

Research on Competency of Foreign Clinical Psychologists Based on Innovative Thinking

Huaxi Yin¹, Wenli Wu²

¹Xi'an International University, Xi'an Shaanxi, 710077, China

²South China University of Technology, Guangzhou Guangdong, 510641, China

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Abstract: Innovative thinking has a linear starting point, namely divergent thinking. There is also a linear end point, that is, concentration. The psychological mechanism of thinking innovation process activates subconscious thinking through conscious long-term thinking. Education and training based on the competency of clinical psychologists make the research of competency become a hot topic in psychology. This paper introduces the competency of foreign clinical psychologists from three aspects: Scientific brain, psychological intervention and requirements of psychological measurement. On this basis, it summarizes the main experience of clinical psychologist training abroad: to meet the different needs of different levels of training objects through the design of stage training objectives; At the same time, it introduces the current evaluation methods of professional competency in clinical psychology abroad, and looks forward to the development direction of competency evaluation, so as to provide reference for the research of professional competency in our country.

1. Introduction

Competency studies originated from career development. At the beginning of the 20th century, Taylor, the father of management science, launched the "Management Competency Movement" to divide complex work into a series of simple steps through "time-action" research to identify the requirements of different jobs for competence [1]. Professional competency characteristics related to clinical psychology can be defined as: in order to serve the interests of communities and individuals, communication, knowledge, skills, clinical reasoning, emotion, values, etc. must be used and applied wisely in daily practice [2]. Especially in recent years, the competency based school psychologist training model gradually developed in the United States and played a decisive role in the quality of school psychologist training, and was recognized and imitated by many western countries [3]. Innovative thinking is a complex problem involving many disciplines. This paper only discusses its process, characteristics, main influencing factors and its cultivation and development from the perspective of innovative thinking. This paper systematically expounds the competency of foreign clinical psychologists.

2. The Essence of Innovative Thinking

2.1 Difference

Innovative thinking in the process of innovative activities, especially in the initial stage, seeking the opposite sex is especially obvious. It requires attention to the difference and particularity of objective things, and to the inconsistency between phenomena and essence, form and content [4]. In the conscious thinking process of thinking innovation, the human brain not only needs to maintain long-term thinking, overcome many obstacles, constantly find the regularity of the connection between the essential attributes of things and things themselves, consume brain power, and mobilize and accumulate subconscious intelligence. The concept of competency features focuses on deep features that can effectively predict job performance, fundamentally changing the situation that traditional job analysis places too much emphasis on shallow features such as knowledge and skills

[5]. In the training plan, the relative balance between scientific training and practice is ensured, and it is considered that clinical psychologists must receive training to ensure that they are creators of scientific research rather than just using psychological research results. So is innovation. Generally speaking, people have the psychology of blind obedience and superstition to the common phenomena and the existing authoritative conclusions, and the thinking of seeking the opposite sex is not rigidly bound by the routine, not credulous in the authority [6]. Whether it is the way and method of thinking, or the process and result of thinking activities, innovative thinking is different from traditional thinking activities.

2.2 Associativity

Association is a method that innovators often use when thinking creatively, and it is easier to see results. Whether one can actively and effectively use association is related to one's association ability. A person's potential characteristics (motivation, characteristics, skills, social roles, self-image, knowledge, etc.) make him achieve outstanding performance in a job position. Therefore, clinical psychologists should receive lifelong training to acquire new knowledge [7]. Foreign licensing laws also stipulate that clinical psychologists must attend various continuing education courses or academic conferences after obtaining licenses. Through conscious efforts and exploration, the original knowledge will be repeatedly thought and reorganized, which will unconsciously contain the germination of innovative thinking in the subconscious and stand by and flourish. However, if we can consciously use this way in innovative thinking, it is an important prerequisite for effective use of association [8]. There is a certain correspondence between everything, which is the objective basis for people to adopt Association. Clinical psychologists are encouraged to expand their research questions and methods (such as qualitative research methods) to effectively clarify the behavior of various populations and conduct effective interventions.

2.3 Divergence

The purpose of logical thinking is often to find a correct answer, that is, its answer has the characteristics of single solution and correctness. On the contrary, divergent thinking is an open thinking. Its process is to start from a certain point, to diverge arbitrarily, without a certain direction or scope. In this kind of relationship, enthusiasm, sympathy, sincerity, respect for other people's culture, belief, values, even personal organization and personal hygiene are all important qualities. These characteristics of personality can be continuously improved in practice. People actively look for the relationship between things through conscious thinking, and on the premise of mastering their internal corresponding relationship, they can think freely and try to come up with unique ideas. Promote the socialization of students and develop their life skills at the same time. Clinical psychologist should master the knowledge of human physiological and psychological development process, and use this knowledge to promote the development process of students. Divergent thinking can produce many alternative schemes, methods and suggestions, and can put forward some unique and unexpected opinions to solve some seemingly unsolvable problems.

3. Competency of Intervention Function of Clinical Psychologists

3.1 Ability to establish therapeutic relationships

Most interventions require clinical psychologists to establish an effective relationship with visitors, which is the basis for effective intervention. A strong treatment alliance can ensure that visitors have positive changes and continuous growth. Once the thinking pattern is formed, the possibility of adopting innovative ideas will be reduced. Stereotype of thinking has positive significance for routine decision-making and routine work, but it has great negative effect for unconventional decision-making. This is the basic competency of workers, which is easy to be perceived and easy to change, but cannot predict the future. In terms of cross-cultural differences in personal characteristics, whether the foreign personal qualities and skills of professional knowledge in a particular job are the same as those in China. However, no matter what kind of society or era

they live in, there are always very few people who first put forward new ideas and found new things. The desire for innovation is the power source of thinking innovation. The size of the desire for innovation directly determines the start, continuity and termination of thinking innovation activities. Up to now, there have been a lot of relevant researches in China, and they are still emerging in an endless stream in recent years. These studies are gradually changing from the original large-scale general positions to the research of some specific positions. But if someone lacks these qualities, they cannot be taught. It can be seen that as a competent clinical psychologist, there are personality requirements.

3.2 Know how to deal with visitors from different cultural backgrounds

In psychological intervention, the age, gender, gender identity, race, culture, religion, sexual orientation, disability, language and socio-economic status of the visitors should be fully considered, because cultural incompatibility will hinder successful treatment. When a person studies an innovative problem as his unswerving goal, a corresponding excited area will be established in the cerebral cortex, and the sensitivity of the human nervous system to the external things will be greatly enhanced. In the United States, evaluation, consultation, intervention and prevention are the four core functions of clinical psychologist, of which evaluation is the most basic and important one. clinical psychologists must distinguish the problems caused by visitors' culture, cultural adaptation and beliefs in the treatment process. As long as you have experience in one area, you will be able to deal with problems in this area with ease. However, we should also see that experience is a relatively stable thing, which may lead to people's over-reliance on it and even worship, forming a fixed mode of thinking, resulting in a decline in innovative thinking ability. According to U.S. federal laws or local regulations of various states, these students with learning disabilities should receive special education. clinical psychologist will also be responsible for providing personalized educational services for these students in schools and improving their learning ability through psychological intervention.

3.3 Other competency characteristics during psychological intervention

In their work, clinical psychologists need to consider the matching of the intervention plan and the personality of the visitors, choose the appropriate time to implement the intervention strategy and seek the help of supervision, which can effectively deal with common clinical problems and some crises. In addition, personal experience only grasps the common things in content and ignores the rare and accidental things. However, in every specific real environment, there will always be a large number of rare and accidental things. Scholars usually establish a general competency model for enterprise managers, but the competency required by different industries and enterprises of different natures are different. Thinking in the process of innovation, it is inevitable to combine the existing knowledge with the new knowledge and master the information of all aspects of things, so as to analyze the essential relationship between things. For example, visitors with suicidal and homicidal tendencies are aware of the possible impact of the therapist on the treatment process, ensure that personal problems do not affect the intervention, and can choose the right time to end the treatment. In recent years, the work role of clinical psychologist in the United States is gradually changing from a traditional psychometrist to a professional psychologist with more diversified service functions, and their work responsibilities are more inclined to solve students' mental health problems. In order to understand their own self-preparation to provide professional services in various situations. In addition, the work of clinical psychologists should be examined and evaluated by colleagues and supervisors.

4. Evaluation of Competencies of Clinical Psychologists

4.1 Supervision feedback

Supervision is very important for the development of clinical psychologists' working ability. The supervision process is a feedback process of professional competency assessment. Supervision can

help the supervised to improve their ability to understand their own problems in psychotherapy, and realize the negative effects that their special habits such as their ability limits, blind spots, personal characteristics and language behaviors may have on the intervention process. Another way to solve this problem is to increase the thinking perspective in your mind as much as possible and learn to observe the same problem from various angles. Expert-level training focuses on the competencies required to implement psychological services specified or authorized by federal or state laws in public schools. All aspects of things may stimulate exciting areas and lead to the initiation of new ideas. In this way, the opportunity of thinking innovation is greatly improved. It can be said that in the path of innovative thinking, intuition and inspiration are the same. Intuition and inspiration can help scientists make predictions in innovation activities. But up to now, most clinical psychologists have not received training and supervision in the field of supervision. This stage training goal design, which is composed of three levels, well considers the different needs of different basic level training objects, and helps to increase the flexibility of the whole training system while ensuring the training effect.

4.2 Qualification authentication

As a clinical psychologist, license is not the guarantee of competence, but it shows the most basic competence of the entry-level profession to the public. It is necessary to accumulate conscious knowledge, master relevant information as much as possible, be familiar with the essence of the problem to be solved and the purpose to be achieved, so as to generate inspiration for thinking innovation. In terms of management ability, clinical psychologist must be able to develop mental health activities based on school environment and manage high-risk students; in terms of morality and laws and regulations, clinical psychologist must also be familiar with various educational laws and policies, as well as laws and moral standards related to students' rights and interests. Then pass the national qualification examination for psychology major, which covers all fields of psychology and is comprehensive in content. In some U.S. states, interviews are also required to examine the candidates' clinical skills. Research in scientific psychology shows that intuition and inspiration are linked to the continuous search for innovative motivation and thinking methods, and are premised on the innovator's continuous exploration of task-solving methods. Innovation and inspiration do not fall from the sky. The main reason lies in their belief that clinical psychologists do not have sufficient understanding of providing comprehensive psychological services in a school environment and do not have the necessary competency for clinical psychologist.

4.3 Prospects for future competency assessment

Due to the diversity of definitions of professional competence and the multiple roles played by clinical psychologists (such as scientific research, intervention, measurement, etc.), researchers have put forward some suggestions for future evaluation of professional competence in the field of clinical psychology. The first way to improve the association ability is to increase knowledge and experience, which are poor in knowledge and experience and difficult to have rich association ability. Secondly, reasonable association methods should be adopted to avoid disorderly and fragmented fancies. Another is to form a good habit of observing things. Thinking in the process of innovation, it is inevitable to combine the existing knowledge with the new knowledge and master the information of all aspects of things, so as to analyze the essential relationship between things and find out the breakthrough of innovation inspiration. The view of development should be the basis of competency evaluation. The assessment tool should be developed. Its reliability, validity and fairness are consistent, and it is applicable to both the present and the future. Some researches show that the development of the trainees' competency presents certain stages and levels in the process of training, and they will go through three stages successively: novice stage, transition stage and advanced stage. clinical psychologists have different stages of development from novice to expert. Therefore, to evaluate the same competency, different stages of development should be considered, and the basic competency of entry-level professionals should be clarified. We should not only pay attention to the relationship between things in the same place and at the same time, but also pay attention to the relationship between current things and past things, and pay attention to the

relationship between what we encounter and our own experience and knowledge.

5. Conclusion

To sum up, the evaluation of training effect of foreign clinical psychologists is essentially to measure and evaluate the level of competency of foreign clinical psychologists possessed by students. The match between personality and clinical psychologist should be considered as a content of competency, because some competency can be trained, but some are innate; knowledge is easier to be evaluated, so more attention should be paid to the evaluation of attitude and values; for innovative thinking, thinking set is a negative thing, which makes the brain ignore Things and ideas other than stereotypes. Of course, this contingency is an innovative thinking based on long-term accumulation. However, this innovative feature of thinking actually reflects the inherent regularity of the transformation of people's innovative thinking movement from quantitative change to qualitative change. Nor is it the product of whim or brainwave. It is the result of long-term tenacious work diligently pursued by innovators. What can be determined is that there is no ideal method or technology universally applicable to all competency assessment. How to properly match the competency to be assessed with the corresponding assessment methods is the key to ensure the accuracy and reliability of the assessment results.

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