

## Fact Sheet for New Graduates in Psychology

Published by the Illinois Department of Professional Regulations Psychologist Licensing & Disciplinary Board.

Many new graduates in psychology wonder what they need to do in order to be eligible to take the Licensing Examination for psychologists. Specific education, experience and other requirements are specified in The Clinical Psychologist Licensing Act (“The Act”) & Rules for the Administration of The Clinical Psychologist Licensing Act (“The Rules”). You should consult the current version, available from the Illinois Department of Professional Regulations (“The Department”), prior to deciding what types of educational and practical experiences you undertake. This fact sheet was prepared by The Department and the Psychologists Licensing and Disciplinary Board (“The Board”) to assist you in determining the type of post-doctoral supervised experience you should seek as you prepare to make application to earn your license as a Clinical Psychologist in the State of Illinois.

Individuals who have graduated from an APA approved program, program approved by the Council on Postsecondary Accreditation or who have graduated from a psychology program recognized by The Department are required to document one year of supervised post-doctoral experience prior to applying for licensure. Individuals holding a doctorate in psychology whose program does not meet the above requirements, but meet the requirements of The Act will need to document additional supervised practice some of which may need to be post-doctoral in nature. This fact sheet is written with the presumption that you will need to document one year of postdoctoral experience.

The Act and Rules specify that your year of postdoctoral experience must consist of no less than 1750 hours of supervised practice occurring after you graduated with your doctoral degree in psychology. You may begin accumulating post-doctoral experience when you complete your degree requirements (i.e., after you have finished all requirements of your department and are simply waiting for graduation day) if your educational institution will certify this in writing to the Department on form ED which you will find in your application packet. You must accumulate your 1750 post-doctoral hours within a 36 month period but in no less than 50 weeks. You can accumulate your hours on a full-time or part time basis. If you accumulate your supervised hours on a full-time basis, you must do so by working at least 35 hours per week in a single setting and you must remain in the same setting for a minimum of six months. If you choose to work on a part-time basis, you must accumulate your hours by working 18 or more hours per week in a single setting and you must remain in the same setting for a minimum of nine months. Remember, whether you accumulate your hours on a full- or part-time basis, you must do so within a 36 months period. You could, for example, work full-time in one setting for six months, take break for two months and then work part-time in one setting for 20 hours per week for twelve months. A single setting refers to one agency, institution or group even though you might go to two different offices as part of your work.

Your post-doctoral experience must be personally and individually supervised by a Licensed Clinical Psychologist, whose license is in good standing, for at least one hour per week, every week of your experience. Your supervision needs to be on a one-on-one basis and be delivered face-to-face. Your supervisor must be licensed as a Clinical Psychologist in the State in which you are accumulating your experience. If your experience is from work done in another State, you must also submit a copy of your supervisor's Vita along with your VE-PSY form. Group supervision, telephonic supervision, email or web-based supervision and supervision by mental health professionals who aren't psychologists all can be used to augment your individual supervision by a Licensed Clinical Psychologist, but they cannot substitute for this experience. Finally, the experience must be pursuant to the order, control and full professional responsibility of your supervisor. This means that although you are providing the services to the client, you are doing so under the direction of and under the professional control and responsibility of your supervisor.

You may not pay or otherwise compensate your supervisor while you are accumulating your post-doctoral experience. If you are working for an agency, the agency may hire a Licensed Clinical Psychologist to work on a part-time basis to maintain responsibility for your caseload and to provide the required supervision services. You may be paid by the supervisor or agency for the services you provide. Non-compensated experience may also be used to satisfy the post-doctoral experience requirement, as long as the experience conforms to the other requirements of The Act and The Rules.

You can work in a variety of settings in order to obtain your post-doctoral experience. Many applicants accumulate their experience by working for an agency, hospital, group practice or psychologist who is in independent practice. Wherever you choose to work, keep in mind that your experience must be clinical in nature and consist of work that is clinical psychological in nature. This means that you should be engaging in the evaluation, classification and treatment of mental, emotional, behavioral or nervous disorders or conditions, developmental disabilities, alcoholism and substance abuse, disorders of habit or conduct or the psychological aspects of physical disease. You should be providing psychological, neuropsychological or psychoeducational evaluations, therapy, assessments, consultations, hypnosis, biofeedback and behavioral modification to prevent or eliminate psychopathology or to ameliorate psychological disorders of individuals or groups.

Here are some key points to keep in mind when deciding what type of work you should be doing when accumulating your post-doctoral experience: Your work should be largely clinical in nature which is a judgement the Board makes on a case by case basis based on the information you provide. In general, the majority (i.e., 50% or more) of your work experience should be spent providing services for which you establish and on-going, face-to-face relationship with the individuals you are treating or otherwise working with. A non-exhaustive list of experiences that could fulfill the post-doctoral experience requirements of The Act and The Rules includes the following services: on-going individual or group psychotherapy, time limited psychotherapy, assessments for ADHD,

learning disabilities, developmental disabilities or behavioral disorders, forensic evaluations, general psychological assessments, neuropsychological assessments and comprehensive intake assessments at a psychiatric facility. Examples of experience that would not fulfill the requirement include: providing telephone based intake assessments, working in the front office of a mental health center, going from school to school providing drug abuse prevention lectures to large groups of students in the auditorium, working for a crisis line answering phone calls, collecting questionnaire based research data, entering it into a computer and conducting statistical analyses, teaching psychology to college or high school students. You can, however, include these in your work week, but in aggregate they should make up a minority of your hours.

Here is an example of an average work week that would satisfy the requirements for post-doctoral experience: 12 hours of individual therapy, 2 hours of group therapy, 7 hours of psychological testing, 5 hours of report writing, 2 hours of progress note writing, 1 hour of individual supervision by a licensed clinical psychologist, 1 hour of group supervision, 2 hours of didactic seminars, 3 hours of teaching, 3 hours of research data collection, 2 hours of public speaking on the mental health issues. Notice that the number of hours spent providing therapy and testing services exceed 50% of the work week and that the work week included one hour of supervision by a licensed clinical psychologist. Finally, your supervisor must rate your work performance as satisfactory or better.