

Future Possibilities in Clinical and Research Training in Clinical Health Psychology: Impact of 2020 (2021)

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“The future ain’t what it used to be.”
(Yogi Berra)

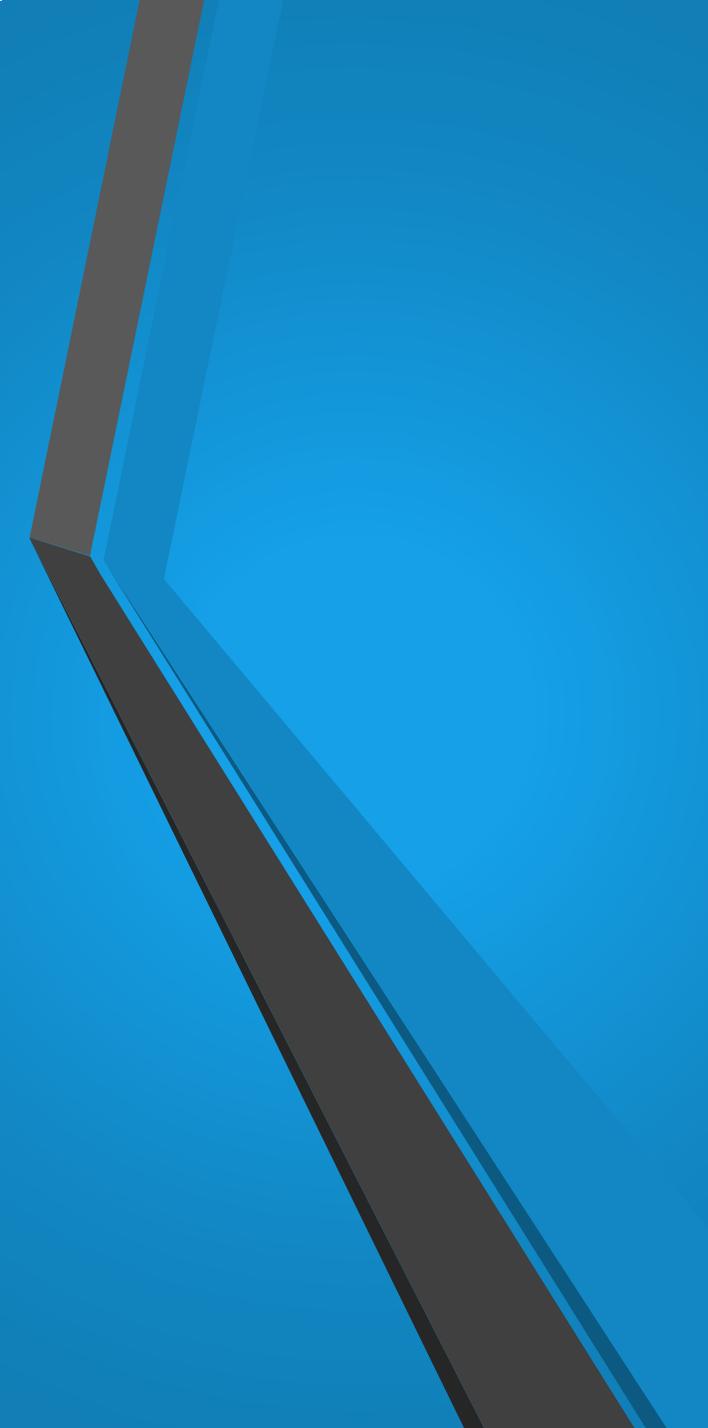


Learning Objectives

Participants will be able to describe the impacts of the COVID-19 pandemic on graduate and post-graduate education and training in clinical health psychology.

Participants will be able to list three actions taken to mitigate the impact of COVID-19 pandemic on education and training in clinical health psychology.

Participants will be able to discuss opportunities and concerns about impacts of the COVID-19 pandemic on education and training in clinical health psychology.



Overview

- Impacts of 2020(2021) on students, education and training
- Efforts to mitigate impact
- Looking ahead – opportunities and concerns

STRESS IN AMERICA 2020: A NATIONAL MENTAL HEALTH CRISIS

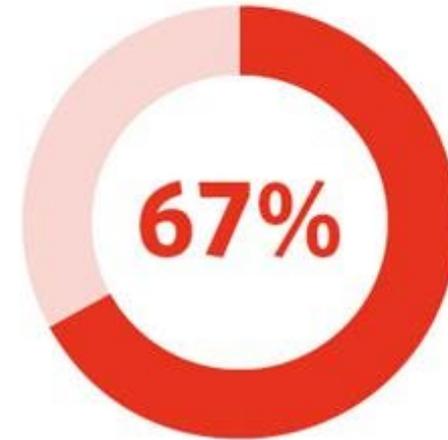
Disruption to Education Causing Stress for Gen Z Adult College Students



say their **education** is a significant source of stress



say **uncertainty about what the 2020-2021 school year** will be like causes them stress



say the pandemic makes **planning for their future** feel impossible

STRESS IN AMERICA 2020: A NATIONAL MENTAL HEALTH CRISIS

Americans More Commonly Report Stress About Police Violence Toward Minorities



% SIGNIFICANT SOURCE OF STRESS

2020



2016



Graduate Student Impacts



Society for Health Psychology student survey



Data collected March 27 – April 10, 102 responses



Concerns

Meeting requirements
Safety



Themes

DCT/supervisors are
supportive/flexible

Education in 2020 (2021)

- Altered or disrupted clinical training
 - Implications for licensure
 - Balance trainee safety and well-being and patient care
- Rapid shift to online education
 - Quality?
- Research training
- Ability to complete other program requirements

Consider implications for competency-based education

Pipeline Impacts

- Economic crisis in higher education
 - Admissions for 2021?
 - Federal relief for universities
- Impacts on enrollment
 - Willingness to study far from home
 - Altered undergraduate training
 - Intersection with expected “enrollment cliff” in 2026
- Differential impacts on students
 - Diversity of the pipeline

APA Responses

Responses to address questions and concerns from students, faculty, and supervisors regarding COVID-19

- Guidance
- Advocacy
- Collaborations
- Webinars

Guidance

- Recommendations and tips provided on specific topics
 - [Advice for psychology supervisors and trainees on caring for patients during the COVID-19 crisis](#)
 - [Psychological assessment training](#)
 - [Telehealth guidance](#) (supervised trainee telehealth services)
 - [How to offer CE in the midst of COVID-19](#)

Advocacy

- Executive Orders, Department of Homeland Security
- State level - documentation of training for licensure
- Program level – furloughs, cutting positions

Collaboration with Training Councils

Joint Statements/Webinars

- [Education & Training in Health Service Psychology - COVID-19](#)
Joint statement with the Association of Psychology Postdoctoral and Internship Centers (APPIC), Canadian Psychological Association (CPA), the Association of State and Provincial Psychology Boards (ASPPB)
- [“Nobody Prepared Me for Training During a Pandemic: A webinar for training directors to support yourself and protect trainees”](#)
Hosted by APPIC and APA
- Council of Chairs of Training Councils (CCTC) Statement on [Education and Training Considerations during COVID-19 Pandemic](#) and [Recommendations for Trainee admission/Selection Processes: 2020/2021 and Beyond](#)

Other Collaborations

- APA policy on the impact of COVID-19
- Resolution (in progress) on racism
- Association of State and Provincial Psychology Boards
- Students Assist America

Webinars

“Staying on Track During a Pandemic” webinar series was produced to provide expert advice and strategies for students and early career psychologists



Topics Include:

Coping in the era of coronavirus: A Webinar for Students

Essential Job Skills for the Pandemic and Beyond

Preparing to Defend Your Thesis from Home

Strategies for Applying to Psychology Graduate School (Even during a Pandemic)

Job Searching During the Pandemic and Beyond

Opportunities and Concerns

- United States
- Health care
- Workforce

U.S. and Covid-19

- Physical threat to entire population
- Impact on survivors
 - Long –term ventilator support
 - What do we not yet know?
- Economic impact
- Willingness to get vaccinated
- Mental health: stress, anxiety, grief

Consider implications for clinical and research training and practice

Health Care and COVID-19

- Population Health
- Technology/telehealth
- Health care equity
- Psychologists as essential workers

Consider implications for practice

Workforce and COVID-19

- New ways of working
 - Patients no longer in the room with us
- New skills needed
- Importance of workforce analysis

Are we adequately preparing enough health professionals?

Consider implications for psychology's readiness to meet societal needs

Summing Up - Take Home Messages

- Competency-based education and training is an essential focus
- Incorporation of technology delivery platforms can increase access
 - Lasting changes to service delivery?
- Furthering our commitment to diversity in the pipeline is needed
- Identity of health service psychology as a health profession has been elevated
- Meeting societal needs - population health



PROMOTING HEALTH & WELL-BEING WITHIN & ACROSS HEALTH PROFESSIONS LEARNERS

IPEC and the American Psychological Association (APA) present a FREE one-hour webinar addressing the mental health and wellness needs of interprofessional learners. Participants will hear innovative strategies to integrate wellness academic programming into interprofessional education curricula at their home institutions.

Speakers include:

- J. Kim Penberthy, PhD, ABPP, University of Virginia
- Alice M. Teall, DNP, APRN-CNP, FAANP, The Ohio State University
- Catherine L. Grus, PhD, American Psychological Association (Moderator)

Objectives:

- Discuss the importance of wellness integration into health professions education
- Highlight curricular innovations that target health professions learners to cultivate resiliency and wellbeing
- Share "lessons learned" in implementing educational strategies to foster resilience in health professions students

February 23, 2021
2:00 PM to 3:00 PM ET

[Click here to register!](https://ipec.memberclicks.net/webinars)

<https://ipec.memberclicks.net/webinars>

Questions?

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