



# Suffolk County Psychological Association

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WWW.SUFFOLKPSYCH.ORG



## SCPA BACKGROUND

Established in 1955, The Suffolk County Psychological Association (SCPA) is a professional association of licensed psychologists and certified school psychologists that serves the community of Suffolk County.

**SCPA MISSION STATEMENT:** SCPA's mission is to promote the profession of psychology in Suffolk County through fellowship, education and advocacy. Our members provide a **wide variety of psychological services** to individuals, couples and families including psychotherapy, counseling and evaluations in their private practices, schools, hospitals, clinics and universities.

## WHAT IS A PSYCHOLOGIST?

• A **Psychologist is a Doctor who is Licensed by the state to practice Psychological services independently.**

• A Psychologist is a doctoral level professional who is licensed by the state to provide psychological services independently.

• A Psychologist completes a doctoral degree program, typically 5-7 years post-college, that includes coursework, clinical experiences, an internship, and a dissertation.

• In order to be licensed and practice independently, a Psychologist must also complete an additional year of supervised experience and pass a state licensing exam.

### Types of Degrees

• Ph.D. - Many Psychologists have earned this degree that encourages research oriented methods in addition to clinical training - and comprise the bulk of degrees authorized prior to 1980.

• Psy.D. - Doctor of Psychology, is a more recent degree which emphasizes clinical training in the doctoral program.

• MA/MS: These are practitioners who have completed a two year post-college master's degree program in psychology. They work in exempt settings such as schools, hospitals, and clinics. They are not licensed to practice independently.

**PSYCHOLOGISTS ARE THE HIGHEST TRAINED PROVIDERS OF MENTAL HEALTH TREATMENT**

## WHAT DO PSYCHOLOGISTS DO?

**Psychologists conduct any and all of the following tasks:**

A majority of psychologists engage in clinical practice that typically involves "Talk Therapy" as a means of helping others understand debilitating personal problems and behaviors with the goal of minimizing their effects on one's day-to-day life.

Psychologists conduct psychological evaluations in order to obtain a comprehensive understanding of one's intellectual, emotional, neuropsychological, and academic functioning. It is often important to assess one's current levels of functioning in order to develop an appropriate treatment plan.

Many psychologists are actively involved in psychological research, which provides scientific data to support psychological techniques, helps develop the most effective treatment modalities and provides cutting edge information to clinicians and the public.

Psychologists are professors at universities who teach young minds how to be analytical thinkers, adapt to their environment, and understand the nuances behind behavior.

Psychologists are authors of clinical manuals / articles / textbooks/ workbooks; self-help books; children's literature; fiction and non-fiction novels and more.

Psychologists help businesses identify more efficient methods to motivate employees, increase productivity, and promote psychologically healthy work environments.

**PSYCHOLOGISTS WORK IN CLINICS, HOSPITALS, PRIVATE PRACTICE, UNIVERSITIES, LABORATORIES, THINK TANKS.**

**AND THEY ALL WORK TO HELP YOU BE THE BEST PERSON YOU CAN BE!!**

## HIGHLIGHTS :

**WEBSITE:** Our "Find a Psychologist" link (interactive referral program), and Podcasts (audio interviews) have had rave reviews. Please check them out at [www.SuffolkPsych.org](http://www.SuffolkPsych.org). Also, our links for members and the public have expanded.

**LISTSERV** - a private, virtual e-mail group used to disseminate information to members quickly, provide opportunities for members to cross-refer, enables members to network, and advertise public information (workshops, office space).

### COMMITTEES:

**Public Education** - Coordinated numerous media requests and interviews for psychologists to help bring accurate information to the public. Production of Podcasts (brief audio reviews) on disorders and treatment.

**School psychology** - Advocated for integrity of school psychologists, lobbying for licensure for school psychologists, provided workshops on cutting edge information and training.

**Peer Supervision Groups** - Provided Private practice networking, professional development of clinical skills, guest speaker presentations.

**Mentoring Program** - One-on-one guidance from members to help graduate students and early career psychologists

**Programing** - SCPA provided monthly workshops on various topics including: *No Fault Insurance, Mindfulness, Psychology and Family Law, Managed Care Task Force*, etc.). CE credit is offered at a low cost.

**Trauma and Crisis response** - Coordinated with the Red Cross to provide training for psychologists in disaster relief and response to trauma /crisis.

**Legal legislative** - Advocated for the rights of our profession / lobbying with politicians in Albany, Timothy's Law, Parity for Mental Health Services.

**Managed Care** - Continually worked on pressuring insurance companies to establish parity for mental health providers and advocated for appropriate reimbursement rates.

**Pro-Bono services** - SCPA has always been known for the volunteer efforts of our members. This committee has helped expand our list of psychologists volunteering no cost / low cost services for those who cannot afford therapy / evaluations and / or don't have insurance.

**Family Law** - coordinated with attorneys and county court offices to establish a role for psychologists when mediating family conflicts (i.e., divorce, custody, domestic violence).

**Student Ad Hoc Committee** - Provided professional development and networking for graduate students (Mentoring Program, Free Monthly Workshops...). Exposure of SCPA to undergraduate and Graduate Campuses, Representation of student issues at SCPA Board meetings.

**Membership** - Recruited psychologists and screened credentials to ensure Ethical and Professional integrity. 10% increase in membership.

**Trauma/Crisis Response Committee** - SCPA has a history of coordinated psychologists as 1<sup>st</sup> responders to crises and traumatic events (i.e. 9/11, Flight 800).

## SCPA SERVICES TO THE PUBLIC:

The Suffolk County Psychological Association provides:

1. SCPA has developed a database network for consumers to easily find psychologists via the "Find a Psychologist" link on the SCPA Website) : [WWW.SUFFOLKPSYCH.ORG](http://WWW.SUFFOLKPSYCH.ORG)  
The database provides drop-down menus so consumers can find a psychologist that is located in their vicinity, takes their insurance, and has expertise in the area(s) of their concern. All Psychologists listed in the database are SCPA members, who are screened thoroughly prior to provision of membership.
2. SCPA provides important information to the public regarding access to mental health services; helps disseminate information regarding best practices and how to advocate for better / more comprehensive services.
3. SCPA provides opportunities to obtain low/no cost mental health services to those who are most needy.
4. SCPA provides a network of volunteering professionals willing to provide immediate services during crises and traumatic events (i.e., 9/11).
5. SCPA produces Podcasts (15 minute audio files) that provide brief overviews of treatment and therapeutic advice on various psychological issues. Access to the Podcasts can be found on the SCPA website [WWW.SUFFOLKPSYCH.ORG](http://WWW.SUFFOLKPSYCH.ORG)
6. SCPA coordinates with other mental health associations and patient advocacy groups to ensure the greatest access to health care and highest quality of service and support to the Suffolk County Community.
7. SCPA provides professional development for psychologists so they can remain on the forefront in therapeutic techniques and provide ethical treatment of those in their care.

## SCPA EXECUTIVE BOARD

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