

Career Profile

PSYCHOLOGIST / PSYCHOLOGICAL ASSOCIATE

What is a Psychologist / Psychological Associate? – Career Description/Scope

Psychologists (PhD Level) and Psychological Associates (Masters Level) are regulated health professionals who are trained in the assessment, diagnosis, treatment and prevention of behavioural and mental conditions. In addition, Psychologists (or Psychological Associates) use a variety of approaches directed toward the maintenance and enhancement of physical, intellectual, emotional, social and interpersonal functioning.

Some Psychologists (or Psychological Associates) work primarily as researchers and faculty at universities and at governmental and non-governmental organizations. Others work primarily as practitioners in hospitals, schools, clinics, correctional facilities, employee assistance programs, and private offices. Many Psychologists (or Psychological Associates) are active in both research and practice.

Psychologists (or Psychological Associates) engage in research, practice, and teaching across a wide range of topics having to do with how people think, feel, and behave. Their work can involve individuals, groups, and families as well as larger organizations in government and industry.

Education Requirements to Work in Ontario

- Bachelor's degree in Psychology typically requires 4 years of university education
- Master degree in Psychology generally takes an additional 2 years
- Doctoral degree (Ph.D.) generally requires an additional 3-5 years of education supervised practice, and research activity

Psychologist / Psychological Associate Practice Requirements

Psychologists and Psychological Associates have the same scope of practice and short-list of controlled acts.

To practice in Ontario, Psychological Associates and Psychologists must be registered with the College of Psychologists of Ontario (CPO) and perform the following requirements:

- Entry to Practice
 - Master or Doctoral degree in clinical psychology, granted by an academic institution recognized by the CPO
 - "Authorized supervised practice" which is a 12-18 month process post graduation when the individual is going through the registration process with the CPO
 - 3 certification exams
 - One written exam, to ensure the individual is fully aware of legal and legislative regulations including ethical codes of practice relevant to his/her jurisdiction
 - A second written exam, known as the Examination for the Professional Practice of Psychology (EPPP), is a multi-choice exam which covers all areas of psychology relevant to the practice of psychology by clinicians working with any population

- One oral exam, when the candidate meets with a small group of examiners who review the application, ensure all requirements have been met, and ask questions to ensure that the applicant has received the necessary clinical supervision relevant to the population (mental health area and age range of clients) being, and to be, served
- Ongoing
 - Participate in the CPO quality assurance program

How does a Psychologist/ Psychological Associate Practice at TBRHSC?

- Works to scope of practice as outlined by various legislation and authorities including:
 - College of Psychologists of Ontario
 - Regulated Health Professions Act
 - Psychology Act
 - Public Hospitals Act
 - Health Care Consent Act
- Psychologists / Psychological Associates work in both inpatient and outpatient programs

What does a Psychologist/ Psychological Associate Do?

Assessment and treatment of behavioural and mental conditions including:

- mental health problems such as depression, anxiety, phobias, etc.;
- neurological, genetic, psychological and social determinants of behaviour;
- brain injury, degenerative brain diseases;
- the perception and management of pain;
- psychological factors and problems associated with physical conditions and disease (e.g., cancer, diabetes, heart disease, stroke);
- psychological factors and management of terminal illnesses;
- cognitive functions such as learning, memory, problem solving, intellectual ability and performance;
- developmental and behavioural abilities and problems across the lifespan;
- criminal behaviour, crime prevention, services for victims and perpetrators of crime;
- addictions and substance use and abuse (e.g. smoking, alcohol);
- stress, anger and other aspects of lifestyle management;
- court consultations addressing the impact and role of psychological and cognitive factors in accidents and injury, parental capacity, and competence to manage one's personal affairs;
- the application of psychological factors and issues to work such as motivation, leadership, productivity, marketing, healthy workplaces, ergonomics;
- marital and family relationships and problems;
- psychological factors necessary to maintaining wellness and preventing disease;
- social and cultural behaviour and attitudes, the relationship between the individual and the many groups of which he or she is part (e.g. work, family, society); and
- the role and impact of psychological factors on performance at work, recreation and sport.

Web Resources

College of Psychologists of Ontario www.cpo.on.ca
 Ontario Psychological Association www.psych.on.ca
 Canadian Psychological Association www.cpa.ca
 Lakehead University Psychology Program <http://psychology.lakeheadu.ca/>