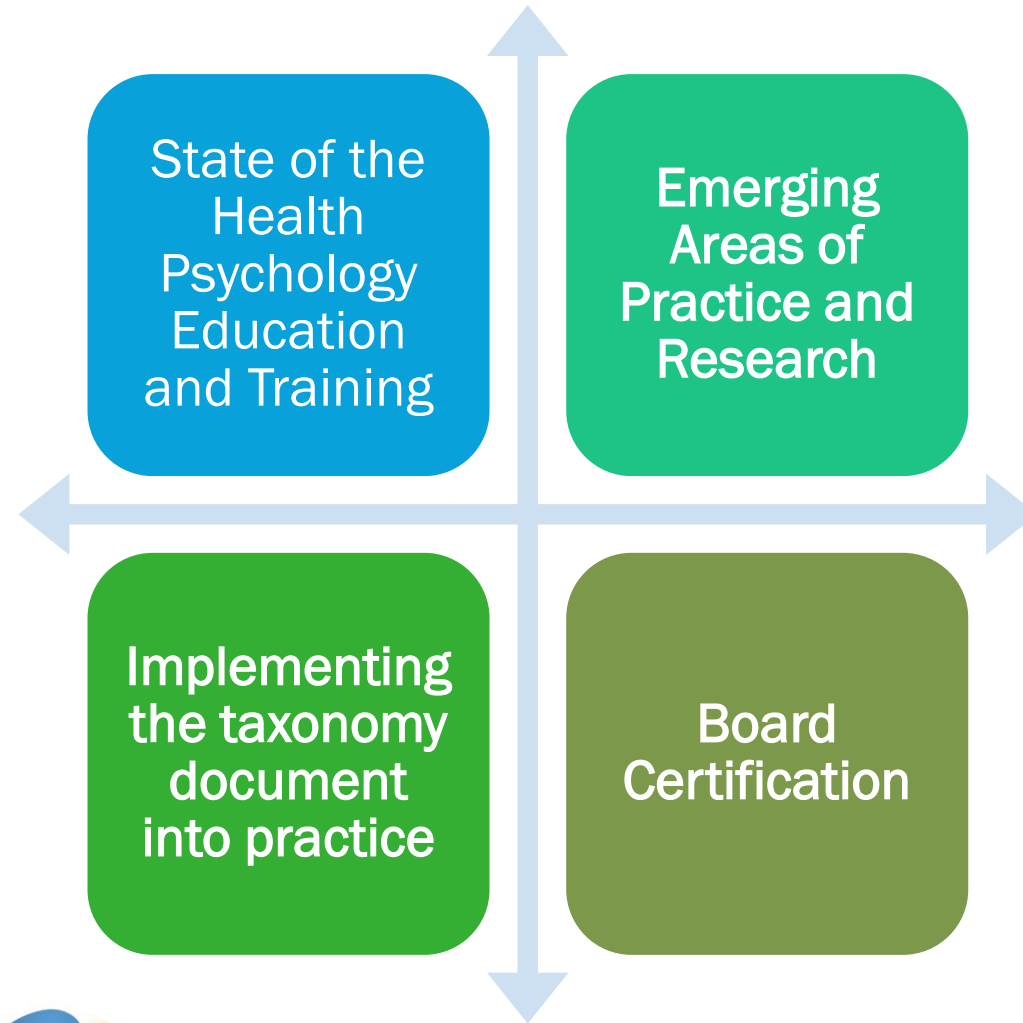
- 1) Provide a **summary document** that describes the current state of Health Psychology Education and Training
- 2) Develop **guidance recommendations** for prospective Health Psychologists on pathways to the competencies in the specialty
  - a. Clarify requirements/pathways
- 3) Provide **reference material** that can serve as the foundation of the CRSSPP application
- 4) Allow for **ongoing feedback and discussions** during 2024 at national training conferences (i.e., CCHPTP)
- 5) Develop **presentation** of findings and recommendations at APA Convention 2024



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# SMALL GROUP DISCUSSIONS



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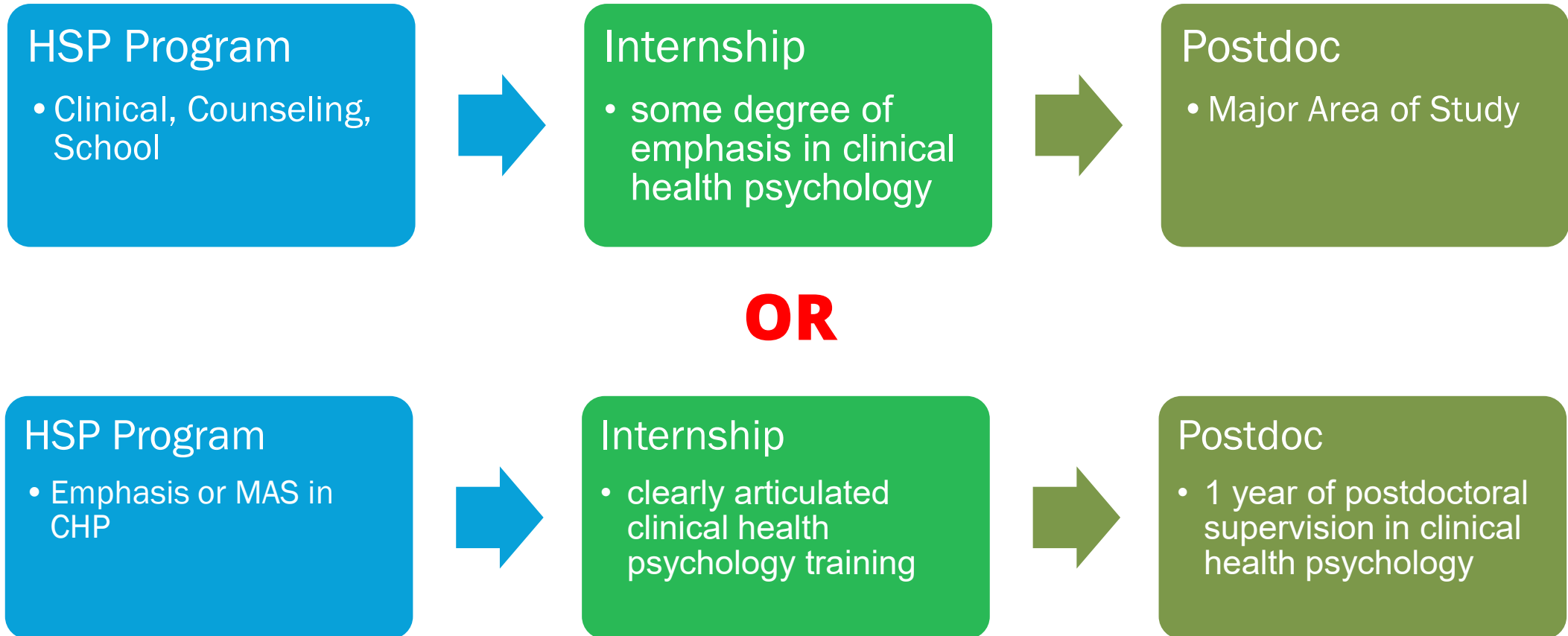
# WHO PARTICIPATED IN THE 2024 SUMMIT – SMALL GROUPS

	Group A	Group B	Group C	Group D
Area of Discussion	State of the Health Psychology Education and Training	Emerging Areas of Practice and Research	Implementing the taxonomy document into practice	Board Certification
Members	<b>Cathi Grus</b> Rafael Leite Amy Silberbogen Stephanie Fitzpatrick Elizabeth Seng	<b>Jeff Baker</b> Barbara Ward-Zimmerman Nancy Ruddy Zeeshan Butt Amy Williams Ravi Prasad	<b>Lloyd Berg</b> Maria Anastasiades Dwain Fehon Sharon Berry	<b>Mark Vogel</b> Jeff Goodie Marquisha R.G. Lee Tanecia Blue Julie Radico



# CURRENT (2018) EDUCATION AND TRAINING GUIDELINES

2018 CRSSPP Petition: Criterion V. Advanced Scientific and Theoretical Preparation



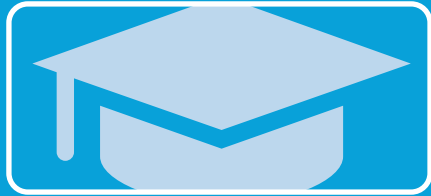
HSP=Health Service Psychology



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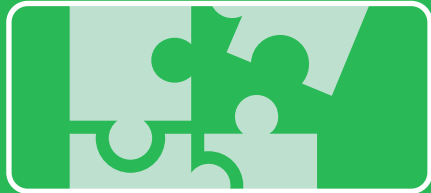
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# CHALLENGES TO CURRENT MODEL



## Changes in Doctoral Training

- Increased Specialty training at doctoral level



## Postdoc less common pathway

- Licensing at time of graduation, Employment offer for unlicensed



## Emerging Areas

- Primary care, Integrated Care, Industry, Population based

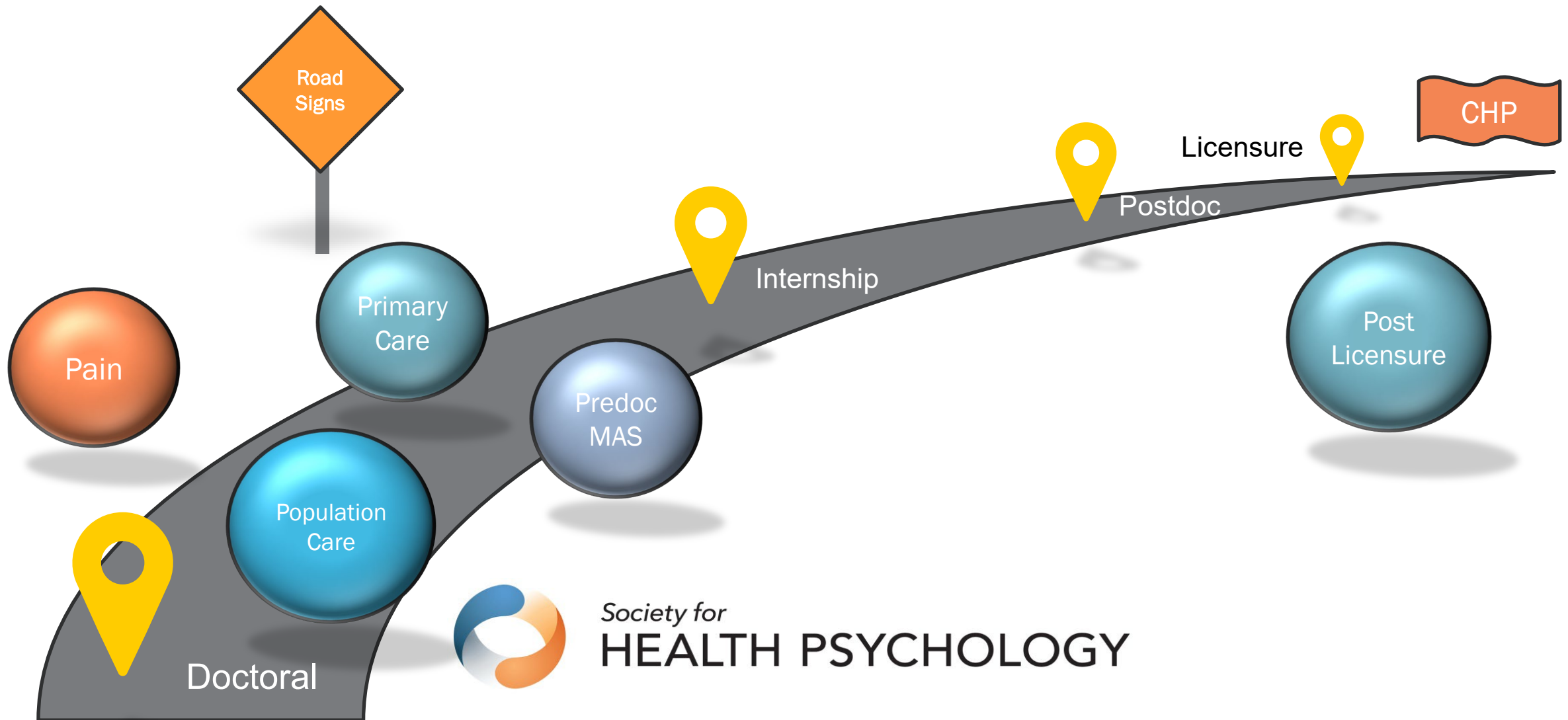


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# PATHWAYS TOWARD GOAL



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# TIMELINE

**SUMMIT PLANNING  
FALL 2023**

**APA 2024**  
- SUMMARY  
- RESOURCES

**2024 ONGOING  
FEEDBACK SESSIONS  
CRSSPP TEAM MEETINGS**



**E&T PATHWAYS SUMMIT  
JAN 2024**



**CRSSPP APPLICATION  
DEC 2024**

# CLINICAL HEALTH PSYCHOLOGY EDUCATION & TRAINING TAXONOMY: DEVELOPMENT & APPLICATION



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# What is the Taxonomy?



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

This taxonomy lays out **consistent terms and descriptions** for four levels of education and training that doctoral, doctoral internship, postdoctoral, and postlicensure programs should use to describe their offerings.



## MAJOR AREA OF STUDY

Describes the highest level of education and training offered by the specialty.



## EMPHASIS

The level of education and training just below *Major Area of Study*. Offers a structured, in-depth opportunity for knowledge acquisition, practical experience, and scientific study in a given specialty area.



## EXPERIENCE

Goes beyond simply acquainting a student with a specialty but offers less knowledge acquisition and practical training than an *Emphasis*.



## EXPOSURE

A limited education and training opportunity that acquaints an individual with that specialty area.

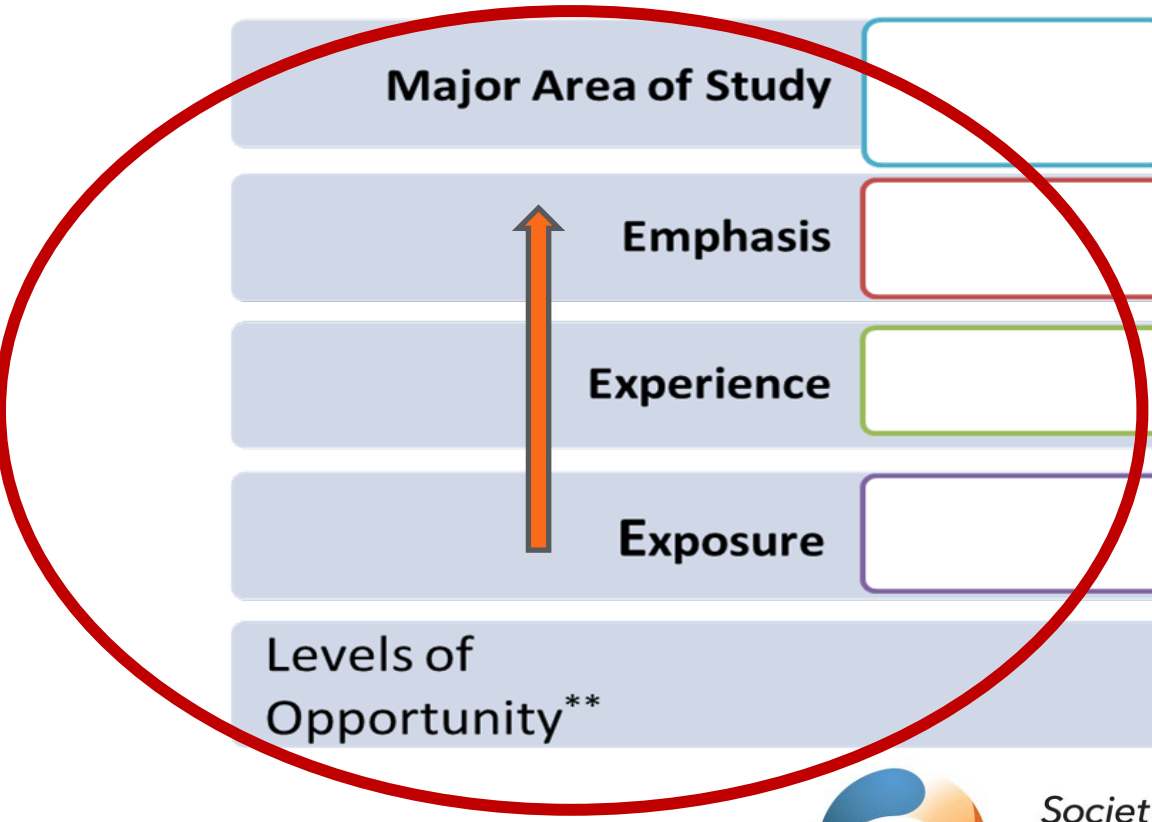
MORE INFORMATION:

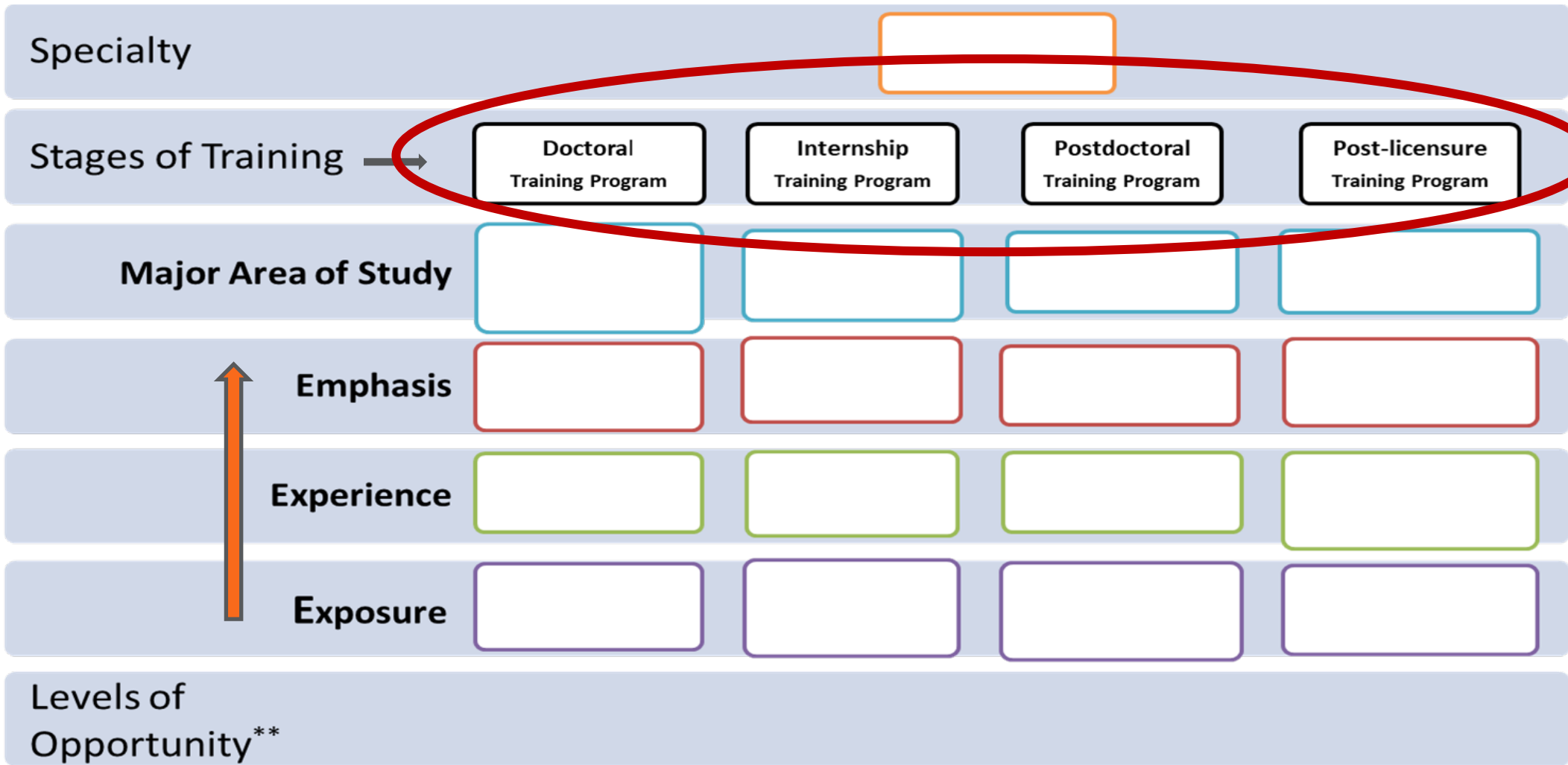
[at.apa.org/taxonomy](https://at.apa.org/taxonomy)

[at.apa.org/crsspp](https://at.apa.org/crsspp)

[cospp.org](https://cospp.org)

Specialty				
Stages of Training →	Doctoral Training Program	Internship Training Program	Postdoctoral Training Program	Post-licensure Training Program
Major Area of Study				
Emphasis				
Experience				
Exposure				
Levels of Opportunity**				





# DEVELOPMENT OF THE CHP E&T TAXONOMY

- 2013 – CoS requested each of its constituent specialty councils to complete a specialty-specific E&T taxonomy
  - 1<sup>st</sup> draft developed by Rick Seime, CHP Specialty Council chair, and Justin Nash
- 2014 – 1<sup>st</sup> CHP E&T Taxonomy finalized with CCHPTP input
- 2021 – CoS Strategic Plan
  - Update all specialty taxonomies to insure consistency across disciplines
  - Revised CHP E&T Taxonomy approved by CoS Oct, 2023, with CCHPTP input



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# Specialty

## Clinical Health Psychology (CHP)

### Stage of Training

Doctoral  
Training Program

Internship  
Training Program

Postdoctoral  
Training Program

Post-licensure  
Training Program

### Major Area of Study

≥2 courses<sup>1</sup> AND ≥2 practica/externships<sup>2</sup> AND dissertation or research project<sup>3</sup>

≥50% supervised experience<sup>4,5</sup>

≥80% -100% supervised experience<sup>4,5</sup>

1000 hours supervised practice<sup>4,5</sup> AND EITHER 100 hours of CE OR ≥2 academic courses

### Emphasis

≥2 courses<sup>1</sup> AND ≥2 practica/externships<sup>2</sup>

≥30% - <50% supervised experience<sup>4,5</sup>

N/A

480 hours supervised practice<sup>4,5</sup> AND EITHER 50 hours of CE OR ≥2 academic courses

### Experience

1 course<sup>1</sup> AND 1 practicum/externship<sup>2</sup>

≥20% - <30% supervised experience<sup>4,5</sup>

N/A

240 hours of supervised practice<sup>4,5</sup> AND EITHER ≥25 hours of CE OR ≥1 academic course

### Exposure

1 course<sup>1</sup> OR 1 practicum/externship<sup>2</sup>

≥10% - <20% supervised experience<sup>4,5</sup>

≥10% - <20% supervised experience<sup>4,5</sup> for a CHP *Exposure* in another specialty

≥15 hours of CE on clinical aspects of CHP OR ≥1 academic course

### Level of Opportunity\*



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# CHP E&T TAXONOMY FOOTNOTES

- Common definitions and criteria across all recognized specialties
- Specialty specific definitions and criteria
  - Course content
  - Practicum/externship
  - Dissertation/research project
  - Supervised experience/practice
- Examples of program descriptors for stages of training in Clinical Health Psychology



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# SAMPLE DOCTORAL PROGRAM DESCRIPTION

- “In our APA-accredited psychology doctoral program at [university], we offer a *Major Area of Study* in Clinical Health Psychology, wherein students complete 4 courses of didactic coursework, a minimum of 3 semesters of supervised clinical training and a dissertation on a clinical health psychology-related research topic.”



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# WHAT THE TAXONOMY DOES...

- Standardizes program descriptions for potential students and trainees
  - Making it easier for students to be informed consumers and choose programs aligned with professional goals
- Outlines clear expectations for advancement in a particular area of study
- Ensures standards for consistency at all levels of training
  - Protecting mental health care consumers



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# NEXT STEPS: TAXONOMY ADOPTION

- Each CoS Specialty Council has identified 2 taxonomy “champions”
  - CHP: Sharon Berry and Bernadette Heckman
- Taxonomy champions in 2024 will provide consultation to  $\geq 5$  doctoral, internship and postdoctoral training programs in adopting specialty-specific taxonomy language in descriptions of their programs
- ABPP beta-testing an online taxonomy tool



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# INITIAL OUTCOMES FROM THE SUMMIT

- **Clarifying the Pathways**

- Helping public and students know routes toward specialty
- Introducing CHP earlier (undergrad and graduate programs)
- Alert: those who get licensed w/o postdoc supervised experience may be limited later in career (ABPP)

- **E&T Taxonomy**

- Establish baseline of taxonomy use and better understand barriers to implementation
  - Create a list of MAS programs in Clinical Health
- Create worksheets in Clinical Health for programs to better describe their programs
- Recognized how the Taxonomy could also be used students to help develop their portfolio in Health Psychology

- **Board Certification**

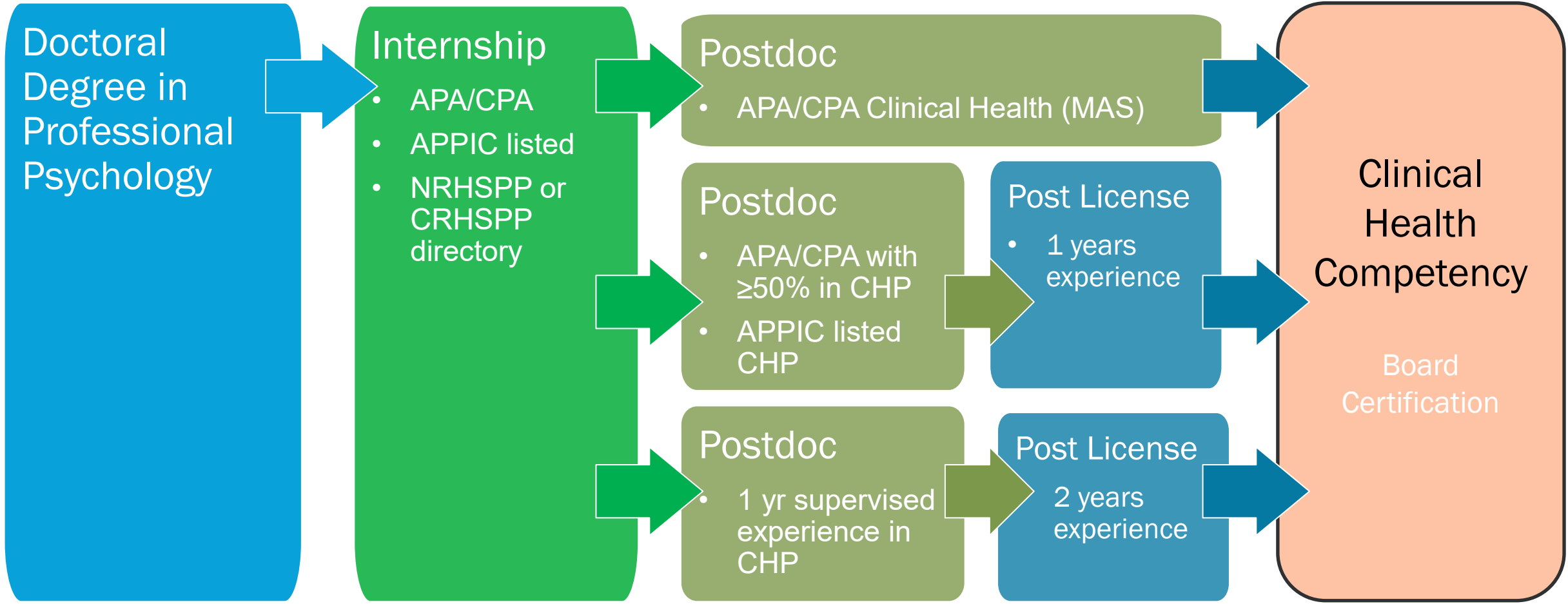
- Pro: It elevates the profession and helps individuals show their specialty expertise
- Other specialties have made it an expectation
- Challenges: Long process, non-standard education may not qualify, many mid/late career do not see value
- Need to emphasize flexibility in eligibility and experience (i.e. Integrated Primary Care work samples)



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# ABPP CHP REQUIREMENTS



# YET TO COME

- **Summary Document**
  - Describe the current state of Health Psychology Education and Training
- **Guidance Recommendations**
  - Develop guidance recommendations for prospective Health Psychologists on pathways to the competencies in the specialty
    - Clarify requirements/pathways
    - Revised Education and Training Guidelines for CRSSPP

Goal: August 2024



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# QUESTIONS & DISCUSSIONS

- How do outcomes of the Summit fit with your program and individual needs?
- What feedback would you provide?
  - What seems missing?
  - What needs to be emphasized?



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