

# The MAPS Committee Winter 2021 Workshop Series

## Graduate Psychology Programs in Canada

MAPS

Prepared by Eloïse Fairbank, M.A.

**Different Psychology Programs:** What is your career goal? How long are you willing to be in school for? Generally, there are three models of training: Research, clinical, and research-clinical (AKA scientist-practitioner).

**Research** (Masters, Doctorate): CEGEP Professor (MA), Researcher (MA/PhD), University Professor (PhD).

**Clinical** (Masters, Doctorate): Psychologist (PsyD), Counsellor (MA), Art therapist (MA)

**Research-Clinical:** Psychologist (PhD), Researcher (PhD), Professor (PhD)

See the list of CPA (Canadian Psychological Association) accredited programs:

<https://cpa.ca/accreditation/cpaaccreditedprograms/>

### Psychology Specialties (see links with EXAMPLE programs)

**Clinical psychology:** Clinical psychologists assess and treat severe mental disorders (e.g., Depression, bipolar).

**Counselling psychology:** Counselling psychologists treat shorter-term mental health difficulties that arise due to environmental issues (e.g., divorce, trauma).

**School psychology:** School psychologists support students' ability to learn and teachers' ability to teach with expertise in learning, behaviour, mental health, and school systems.

**Neuropsychology:** Neuropsychologists evaluate and treat people with various types of nervous system disorders (i.e., Alzheimer's, Parkinson's, concussions, Traumatic Brain Injury).

**Art Therapy:** Art therapists use the process of self-expression and the resulting artwork to help clients understand their mental health difficulties and restore mental functioning.

**Music Therapy:** Music therapists use music to address clients' cognitive, communicative, emotional, musical, physical, social, and spiritual needs.

**Drama Therapy:** Drama therapists use theatre techniques like role-playing and storytelling to help clients work through mental health difficulties (e.g., behavioral problems, process trauma).

**Play Therapy:** Play therapists help children overcome emotional/behavioural difficulties through play.

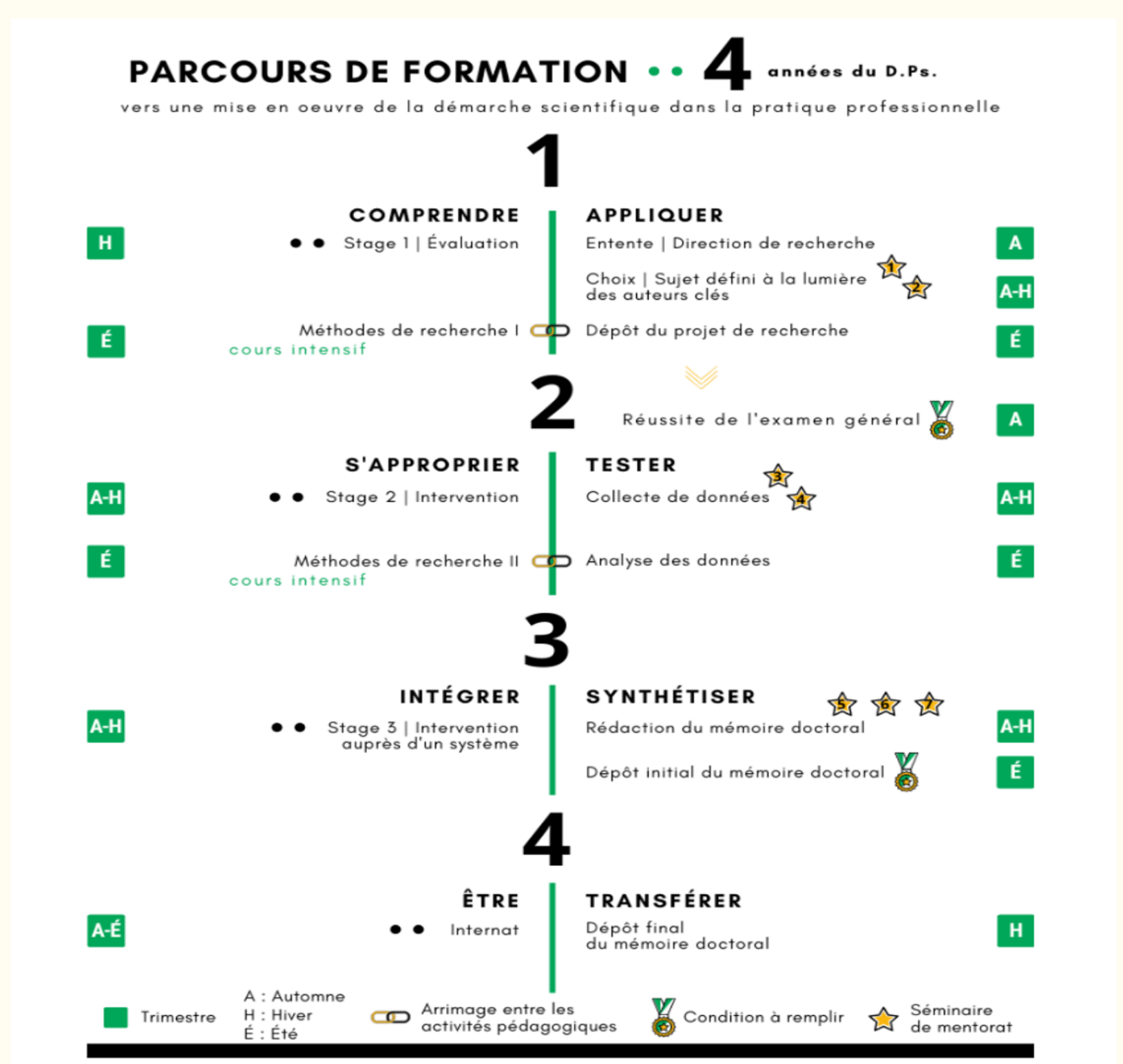
### What is a PsyD/Psychology Doctorate?

- Professional degree recognized by the OPQ (Ordre des psychologues du Québec) which leads to becoming a licensed Psychologist (and/or neuropsychologist)
- 60 % Clinical vs 40% Research (project is shorter, about the length of a MA thesis)
- 4 year programs versus 7 year programs
- See example from the [Université de Sherbrooke – Campus Longueuil](#)

#### Classes:

- Differ by concentration; lots of variety, very clinical based (use of “real world” examples)
- Practicums at the university clinic (variety of consultants) AND at external setting with supervision (e.g., private practice, CLSC, CIUSS, School).

NOTE: The OPQ-recognized programs in Quebec are offered at francophone universities!



**TIP:** To find out which program is the best fit, think about what JOB you want! How long do you want to be studying for? It's never too early to start getting excited about the programs and prepping your application (see our How to Apply to Graduate School workshop/summary sheet).