

AMERICAN BOARD OF HEALTH PSYCHOLOGY

INTRODUCTION TO THE EXAMINATION

The purpose of this manual is to assist you with preparation for the oral examination in Health Psychology. Your examiners will make every effort to insure that this is a collegial experience. You will be encouraged to ask questions as they arise. The exam is not designed to be evasive or deceptive. It is straightforward and intended to represent an assessment of areas of clinical competence represented in the everyday practice of health psychology.

The examination is divided into four components. These are: Practice Sample, Standardized Clinical Case Assessment and Integration, Professional Issues and Identification and Ethics. This manual is intended to clarify how the examination is conducted in each of these areas. You will be rated for each part. One does not pass or fail on performance in any one part. Work Sample, Fact Finding and Ethics examiners will render overall rating; in the following domains: 1) evaluative skills; 2) intervention skills; 3) scientific and professional knowledge; 4) ethics and social responsibility; 5) professional commitment. The examiners will meet after all three parts, have been completed, discuss their assessment and render an overall decision as to pass or fail. The decision rests on majority vote; that is, if the majority decides to pass, the candidate passes and if the majority decides to fail, the candidate fails. Each examiner will assess these domains though they may not be evaluated in the same depth in each part of the examination.

Before beginning, you will be required to sign a statement of confidentiality that you will not discuss the examination or reveal its contents to others. The time allotted for each part of the oral examination is about 40 - 55 minutes. Ask questions if you are unclear about any aspect of the examination. You may bring pad and paper to any part of the examination to take notes and organize your thoughts though any notes taken must be left in the examination room. For the Work Sample component you may bring any relevant data to refresh your memory.

April 20, 2010

PRACTICE SAMPLE or DISTINGUISHED SENIOR PORTFOLIO MODULE

Instructions to the Candidate

You may bring your practice samples or portfolio with you to this part of the exam. The practice samples are used as a point of departure from which the examiners will quiz you. For example, you may be asked about the nature of the presenting problem, the presenting symptoms, illness or injury, the nature of and rationale for the procedures employed, justification for the conclusions reached, and rationale for the recommendations made. If one of your practice samples involves a consultation, you can expect a parallel line of questioning that provides an appropriate opportunity to evaluate your professional knowledge and skills. The questions are designed to assess your general knowledge of health psychology. It is imperative that you have a thorough and complete knowledge of each practice sample. You will be asked how your practice samples exemplify your professional functioning. As with other parts of the examination, the critical element is your ability to demonstrate a reasonable, rational, and defensible approach to your practice of clinical health psychology. Distinguished senior candidates will be examined regarding the contents of their professional portfolios. The examination will be tailored to the contents of the portfolio submitted and will provide the candidate with the opportunity to describe his or her contributions to the science and practice of clinical health psychology and to respond to challenging questions about controversies, problems, and gaps in our knowledge base.

April 20, 2010

STANDARDIZED CLINICAL CASE ASSESSMENT AND INTEGRATION MODULE

Instructions to the Candidate

You are permitted to bring pad and paper to take notes during this part of the examination, but no materials. This exercise is designed to provide an opportunity for you to display some of the knowledge and skills important in the practice of health psychology. You will be given two brief statements describing health psychology problems. First, choose one of the problems. Consider yourself as performing an initial psychological consultation on the problem in question. Your task is to obtain additional information by questioning the examiner so that you can gain a full understanding of the problem, arrive at your own evaluation of the situation, and make recommendations.

The examiner has a considerable amount of information, all of which is available to you. The information you can request includes anything that would be readily available in the daily practice of health psychology and consists of relevant historical, demographic, and medical data. The information available may also include psychological test data. Pretend that you are conducting a mock psychological consultation and request all relevant information by asking the examiners specific questions. If you don't ask, you won't get the information. The examiner is not allowed to volunteer information. If your questions are too general, you will be asked to make them more specific. You may question the examiner as extensively as you wish except you may not ask for the examiner's opinions or conclusions.

Pay attention to time. The total time allotted is about 50 minutes. It is your responsibility to manage this time. You may take 5-10 minutes to prepare your questions. You may also bring a general outline to the evaluation. Remember, you may take notes throughout the examination. You will then have about 20-25 minutes to ask whatever questions you wish. Then you will have about 10 minutes to present your conclusions to the examiner. Your conclusions should include your view of the nature and severity of the problem and your recommendations as to the steps to be taken. You should explain your reasoning in presenting your conclusions. You can expect to be challenged as to your conclusions and questioned about domains of knowledge related to the case. Above all, remain organized and systematic.

The following is a summary of the steps in this exercise:

	<u>Approximate Time</u>
Prepare your question	5 – 10 minutes
Question the examiner for information	20 – 25 minutes
Present your conclusions	10 minutes
Be questioned on your conclusions	10 minutes
TOTAL TIME	45 – 55 minutes

April 20, 2010

ETHICS MODULE

Instructions to the Candidate

This part of the examination is conducted to examine your knowledge of and sensitivity to ethical issues. You may bring pad and paper but no other materials. First, you will be given a brief vignette. Read it carefully. You may take notes. Issues of professional practice, behavior, and ethics are embedded in the vignette. After reviewing the vignette, you will be asked to address those issues which present ethical or professional conflicts, what actions should be taken regarding them, and how you would improve on the situation or behave under similar circumstances. The APA Ethical Principles of Psychologists is required background for this portion of the examination. The examiner may also ask you about ethical issues that you may face in the usual course of your practice and how you think about and deal with these issues. Psychologists who are members of the armed services are also expected to respond to questions about the unique ethical issues faced by psychologists who serve in the military.

PROFESSIONAL ISSUES AND IDENTIFICATION MODULE

Instructions to the Candidate

The purpose of this component of the examination is to assess the nature of your everyday professional practice and commitment to the profession. The examiners will ask about your professional practice, professional involvement and research activities. You may be questioned on your views of important issues in psychology, your education and training background, your methods of practice and your professional and scientific involvement. In these regards, the examiners seek to understand how you function as a health psychologist on a day-to-day basis.

April 20, 2010

ABCHP STATEMENT OF CONFIDENTIALITY

I hereby agree that I will not disclose any of the content the ABCHP Examination to anyone other than ABCHP Board Members. I understand that I may talk with and assist others with understanding the process of the examination.

Signature

Date