

## Psychology -- A Regulated Profession

### What is a Psychologist?

A psychologist studies how we think, feel & behave from a scientific viewpoint & applies this knowledge to help people understand, explain & change their behaviour.

Canadian Psychological Association

### Psychologists are experts

- Extensive university training, learning the science & practice of psychology
- Trained in the foundations of human behaviour, including development, learning theory, neuroscience, personality, & motivation
- Widespread training in cognition, emotion, relationships, evaluation, research, ethics, & how to effect behavioural change

### Psychologists are Uniquely Trained

There are several branches of psychology, all of which are regulated, including:

Education/School Psychology	Clinical/Counselling Psychology
Neuropsychology	Forensic Psychology      Health Psychology
Industrial/Organization Psychology	Rehabilitation Psychology

### Psychologists are Accountable to the Public

In Alberta, psychologists are regulated by the Health Professions Act & must follow standards established by the College of Alberta Psychologists. They must follow a Code of Ethics which ensures the dignity & fair treatment of those seeking psychological services, & they must work within their areas of competence.

### Psychologists are Trusted by the Public

A psychologist must hold a master's and/or doctoral degree that involves 7 to 11 years of university study & residency/internship

### Psychologists are Accessible to the Public

- Work in public & privately funded settings
- Includes: primary health care, community mental health clinics, schools, hospitals, correctional facilities, universities, private practice, non-profits, & rehabilitation settings
- As a regulated health profession, services provided privately by a psychologist may be tax deductible, covered by insurance, or available through third party billing
- PAA provides a free service to help you locate qualified psychologists

### More Information

Psychologists' Association of Alberta - <http://psychologistsassociation.ab.ca/>

College of Alberta Psychologists – [www.cap.ab.ca](http://www.cap.ab.ca)

Canadian Psychological Association -- <http://www.cpa.ca/>

### Sources

Psychologists' Association of Alberta. (2013). The Value of Choosing a Psychologist. Brochure.

Canadian Psychological Association. (2016). Public Information. <http://www.cpa.ca/public/>