#4. Clinical and Counseling Psychology: Similarities

- Acceptance rates similar (about 8%, but deceptive)
- Average GPA identical 3.5
  GREs: Very similar (just over 1200 on average)
- Identical salaries
- Same license
- Similar Training and Common Curriculum
- Similar Workplaces are small
  40% private practice
  20% colleges and universities
  10% medical schools
  5% hospitals
  5% CMHC
Clinical vs. Counseling Psychology: Differences

- **#1 SIZE**
  - Approximately 200 APA-approved clinical programs
  - Less than 100 APA-approved counseling programs
- Clinical graduates about 2,000 doctorates/yr; counseling graduates about 600
- Both are vibrant, growing fields
  - In terms of the number of Ph.D.s being produced, clinical has increased three-fold over 30-year period (1964-1994), and counseling has increased 10-fold
- Clinical is about 3 to 4 times the size of counseling as a specialty
Clinical and Counseling Psychology: Differences

- #2 Training Models (Ph.D. vs. Psy D.)

  *Clinical has a much broader range of training models, ranging from almost exclusively clinical science programs through almost exclusively practitioner programs (Psy.D.)*

- Regarding Clinical Science, it has over 40 programs that are members of the Academy of Clinical Science

- Regarding practice, virtually ALL Psy.D. programs are in clinical psychology, not in counseling psychology.
  - Vail model programs tend to enroll many more students than Ph.D. programs (3 to 4 times as many) and, for that reason, account for roughly 1/3 to 1/2 of the doctorates in clinical psychology

- Virtually all counseling psychology programs are “scientist-practitioner” programs (e.g. Model Training Program)
#3 Theoretical Differences

Clinical is more oriented towards the medical model, diagnosis, disease, disorder, and dysfunction, and treatment, recovery, rehabilitation and severe psychopathology.

Counseling is more humanistic and pluralist, and oriented towards growth, development, adjustment, function and strengths.

#4 Workplace Differences
(Norcross et al., 1997 and Watkins et al., 1986)

- therapy 37% vs 28%
- diagnosis and assessment 15% vs 12%
- teaching 50% vs 60%
- supervision 7% vs 6%
- research 10% vs. 8%
- consultation 7% vs. 7%

- Workplace differences are quite small and occur only in delimited contexts
Differences Between Clinical and Counseling Psychology
(Cassin, et al., 2007)

- **Training Model**
  Scientist-Practitioner: clinical = 55%, counseling = 82%
  Practitioner-Scholar: clinical 32% . Counseling 10%

- **Theoretical Orientation**
  Cognitive-Behavioral (clinical 69% > counseling 58%)
  Behavioral (clinical 22% > counseling 10%)
  Biological (clinical 10% > counseling 3%)
  Interpersonal (counseling 42% > clinical 27%)
  Humanistic (counseling 42% . Clinical 27%)

- **Workplace Differences**
  Hospitals (clinical 89% > counseling 78%)
  Private practice (clinical 64% > counseling 57%)
  Academia (counseling 58% > clinical 48%)
Clinical vs. Counseling Quiz

- Course in existential psychology?
- Course in career counseling
- Course in life span development and adjustment
- Course in neuropsychological assessment
- Course in assessment of mental status/competence
- Training in family systems theory and therapy
- Training in psychopharmacology
- Want a job in a VAMC
- Want a job in a university counseling center
- True or False: both clinical and counseling psychologists have the same license and both can be APA approved programs