



National psychology examination recommended readings

July 2012 Edition

Note: This reading list is recommended but not mandatory. It is provided as a guide to assist candidates preparing for the national psychology examination. The applied psychology field has many readings covering the curriculum domains, with many more just as good as those in the list below. Candidates preparing for the national psychology examination should use their judgement about how to prepare for the examination and consult their supervisor in designing a plan of study based on the curriculum. The recommended readings are organised below according to their relevance to curriculum domains and any particularly applicable sections of publications are highlighted.

The recommended readings list will be updated from time to time as new editions, other journal articles, and improved monographs become available. Supervisors and examination candidates should check the website regularly. The Board is always happy to receive recommendations for additional readings or recommendations to delete readings, which can be sent to:
psychologychair@ahpra.gov.au.

For information on the curriculum, please see the Board's National Psychology Examination curriculum, published on its website www.psychologyboard.gov.au

All curriculum domains (ethics, assessment, intervention, communication)

Nelson-Jones, R. (2005). *Practical counselling and helping skills: Text and activities for the lifeskills counselling model* (5th ed.). London: SAGE Publications.

Purdie, N., Dudgeon, P. & Walker, R. (2010). *Working together: Aboriginal and Torres Strait Islander mental health and wellbeing principles and practice*. Australia: Commonwealth of Australia.
[Available electronically at
http://aboriginal.childhealthresearch.org.au/media/54847/working_together_full_book.pdf

Curriculum domains 1 (ethics) and 4 (communication)

Allan, A., & Love, A. (2010). *Ethical practice in psychology: Reflections from the creators of the APS code of ethics*. UK: Wiley. [Particularly relevant: Chapters 10, 11]

Australian Psychological Society (2007). *Code of Ethics* [Available electronically at
http://www.psychology.org.au/Assets/Files/Code_Ethics_2007.pdf]

APS Ethical Guidelines.
<http://www.psychology.org.au/Shop/Category.aspx?CategoryID=0000000000000006>

Elder abuse prevention unit (2008). *Intervention*.

<http://www.eapu.com.au/ElderAbuse/Intervention.aspx>

Health Practitioner Regulation National Law Act 2009. Particularly relevant: Part 7: Registration, Part 8: Health Performance and Conduct. <http://www.ahpra.gov.au/Legislation-and-Publications/Legislation.aspx>

Helpguide.org. *Elder abuse and neglect: warning signs, risk factors, prevention and help*.

http://helpguide.org/mental/elder_abuse_physical_emotional_sexual_neglect.htm

Kämpf, A., McSherry, B., Ogloff, J., & Rothschild, A. (2009). *Confidentiality for mental health professionals: A guide to ethical and legal principles*. Bowen Hills: Australian Academic Press. Particularly relevant: Chapter 1 and 7.

Kennedy, R. (2008). *Allied Health Professionals and the Law*. Sydney: Federation Press. Particularly relevant - Chapter 6, 9, 10, 11, 12.

Lichtenberger, E. O., Mather, N., Kaufman, N. L., & Kaufman, A. S. (2004). *Essentials of assessment report writing*. New Jersey: John Wiley & Sons, Inc.

Morrissey, S., & Reddy, P. (2006). *Ethics and professional practice for psychologists*. Australia: Thomson Social Science Press. Particularly relevant: Chapter 1, 3, 7 - 9, 11 - 14.

Psychology Board of Australia (PsyBA) Standards and Guidelines. Particularly relevant: Mandatory Reporting Guidelines; Professional Development Guidelines; Psychology Guidelines for; Advertising of Regulated Health Services; General registration standard; Provisional registration standard; Professional indemnity insurance arrangements registration standard; Recency of practice registration standard. <http://www.psychologyboard.gov.au/>

Victims of Crime. <http://www.nswccl.org.au/issues/victims.php>

Curriculum domains 2 (assessment) and 3 (intervention)

Candidates should refer to the test publisher's manuals for the relevant tests.

American Psychiatric Association. (2000). *Diagnostic and Statistical Manual of Mental Disorders* (4th ed., text revision). Washington, DC: Authors.

Andrews, G., & Slade, T. (2001). Interpreting scores on the Kessler Psychological Distress Scale (K10). *Australian and New Zealand Journal of Public Health*, 25(6), 494-497.

Barkham, M., & Mellor-Clark, J. (2003). Bridging evidence-based practice and practice-based evidence: Developing a rigorous and relevant knowledge for the psychological therapies. *Clinical Psychology and Psychotherapy*, 10, 319–327.

Brain Calipers Website. *Principles of the Mental Status Exam*.

http://www.psychler.com/images/Brain_Calipers.pdf

Bringhurst, D. L., Watson, C. W., Miller, S. D., & Duncan, B. L. (2006). The Reliability and Validity of the Outcome Rating Scale: A replication study of a brief clinical measure. *Journal of Brief Therapy*, 5(1), 23-30. (Available from <http://scottdmiller.com/?q=node/4> from papers section of website).

Campbell, A., & Hemsley, S. (2009). Outcome Rating Scale and Session Rating Scale in psychological practice: Clinical utility of ultra-brief measures, *Clinical Psychologist*, 13(1), 1-9.

Cooper, J.O., Herron, T.E., & Heward, W.L. (2007). *Applied behavior analysis* (2nd Ed). New Jersey: Pearson. Particularly relevant: Chapter 2 Basic concepts (p. 24-46) and Chapter 24 Functional behavior assessment (p. 500-524).

Cormier, S., Nurius, P. S., & Osborn, C. J. (2009). *Interviewing and change strategies for helpers: Fundamental skills and cognitive behavioral interventions* (6th ed.). USA: Brooks/Cole, Cengage Learning.

- Crawford, J., Cayley, C., Lovibond, P.F., Wilson, P.H., & Hartley, C. (2011). Percentile norms and accompanying interval estimates from an Australian general adult population sample for self-report mood scales (BAI, BDI, CRSD, CES-D, DASS, DASS-21, STAI-X, STAI-Y, SRDS, and SRAS). *Australian Psychologist*, 46, 3-14.
- Dewan, M. J., Steenbarger, B. N., & Greenberg, R. P. (2004). *The art and science of brief psychotherapies: A practitioner's guide*. VA: American Psychiatric Publishing, Inc. Particularly relevant: Chapter 2 - 7, 10. .
- Teyber, E., & Holmes McClure, F. (2011). *Interpersonal process in therapy: An integrative model* (6th ed.). USA: Cengage. Particularly relevant: Chapter 2, 3, 6, 9, 10.
- Flanagan, D. P., & Kaufman, A. S. (2009). *Essentials of WISC-IV assessment* (2nd ed.). New Jersey: Wiley.
- Folstein, M. F., Folstein, S. E., & McHugh, P. R. (1975). "Mini-mental state," a practical method for grading the cognitive state of patients for the clinician. *Journal of Psychiatric Research*, 12, 189-198.
- Furukawa, T. A., Kessler, R. C., Slade, T., & Andrews, G. (2003). The performance of the K6 and K10 screening scales for psychological distress in the Australian National Survey of Mental Health and Well-Being. *Psychological Medicine*, 33, 357-362.
- Groth-Marnat, G. (2009). *Handbook of psychological assessment* (5th ed.). New Jersey: Wiley. Particularly relevant: Chapter 1 - 7 and 13 - 15.
- Hawes D.J., & Dadds M.R. (2004). Australian data and psychometric properties of the Strengths and Difficulties Questionnaire. *Australian and New Zealand Journal of Psychiatry*, 38, 644-651.
- K-10 information. www.workcover.com/public/download.aspx?id=791;
<http://www.abs.gov.au/ausstats/abs@.nsf/mf/4817.0.55.001#3.%20Scoring%20the%20K10>
- Kessler, R. C., Andrews, G., Colpe, L.J., Hiripi, E., Mroczek, D. K., Normand, S. L. T., et al.(2002). Short screening scales to monitor population prevalences and trends in non-specific psychological distress. *Psychological Medicine*, 32, 959-976.
- Kessler, R. C., Barker, P. R., Colpe, L. J., Epstein, J. F., Gfroerer, J. C., Hiripi, E, et al. (2003). Screening for serious mental illness in the general population. *Archives of General Psychiatry*, 60(2), 184-189.
- Leahy, R. L., Holland, S. J., & McGinn, L. K. (2011). *Treatment plans and interventions for depression and anxiety disorders* (2nd ed.). New York: The Guilford Press.
- Lichtenberger, E. O. & Kaufman, A. S. (2009). *Essentials of WAIS-IV assessment*. New Jersey: Wiley.
- LIFE Suicide and self-harm prevention website. <http://www.livingisforeveryone.com.au/>
- Lovibond, S. H., & Lovibond, P.F. (1995). *Manual for the Depression Anxiety Stress Scales* (2nd ed.). NSW: Psychology Foundation Monograph. <http://www2.psy.unsw.edu.au/groups/dass/>
- Mathai, J., Anderson, P., & Bourne, A. (2003). Use of the Strengths and Difficulties Questionnaire as an outcome measure in a child and adolescent mental health service. *Australasian Psychiatry*, 11, 334-337.
- Mellor, D. (2005). Normative data for the Strengths and Difficulties Questionnaire in Australia. *Australian Psychologist*, 40, 215-222.
- Miller, S. D., Duncan, B. L., Brown J., Sparks, J. A., & Claud, D. A. (2003). The Outcome Rating Scale: A preliminary study of the reliability, validity and feasibility of brief visual analogue measure. *Journal of Brief Therapy*, 2(2), 91-100. (Available from http://heartandsoulofchange.com/downloads/research/ORS_JBT.pdf). .
- Morey, L. C. (2003). *Essentials of PAI Assessment*. New Jersey: Wiley.
- NSW Health (2004). *Suicide Risk Assessment and Management Protocols: Community Mental Health Service*. http://www.health.nsw.gov.au/pubs/2004/pdf/community_mental_hlt.pdf

- Pearce, C. (2009). *A short introduction to attachment and attachment disorder*. London: Jessica Kingsley Publishers.
- Preston, J. & Johnson, J. (2011). *Clinical psychopharmacology (made ridiculously simple)*. (7th ed.). Florida: MedMaster.
- Rudd, M. D. (2006). *The assessment and management of suicidality*. USA: Professional Resource Press. <http://www.amhd.org/Provider/Resources/AssessManagement.pdf>
- Shedler, J. (2010). The efficacy of psychodynamic psychotherapy. *American Psychologist*, 65(2), 98-109.
- Strengths and Difficulties Questionnaire. <http://www.sdqinfo.org/>
- Snaith, R. P. (2003). The hospital anxiety and depression scale. *Health and Quality of Life Outcomes*, 1(29) <http://www.hqlo.com/content/1/1/29>
- Thomas, J. C. & Hersen, M. (2011). *Understanding research in clinical and counseling psychology* (2nd ed.). New York: Routledge.
- Usher, K., Foster, K., & Bullock, S. (2008). *Psychopharmacology for health professionals*. NSW: Elsevier Australia.
- Zarit, S. H., & Zarit, J. M. (2006). *Mental disorders in older adults: Fundamentals of assessment and treatment* (2nd ed.). New York: Guilford Press. Particularly relevant: Chapter 2, 3, 7, 8.