



**The term “focus” should be used to describe opportunities in areas of training which are not recognized specialties. Training programs should strive to provide explicit explanations of the type of training provided in these non-specialty areas.

Behavioral and Cognitive Psychology E & T Taxonomy was approved by CoS Board of Directors on 11- 06-2021. CoS will request an updated Taxonomy for CoS review and approval one year prior to Behavioral and Cognitive Psychology’s next petition for renewal of specialty recognition by the Commission for Recognition of Specialties and Subspecialties in Professional Psychology (CRSSPP). The updated Taxonomy will be due at end of 2024.

Common Definitions and Criteria Across All Recognized Specialties
Clarifications to help recognized specialties use the APA-Taxonomy* in a consistent manner

- Broad and general training forms the core of education and training in health service psychology. Programs are accredited by the American Psychological Association or Canadian Psychological Association. Programs integrate the broad and general training with those educational and training activities related to recognized specialties as determined by the specialty and described in a specialty taxonomy. In addition, each specialty will have education and training guidelines consistent with its specialty area. Specialty training may be acquired at the doctoral, doctoral internship, postdoctoral, or postlicensure stages as defined by the specialty.
- By definition, postdoctoral education and training is a Major Area of Study in a specialty recognized by the Commission for the Recognition of Specialties and Subspecialties in Professional Psychology (CRSSPP) and requires that 80% or more of time be spent in the specialty area. At the postdoctoral training stage, as per above, it is recognized that training in the Major Area of Study will be consistent with the education and training guidelines set forth by the specialty.
- A course is typically defined as 3 semester-credit hours (or equivalent) in a health service psychology training program accredited by the American Psychological Association (APA) or the Canadian Psychological Association (CPA).
- A practicum is typically defined as the equivalent of one academic year (e.g., 9 months, in semester or quarter systems) consisting of supervised training for at least 8 hours per week, or its equivalent, with at least 50% of time in the provision of clinical services.
- Consistent with what is described in CoA *Standards of Accreditation*, supervision should be provided by persons with competencies in the specialty demonstrated by appropriate training, credentials, and qualifications for training in the specialty as defined by the specialty.
- Additional training experiences can also include, but are not limited to, research experiences, lab meetings, brown bags, lecture/colloquia series, and grand rounds, as defined by the specialty.
- For definitions of continuing education (CE) and continuing professional development (CPD) see the APA [Quality Professional Development and Continuing Education Resolution](#). A continuing education (CE) course is defined as an organized program by the American Psychological Association or Canadian Psychological Association, a State Psychological Association, or other major provider of CE (e.g., Society of Behavioral Medicine).

* Taxonomy; www.apa.org/ed/graduate/specialize/taxonomy.pdf

Specialty Specific Definitions and Criteria

- ¹ Including ≥ 1 course covering all major forms of Behavioral and Cognitive assessment and 1 course covering all major forms of Behavioral and Cognitive interventions.
- ² Behavioral and Cognitive Psychology Practicum must include at least 50% of clinical service delivery involving behavioral and cognitive assessment and therapy.
- ³ Behavioral and Cognitive Psychology dissertation or research project-- empirical research, extended case studies, literature critiques and analyses, or capstone projects.
- ⁴ Behavioral and Cognitive Psychology supervised experience must include $\geq 50\%$ of clinical service delivery involving behavioral and cognitive assessment and therapy to patients, family members, and/or interprofessional care teams (e.g., assessment, treatment, consultation). The remainder of supervised experience can include seminar attendance, readings, research, provision of clinical supervision, teaching, program development and evaluation, and administration.
- ⁵ Primary supervisors should be licensed psychologists who have achieved an advanced level of competence in behavioral and cognitive psychology.
- ⁶ The majority of continuing education content must be relevant to Behavioral and Cognitive services.

Examples of Program Descriptors for Each Stage of Training

Preamble: Unlike many of the other specialties, behavioral and cognitive psychology has a very large footprint in clinical and counseling psychology. As a consequence of behavioral and cognitive therapy (BCT) being a very common treatment orientation, very few programs present themselves as specializing in BCT although many programs at all stages offer considerable training in BCT. A historical analogy is that in the 1970s clinical psychology training programs did not present as offering a specialty in psychotherapy, yet most programs provided training in psychotherapy as their main activity.

Doctoral

The graduate clinical psychology training program at Centrus University offers a major area of study in Behavioral and Cognitive Psychology (BCP). Students can also choose to have an emphasis or experience in BCP by enrolling in coursework and/or practica but not having a capstone project (e.g., dissertation) in BCP.

Doctoral internship

The predoctoral psychology internship training program at Albon Health South offers a major area of study in Behavioral and Cognitive Psychology including rotations in clinics treating post-traumatic stress disorder and treating substance use disorders. In the program interns taking the major area of study will conduct behavioral and cognitive assessments and/or interventions supervised by licensed psychologists who have achieved an advanced level of competence in BCP. Interns also can elect to have an emphasis or experience in BCP, having that training be part of but not the major focus of their internship.

Postdoctoral residency

The Hiermann University postdoctoral psychology residency offers a major area of study in Behavioral and Cognitive Psychology. The program is designed to help residents meet eligibility requirements for certification by the American Board of Behavioral and Cognitive Psychology. Residents will receive intensive training in clinical service delivery experience involving behavioral and cognitive assessments and/or interventions, with supervision provided by licensed psychologists who have achieved an advanced level of competence in behavioral and cognitive psychology. Seminar attendance and readings will also be part of this supervised experience. It is also expected that residents in our program will conduct research projects relevant to Behavioral and Cognitive Psychology, with at least one resulting in a manuscript submitted for peer reviewed publication or presented as a paper or poster at a national or international meeting relevant to Behavioral and Cognitive Psychology.

Post-licensure training

The Destiny Institute offers post-licensure training with the major area of study being Behavioral and Cognitive Psychology. That post-licensure option requires enrollment in either a one- or two-year program that provides extensive supervised clinical service provision and participation in courses on behavioral and cognitive assessments and interventions. Trainees also participate in continuing education events relevant to BCP competencies. The Institute also offers post-licensure psychologists training programs involving either an emphasis or experience in BCP. Those programs provide less intensive training, and they mainly are intended to enhance trainees' specific skill sets, such as using cognitive therapy to treat depressive disorders.