Future of Psychology

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APA PRESIDENT, 2014
Dedicate to My Father – WWII Vet
Agenda

- Uniting Psychology
- Practice
- Science
- Education
- Public Interest
Uniting Psychology

- Collaborate across “the aisles” with colleagues from other “camps” for psychology to be strong as a discipline and for psychologists to make the biggest difference.
- Strive to integrate inside ourselves the various aspects of our profession so we are as balanced and enriched as possible.
PRACTICE

HEALTH CARE REFORM

SPECIALIZATION

Innovative
Psychological Services
Through Web-based Technologies
Health Care Reform

- Brand Psychology as a Health Discipline
  - Add health to APA’s mission statement
  - Include expanding psychology’s role in advancing health as one of APA’s 3 strategic goals
  - Advocate for funding for integrated primary care
  - Publish relevant competencies
Teach competencies for professional psychology in health care services (HSPEC collaborative, passed by APA Council 2/14, 9/13 AP article) and for Psychology Practice in Primary Care (2013)
Health Care Reform

- Provide interdisciplinary/interprofessional education/training and promote competencies in interprofessional practice and integration of behavioral and physical health care services
Health Care Reform

- Learn and teach about (examples)
  - Team-based services
  - Outcomes and quality assessment
  - Health care reform legislation
  - Parity legislation
  - Health care financing and reimbursement
  - Health information technology (HIT)
  - Electronic medical records
  - ICD-10-CM
Health Care Reform

- Expand practicum, internship, and postdoctoral education and training in integrated health systems
- Create continuing education and professional development programs for faculty to ensure they are competent to practice in the health care system
- Encourage faculty and students to engage in advocacy related to the role of psychologists in health care reform
Evidence-Based Practices

- Teach people to be scientifically-minded, as well as to consume research and to use practice guidelines for clinical decision-making
- Provide and teach clinical practice guidelines as they become available (e.g., depression, obesity, PTSD are in the pipeline)
- Encourage students to use guidelines to advocate on behalf of psychological intervention
Specialization

- Train students in general specialties and ensure their access to training in more specific specialty training
- Emphasizes importance of faculty/supervisors seeking specialty board certification through ABPP and convey its value
- Encourage students to seek specialty board certification through ABPP, with schools supporting the Early Entry Program
Telepsychology

- Learn new competencies through innovative technologies
- Use and integrate technologies to teach and to provide quality services
- Teach and incorporate internet-mediated practices
- Address the new and emerging ethical issues related to telepsychology and social media, internet, email, etc.
- Be informed about latest guidelines and monitoring systems
VA and Practice

- Implementing integrated primary care
- Expanding services to underserved veterans by decentralizing care from hospital based sites
- Creating a network of community based outpatient clinics (CBOCs), especially in remote and highly remote areas
- Implementing telehealth aggressively
- Transforming to patient-centered and even patient-driven care (need to continue to actively pursue this)
VA Psychology and Practice

- Utilizing an interprofessional care model
  - Psychologists have special competencies to participate in and guide these efforts
  - They must really know and respect other professional groups, understand how to work effectively with them in areas of unique expertise and overlap, handle interpersonal communications successfully
Integrating behavioral health care fully into integrated care models

- Psychologists need to be fully involved in integrated care
  - Primary care
  - Specialty medical clinics
  - Long term care
  - Hospice and palliative care
  - Mental health inpatient and outpatient sites
VA Psychology and Practice

- Delivering evidence-based services is profoundly important
  - VA psychologists have led much of this effort nationally
  - Incorporating more evidence-based assessments as a prelude to and throughout treatment in collaboration with the patient will enhance clinical decision-making
  - Broadening the array of evidence-practices that are made available within the VA system
VA Psychology and Practice

- Implementing telepsychology aggressively
  - APA/ASPPPB/APAIT Telehealth Task Force included a VA member
APA, VA, and Practice

- APA has been instrumental in drafting two major pieces of federal legislation with Senator Patty Murray (WA) and Betto O’Rourke (TX)
  - Bills would grant psychologists prescriptive authority in the VA
  - Remember this is controversial
    - Some parties feel this is essential and a trial for and ultimately prescriptive privileges for VA psychologists
    - Others are concerned that doing so will undermine other efforts in the VA for psychologists vis-à-vis integrated and interprofessional care models, etc.
APA, VA, and Practice

- Murray’s draft bill would authorize additional VA programs related to suicide prevention, safe storage of firearms, collaborative crisis intervention team training by VA psychologists for local law enforcement personnel.
APA, VA, and Practice

- Senate Veterans Bill
- Psychologists David Rudd and Tom Kirchberg, along with social worker Keith Armstrong, in Washington 4/14 at APA’s instigation with members of Congress from the House Veterans’ Affairs Committee, including Mike Michaud (ME) (ranking Democrat on the committee)
SCIENCE
Psychology, a STEM Discipline

- Enhance psychology’s prominence as a core STEM discipline
- Improve public understanding of the scientific basis for psychology
- Increase, through pedagogic collaboration and scholarly engagement, psychology’s involvement with other STEM disciplines
- Expand educational resources and opportunities in psychological science
Psychology, a STEM Discipline

- Promote the applications of psychological science to daily living
- Underscore how a deep consideration of human abilities and behavior benefits technology and science
  - Bray’s APA Presidential Taskforce – STEM: Psychology as a Core Science, Technology, Engineering, and Mathematics Discipline
Connecting Arts & STEM

- Build bridges at the interface of STEM and the arts
- Showcase the research on creativity (collaboration with NEA)
- Integrate art and design to illustrate and enhance understanding of psychological science
- Highlight the evidence base for the therapeutic value of incorporating the arts into education and interventions
Team Science

- Add interdisciplinary approaches to research endeavors, including at the educational level
- Provide information on available toolkits for conduct of team science (e.g., NCI) and discuss ways to make teams effective
- Address the pros and cons of being on teams
Team Science

- Ensure that departments/universities have fair and transparent strategies for evaluating team science, particularly vis-à-vis promotion
- Use national criteria for evaluating contributions to team science
Translating to the Public

- Incorporate psychology into all required curricula (K-12 and higher education)
- Teach psychological principles using basic language to facilitate understanding
- Use research examples that appeal to general interests and knowledge (e.g., research about video games), particularly at introductory levels
- Incorporate real-life examples in psychological education, including applied psychology in the worlds of business, marketing, policy, etc.
Translating to the Public

- Communicate information in a manner that does not alienate the public (i.e., use terminology that most people understand)
- Promote relatable psychological science through innovative technologies and social media
- Contribute to scientifically sound magazines, blogs, newspapers, etc., that communicate psychology to the public
Translating to the Public

- Expand exploration of topics of public interest (e.g., research about Facebook)
- Identify and correct misunderstandings of psychological science in the public
- Increase collaboration at the local and national levels to share limited resources (e.g., new MedEd portal for psychological content)
- Increase integration of psychology in policy making, business, marketing, and multidisciplinary teams
VA and Science

- Supporting research that improves care – one of the VAs three major missions
- Providing VA research dollars to support empirical investigations in the VA system
VA Psychology and Science

- Researching the causes and treatments of mental disorders through the Mental Illness Research, Education and Clinical Centers (MIRECC)
APA, VA, and Science

- Science Directorate focuses on ensuring Congress provides strong funding support for psychological research, including VA funded psychological research
- Results of the research are translated into effective legislation
- APA and the Friends of VA Research Coalition (FOVA) advocated before Congress to increase research funding – slight increase in FY 15 budget from Administration and House of Representatives
EDUCATION
Competencies

- Ensure training is competency-based
- Develop guidelines for minimal competence for entering graduate programs and for each level of education and training
Competencies

- Enhance focus on competency assessment, attending to learning outcomes and follow-up
- Develop state-of-the-art measurements of competencies and performance outcomes
- Emphasize self-directed learning and personalized education that addresses individual learning needs and students moving at own pace
- Teach self-assessment strategies so students can determine strengths, areas of growth, and areas in which they may have insufficient competence
Competencies

- Convey and model the value of life-long learning that goes beyond continuing education attendance
- Develop new models for continuing education
- Offer more innovative continuing education programs to enhance competence, as new knowledge generation exceeds knowledge durability
Competent Communities

- Shift from individual responsibility for own competence to a communitarian notion (community of psychologists responsible for one another’s competence)
  - Collegial engagement, caring, and compassion
  - Accountable and responsible for the competence and well-functioning of our colleagues
Competent Communities

- Inculcate values of collective responsibility in all educational and training contexts
- Role model the creation of a competence constellation characterized by diversity, strength of ties, and initiatory behaviors
  - Inner core
  - Collegial community
  - Collegial acquaintances
  - Professional culture

"I can promise you that women working together - linked, informed, and educated - can bring peace and prosperity to this forsaken planet." Isabel Allende
Competent Communities

- Help students figure out how to create a competence constellation that is supportive and challenging, encourage them to form a competence constellation and to appreciate the value of such communities over the course of their professional life cycle.
- Encourage membership in peer consultation groups, faculty research teams, etc.
- Use and be a part of Colleague Assistance Programs.
Delivery Platforms

- Become knowledgeable about changes in delivery platforms
  - Interactive technology
  - Social media
  - On-line programs and learning, including the introduction of Massive Open Online Courses (MOOCs)
  - Distance education
  - Global partnerships
Delivery Platforms

- Develop and engage in innovative online programming
- Adopt and use social media and interactive technology in the learning environment
- Create educational partnerships, including global ones, to enhance and implement traditional, online, and hybrid learning models
Internship Imbalance

- Convey to students the realities of the internship market, how to have realistic expectations, and ways to maximize their likelihood of matching
- Create new internships that target populations and communities in need
- Consider class size based on placement rates
Career Paths

- Facilitate students’ efforts connect what they are learning with potential careers
- Use workforce analysis data to determine areas of competence critical to teach to meet demands (other sciences, evaluation, quality improvement, teaching, supervision, leadership)
  - APA Center for Workforce Studies (in addition to faculty salaries done with COGDOP), surveys psychologists and departments to gather data on composition of workforce, work settings, populations served, and supply-demand
Career Paths

- **Teach**
  - Broader array of skills so students prepared for any career
  - Students to work in more diverse settings
  - Students to work with more diverse populations

- **Provide education that positions graduates well in the workforce**
  - Biopsychosocial perspective
  - Practice-based research
  - Population health approaches
  - Interprofessional/interdisciplinary work
Interdisciplinary Education

- Offer/engage in interprofessional/interdisciplinary education, while still valuing the unique qualities of the discipline (Chronicle of Higher Education, 2/14)
- Participate in interdisciplinary seminars, research, programs as a faculty member to both model such engagement and to enhance one’s own teaching and science
VA and Education

- Supporting education programs that build a competent workforce to deliver excellent care – one leg of its mission
- Preparing the next cadre of individuals to be hired to work in the VA
VA Psychology and Education

- Having VA internships in 49 states, Puerto Rico, and the District of Columbia
- Having the most number of accredited postdoctoral residency programs of any setting type in the country
- Adding (as part of a 5 year plan), 200-300 new mental health training positions for upcoming year (70-100 will be for psychology interns and postdoctoral residents)
VA Psychology and Education

- Advancing specialty training at the postdoctoral level
- Supporting postdoctoral positions through training expansion funds that are associated with improving access and reducing disparities
  - Telehealth positions – rural populations
  - LGBT position – LGBT populations
VA Psychology and Education

- Ensuring the VA training council (VAPTC) has a recognized voice among other councils to represent VA interests
- Creating through the VAPTC national curriculum so that all VA training programs can have access to training resources (e.g., powerpoint seminar material, training videos) regardless of their size or location
APA, VA, and Education

- Long-standing partnership between VA and the Commission on Accreditation vis-à-vis developing procedures for accreditation – VA has strongly supported accreditation over the years
APA, VA, and Education

- APA’s Education Directorate manages our partnership with the White House Joining Forces Initiative, which is designed to engage all sectors of society to give our service members, Veterans and their families the opportunities and support they have earned.
APA, VA, and Education

- APA has reaffirmed its commitment to prepare current and future psychologists to provide evidence-based, culturally competent clinical services to these populations.
- We have challenged the psychology education and training community to “take the pledge” and provide training experiences for psychologists that are specific to military personnel, Veterans and their families.
APA, VA, and Education

- APA is working hard to get rid of the policies on federal employee travel, which detrimentally effect VA psychologists’ ability to train and be trained, and thus on the care the Veterans receive as a result.
- APA and colleagues in veterans’ service organization communities are pushing Congress hard to deal with ACES and its problems.
APA, VA, and Education

- APA Presidential Opening Doors Summit
  - Focus on workforce development
  - Focus on improving transitions through the education/training pipeline starting with doctoral training to the first job
PUBLIC INTEREST

An ounce of prevention is worth a pound of cure.
-- Benjamin Franklin
Prevention

- Teach about effective prevention programs for myriad issues
- Provide opportunities via practicum, internship, and postdoctoral training on prevention efforts and the evaluation of their effectiveness
- Underscore the value of prevention, not just intervention, and the role of professional psychologists in these endeavors
Community Engagement

- Create meaningful change on a larger scale by engaging with relevant communities and community organizations – doing good
- Underscore when teaching ethics (fidelity and responsibility) the importance of contributing time to the community for little or no compensation or personal advantage
- Engage with the media to address current topics with a psychological impact and to translate psychological science to the public
Advocacy

- Advocate for increased support for research
  - APA advocates in collaboration with other stakeholders
    - Belong to and support Consortium of Social Science Associations (COSSA), Federation of Associations in Behavioral and Brain Sciences (FABBS). Council of Scientific Society Presidents (CSSP), Consortia of Professional Associations in Federal Statistics (COPAFS) and numerous “friends of” groups (VA, NSF, NIDA, NICHD, etc)
  - APA advocates on behalf of the discipline with many science funding agencies
    - NSF, NIH, VA, DoE, NIH, NASA, SAMHSA, DOT
Advocacy

- Advocate for increased support for training, public education, and services
- Get involved in coalition building related to health insurance exchanges in your State
- Promote inclusion of psychologists in state and federal health care reform implementation activities (e.g., PCMHs)
Advocacy

- Advocate for inclusion of psychologists in key federal regulations and for appropriate reimbursement for psychological services in the public and private sectors
- Communicate to trainees that being a psychologist means being engaged actively in creating the future of your own profession
Diversity

- Ensure diversity of faculty and students in the training program
- Offer didactics and experiential training that focus on one’s self as a cultural being, people from diverse other cultures with attention to the full range of diversity, and the interaction between the two
- Offer applied and research experiences with diverse populations in diverse settings
Diversity

- Focus research and applied work on growing populations of older adults, diverse racial and ethnic groups, immigrants and refugees and displaced persons, service members and veterans, etc.
- Provide linguistically competent research and services
Diversity

- Address and take actions to reduce health disparities
- Volunteer to provide psychological services in other nations and/or to offer consultations to others doing so
Globalization

- Integrate multiculturalism and internationalism education/training to ensure sensitivity and competence
- Hire faculty and recruit students from international backgrounds
- Provide experiences for working with people of international background in the U.S.
Globalization

- Develop collaborations with international institutions so that students can work with internationals in their own countries
- Encourage faculty and students to be fluent in a second language
VA and Public Interest

- Increasing access and reducing health disparities - priority
  - Current problems being reported in the press vis-à-vis the realities related to wait times undermines this priority and negatively affects the care that veterans receive
  - How can psychologists use their power to help not only “talk the talk” but “walk the walk” related to this issue in all VA settings
VA and Public Interest

- Serving a very diverse patient population
- Reducing institutional barriers at a national level (e.g., race discrimination, Don’t Ask/Don’t Tell)
- Developing innovative policies and practices that reflect these national changes (e.g., VA’s practice guidelines for transgender care)
- Creating model programs based on demographics (e.g., single-gender, female-centric, care of HCV and HIV patients)
Public Interest Directorate is a great resource for evidence and best practices in health disparities, which is relevant to psychology leaders in their attempts to reduce disparities in their own facilities and programs.
We need to join together to ensure that all of us and future generations of psychologists are

- Able to engage in professional activities about which we are passionate
- Able to advance the profession in a fashion that optimally serves the public
- Appropriately compensated
Concluding Comments

- The future of psychology is
  - Bright
  - Shifting
  - Uncharted
  - Full of opportunities, many of which we need to create
Concluding Comments

- “The past is history, the future a mystery, but the present is a gift, which is why it’s called the present.”
  - Eleanor Roosevelt
Questions?