

GRADUATE STUDENTS AND EARLY CAREER PSYCHOLOGISTS

JULY 6TH, 2012

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SPECIAL POINTS OF INTEREST:

- Don't miss our programming at the 2012 Convention! →
- Thoughts on the importance of well-being in our profession. (pg 2)
- Join in on the discussion about the Internship Crisis, online and at the convention. (pg 3)

PRESIDENTIAL ADDRESS

Hello fellow Section 10 members! Our leadership board is hard at work preparing for the 2012 APA Convention in Orlando, Florida. We are hosting symposia on applying for and selecting a predoctoral internship and balancing clinical and research activities during graduate school. Additionally, we will be organizing a happy hour social event at the con-

ference hotel where students and early career psychologists can mingle, network, discuss the conference, and have a good time. We hope to see everyone there! Refer to our table of events below for information pertaining to where and when these events will take place, and the last page of this newsletter for detailed symposia description.

I am also pleased to announce our new President-Elect, Megan Reuter, from Argosy University in the San Francisco Bay Area. Please check out her column below on the issue of burnout and self-care among student clinicians. We welcome feedback and suggestions from members on our Facebook page and/or over email (div12sec10@gmail.com)!



Orlando, FL

APA 120th Convention, August 2–5, 2012

Symposium: How to effectively balance clinical and research activities in graduate school	8/02: 12:00–12:50 pm	See page 4 for details
Symposium: Applying for and selecting a predoctoral clinical psychology internship	8/03: 4:00–5:50 pm	See page 4 for details
Section 10 Social Hour	8/03: 6:00–8:00 pm	Free food and drink!

MESSAGE FROM OUR PRESIDENT-ELECT

The Section 10 mission statement underscores our desire to address the “unique needs” of graduate students and early career psychologists. One of these unique needs is brought to life by our profession’s imperative to engage in self-

cepted as a wise approach rather than one that springs from weakness or neediness.

This is not just anecdotal advice. In our profession, we are fighting off anything from physical manifestations of stress to vicarious traumati-

nature. Prevention of burn-out and accumulation of stress is key.

It is Section 10’s hope to increase the awareness of the importance of self-care. The challenge is to encourage graduate programs to incorporate self-care training

“It is Section 10’s hope to increase the awareness of the importance of self-care.”

care. Research supports that when we take care of ourselves, we are in a better position to provide quality services to our clients. We can become so focused on bridging research and practice in our treatments for clients, yet many of us forget how research and practice link to produce healthy outcomes in our own lives. Kleespies et al. (2011) so eloquently write:

The implementation of individualized self-care practices across the developmental spectrum of our professional and personal lives, from graduate school through retirement, needs to be ac-

zation. We have a unique set of challenges, and thus we have our unique needs as budding psychologists. As a profession, I believe we are making significant strides towards supporting psychologists in their pursuit and maintenance of well-being. There are colleague assistance programs and confidential phone line services for psychologists who may have let personal and professional issues accumulate, perhaps due to minimal intervention with self-care tactics. Such services are a good start to a movement towards greater self-care, but they are reactionary in

and psychoeducation into their core curriculum to provide a solid foundation for students.

We would value your input on what it would be like to have some type of self-care training in graduate programs, and we would like to hear your suggestions for increasing the awareness of the importance of self-care within our profession. Please join the conversation on our Facebook page or email us at div12sec10@gmail.com.

-Megan Reuter, President-Elect



ADDRESSING THE “INTERNSHIP CRISIS”

Now standing about halfway between the last predoctoral psychology internship application cycle and the next, we wanted to offer a brief reminder about the “internship crisis” that is affecting many graduate students. Last year, only 78% of applicants matched (only 53% to APA-accredited positions), meaning a significant percentage of graduate students were forced to postpone their degrees.

A number of potential solutions have been suggested for this problem, including admitting fewer students to graduate programs, providing “in-house” internships, and eliminating the internship requirement altogether, just

to name a few. However, none of these appear to have gained much traction in the broader APA community.

The Section 10 leadership is interested in keeping this discussion going, and assessing the current status of APA’s efforts to address the internship crisis, at the annual APA convention in Orlando this August. We are working to arrange meetings with other student organizations, faculty, and training directors to maintain a dialogue about this problem and also collaborate in engineering new ideas to fix it. Additionally, the internship imbalance will be the subject of a symposium that we are hosting (“Applying for and Selecting a

Predocctoral Psychology Internship”), which brings together perspectives from training directors of two competitive internship programs as well as that of students who went through the 2011-2012 application cycle.

We hope to see you in Orlando at this symposium and our other programming (including a social hour featuring free food and drinks on Friday, August 3, at 6PM). In the meantime, check us out on Facebook or email us (div12sec10@gmail.com), and we would be happy to respond to comments concerning the internship crisis and any other issue.

- Chris Conway, President

“a symposium... which brings together perspectives from training directors of two competitive internship programs as well as that of students...”

MENTORSHIP PROGRAM

As you are likely aware, we have been offering a mentorship program pairing early career psychologists and graduate students with senior faculty in the hopes of fostering beneficial interactions (see the ‘Mentorship’ tab on our website). We are reaching out to you now for your feedback. What additional services would you like to see offered as part of this program? What ideas do you have for improving it? We would greatly appreciate your

feedback as we continue to develop programming for all Section 10 members!

- Jon Savant, Communications



Help us improve the services we offer. What ideas do you have...?

We are on the web!
div12sec10.org

APA SYMPOSIA 2012

Title: How to Effectively Balance Clinical and Research Activities in Graduate School

Type of Program: Symposium

Keywords: Work/Employment/Careers; Education

Description: This symposium features student, faculty, and supervisor perspectives on how graduate students can most effectively balance clinical and research responsibilities, with an emphasis on how clinical experiences can be used to enrich research ideas and vice versa.

Time: 50 minutes

Chair: Christopher Conway, M.A., C.Phil., Doctoral Student, UCLA

Speaker 1: Jamie Bedics, Ph.D., Assistant Professor, Director of Master of Science in Clinical Psychology, California Lutheran University

Speaker 2: Steve Lee, Ph.D., Assistant Professor, UCLA

Speaker 3: Alayna Berkowitz, M.A., Doctoral Student, Lehigh University

Title: Applying for and Selecting a Predoctoral Clinical Psychology Internship

Type of Program: Symposium

Keywords: Work/Employment/Careers; Education

Description: Internship directors and interns will discuss how to maximize students' chances of matching to the internship of their choice. Speakers will cover several aspects of the application process and internship experience (e.g., intern selection, rotations, jobs and fellowships available to interns at various sites). Also, there will be ample time for audience questions.

Time: 1 hour 50 minutes

Chair: Christopher Conway, M.A., C.Phil., Doctoral Student, UCLA

Speaker 1: Sandra Brown, Ph.D., ABPP, Clinical Professor, Psychiatry, Co-Director, UCSD/VA

Speaker 2: Elizabeth Goy, Ph.D., Psychology Training Director, Clinical Psychologist, Portland VA

Speaker 3: Steve McCutcheon, Ph.D., Director, Psychology Training, VA Puget Sound, Seattle-

Speaker 4: James J. Li, M.A., C.Phil., Doctoral Student, UCLA

Discussant: George Slavich, Ph.D., Assistant Professor of Psychiatry and Biobehavioral Sciences, UCLA

SECTION 10 OFFICERS

President: Chris Conway, M.A.

President-Elect: Megan Reuter, B.A.

Past President: Kate Humphreys, M.A., Ed.M.

Representative: Christopher Cutter, Ph.D.

Secretary: Yuliana Gallegos, M.A.

Treasurer: Victoria Cosgrove, Ph.D.

Communications: Jonathan D. Savant, B.S.



MISSION STATEMENT

The purpose of this Section is to help evaluate, organize and institute initiatives to increase the number of graduate students and early career psychologists who transition to full member status, as well as the number of early career psychologists joining the Division for the first time. The Section aims to collaborate in the development and implementation of the recruitment and retention initiatives of the membership Committee. The Section shall support the development of new mechanisms and the enhancement of existing mechanisms to increase participation of graduate students and early career psychologists in the Division. It shall promote greater awareness of the benefits of Division 12 membership for graduate students and early career psychologists and work to expand those benefits.

It shall represent the interests and concerns of graduate students and early career psychologists throughout the Division. It shall provide a forum for announcements and to promote communication among graduate students and early career psychologists in clinical psychology. The Section will address the unique needs of graduate student and early career psychologists members entering the profession and facing early career challenges in clinical psychology.