

# Preface

Professional development in psychology is heavily emphasized, but not standardized. It is this incongruence that has served as the catalyst to complete this text. In its infantile stages, this book began in 2010; during our graduate schooling, we regularly documented topics and areas that we would like to explore further. After years of collaboration, the “a-ha” moments and the “I would have liked to have known that earlier!” thoughts culminated into this writing with hopes of benefitting fellow early career professionals in psychology. Given the emphasis in psychology to standardize training, the goal of this text is to serve as a vehicle to standardize professional development.

This text is organized in 14 chapters. The primary focus of the earlier chapters is to develop a strong personal and professional foundation. The rationale for these components is to develop a solid core to build off of. In other words, you cannot build a house until you complete the “underground” work. After this foundation, the goal of the middle chapters is to serve as a platform for information gathering and action-oriented activities. For example, it is important to understand your licensing board (information gathering) as well as the dissertation process (action). The later chapters continue to focus on action but are much more specific; authors review specific components of the curriculum vitae, examine the future of 13 areas in psychology, and provide recommendations for the early career professional.

Lastly, and perhaps most exciting, is the list of professionals who volunteered their time to strengthen the quality of this text. In “The Future in Psychology” chapter, we consulted with experts in a variety of areas in psychology. Since we obviously cannot have current expertise in every area of psychology, we included expert practitioners, academics, and researchers in these areas to help us provide an accurate “state of the discipline.” Without these professionals, we would not be able to provide you, the reader, with the in-depth information that you are seeking.

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