

Fact Sheet Behavioral Psychology

Name of Specialty:

Behavioral Psychology

Formal Specialty Definition:

The specialty of Behavioral Psychology emphasizes an experimental-clinical approach to the application of behavioral and cognitive sciences to understanding human behavior and developing interventions to enhance the human condition. Behavioral psychologists engage in research, education, training, and clinical practice regarding a wide range of problems and populations. The distinct focus of behavioral psychology is twofold: (a) its heavily reliance on an empirical approach; and (b) its theoretical grounding in learning and behavioral analysis theories, broadly defined, including respondent conditioning, operant learning, social learning, cognitive sciences, and information processing models. Currently, there are four sub-areas of Behavioral Psychology which share theoretical foundations in learning theory and a common approach to case conceptualization: applied behavior analysis, behavior therapy, cognitive-behavior therapy, and cognitive therapy. Empiricism is a hallmark of Behavioral Psychology, consequently it relies heavily on those assessment and intervention procedures that have been found to be empirically supported.

Levels of Specialty Training:

Post-Doctoral

Specialty Board Certification¹:

Board Certification in Behavioral Psychology is available through the American Board of Cognitive and Behavioral Psychology (ABCBP—formerly the American Board of Behavioral Psychology), which is a Specialty Board of the American Board of Professional Psychology (ABPP). The Board Certification from ABPP may be now referred to as Board Certification in Cognitive and Behavioral Psychology. In addition, psychologists and other professionals can seek board certification in applied behavior analysis through the Behavior Analyst Certification Board® (BACB®); the BACB certifies behavior analysts. The BACB certification is not psychological certification; instead, the BACB's certification reflects the practice of applied behavior analysis in a variety of professional fields.

Source(s) of Specialty Recognition: (Indicate yes or no.)

- a) APA/CRSPPP recognition of specialty? YES
- b) ABPP recognition of specialty? YES

Synarchy Membership: (Provide the names of organized psychological groups that currently make up the official specialty synarchy). Also provide information regarding the following:

Related Groups in Professional Psychology:

American Board of Cognitive and Behavioral Psychology
American Academy of Cognitive and Behavioral Psychology
Division 25 (Behavior Analysis), American Psychological Association

Related Non-Psychology Groups:

Association for Behavior and Cognitive Therapies (formerly Association for the Advancement of Behavior Therapy)
Behavior Analyst Certification Board
Association for Behavior Analysis

Specialty Related Web Links:

www.abainternational.org (Association for Behavior Analysis)
www.americanacademyofbehavioralpsychology.org (American Academy of Cognitive & Behavioral Psychology)
www.aabt.org (Association for Behavioral and Cognitive Therapies)
APA Division 25 - Behavior Analysis (Division 25, American Psychological Association)
<http://www.personal.kent.edu/~edowd/ABPP/> (American Board of Cognitive and Behavioral Psychology)
www.bacb.com (Behavior Analyst Certification Board)
