Difference Between Internship and Postdoc Selection

1. Is there a match for Postdocs?
   - There is not a match for Postdocs. For Postdocs, there are the APPIC Selection Guidelines, but they are not mandated.
   - See the APPIC Postdoc webpage. There is a wealth of resources to help applicants and programs learn about and navigate the postdoctoral selection process. Many of these resources will be referenced throughout this document. [https://www.appic.org/Postdocs](https://www.appic.org/Postdocs)

2. Is there an imbalance between postdoc positions and applicants?
   - There is an imbalance favoring postdoctoral applicants, but nobody knows how large that gap is because not all postdoctoral positions are advertised nationally or known about in advance.

3. Is the postdoc application and selection process standardized like the internship process?
   - Internship has a standardized application process for all APPIC member programs using the APPIC Directory Online, the AAPI, and the Match. For postdocs, the APPIC Postdoc Committee is trying to organize application and selection processes but there is no mandated standardization, as there is for internship. We are trying to accomplish this through the Universal Psychology Postdoctoral Directory (UPPD), APPA (APPIC Psychology Postdoctoral Application) CAS and the Selection Guidelines. See [https://www.appic.org/Postdocs](https://www.appic.org/Postdocs). Postdoctoral programs are still free to handle the application and selection process however they wish. However, last year, over 87% of clinically oriented programs in the UPPD agreed to follow the Selection Guidelines and the Uniform Notification Date. We recommend Reviewing the new Timeline documents on the APPIC site [https://www.appic.org/Postdocs/Postdoctoral-Selection-Guidelines/Timelines-for-Postdoctoral-Selection](https://www.appic.org/Postdocs/Postdoctoral-Selection-Guidelines/Timelines-for-Postdoctoral-Selection)

4. Is the process for securing a postdoc in Neuropsychology different?
   - In Neuropsychology, there is a national match system sponsored by APPCN (Association of Postdoctoral Programs in Clinical Neuropsychology); however, not all programs participate. Many of the programs that do not participate may make offers earlier than the APPCN match date. For neuropsychology programs you are considering, make sure you understand whether the program participates in the match, and if not, what their timeline is regarding interviews and offers. We recommend Reviewing the new Neuropsych applicant Timeline document on the APPIC site [https://www.appic.org](https://www.appic.org).
Purpose and Type of Postdocs

1. Do I need to do a postdoctoral fellowship?
   - Postdoctoral training is for advanced or specialized training as opposed to the broad and general training received on internship. Applying to a postdoc typically would not be in lieu of a job or just for supervised hours for licensure. Specialized postdoctoral training may be required to market yourself for a particular type of position or specialty practice. There are many reasons to seriously consider postdoctoral training, above and beyond what can be covered in this FAQ. Please see Silberbogen et al. (2018) for a review of the purpose and function of postdoctoral training and considerations that one might make depending on several professional and personal factors.

2. What are some career paths or specialties that might necessitate a postdoctoral fellowship versus a career path that does not?
   - Practicing in recognized specialty areas (e.g., neuropsychology, health psychology, and rehabilitation psychology) often require formal postdoctoral training. It is recommended that applicants become familiar with the formal Education and Training Guidelines for the specialty http://cospp.org/guidelines, as well as the requirements to become board certified (ABPP) in that area. http://www.abpp.org/i4a/pages/index.cfm?pageid=3286. Board certification is more often becoming a requirement, particularly in academic medical centers, so it is an important consideration.
   - Trainees who are interested in launching a research career typically do complete a postdoctoral fellowship for more focused experience in manuscript development and grant writing.

3. How much does your postdoctoral fellowship set the direction of your career path?
   - Postdoctoral programs, ideally, provide specialized or advanced training in recognized specialties or focused areas, as well as critical mentorship and professional development. Such advanced or specialized training may help you secure jobs in those areas. With the exception of recognized specialty areas (see the question above), completing a postdoc may be an advantage but is not absolutely critical for certain career paths. It is highly recommended that you seek
guidance and mentorship from individuals in career paths of potential interest and seek out resources to make well-informed decisions.

4. Do I need to attend an APA-accredited postdoctoral fellowship or an APPIC-member postdoctoral fellowship?
   - It is important to consider the quality of a program and its focus on training. Accredited postdoctoral programs undergo a rigorous review process and APPIC has clear membership criteria that is reviewed by the APPIC membership committee. There are good non-accredited and non-APPIC member postdoctoral programs, but one would be advised to consider other markers for the quality of the program such as reputation and talking to your internship TD or to past postdocs. Postdoctoral training should occur within a program with a clear curriculum and training plan.
   - Completing an APA accredited or APPIC member postdoc may simplify the licensure process most states do not require it.

5. Do you have to complete your postdoc in the state in which you want to become licensed?
   - No. Each state has different licensure requirements. Some require accrual of postdoctoral hours and some do not. States can differ significantly on what type of hours qualify for licensure. It is recommended that postdoc applicants become familiar with the licensure requirements in states of interest to make sure all potential postdoctoral programs meet those requirements. No US states or Canadian Provinces require a formal postdoctoral training program.
   - As you consider the possibility of a postdoctoral position, also keep in mind the possibility of unplanned life changes. Even if you live in a state that does not require postdoctoral hours for licensure, that does not mean that you might not need to move to one that does in the future. Please review the licensing requirements of all states to prevent any surprises in the future. Contact information for state and Canadian Province boards can be found on the ASPPB website: http://www.asppb.net/?page=BdContactNewPG

6. What do the terms “specialty training”, “emphases”, and “focus” mean? How are they different?
   - The term “specialty” refers to recognized specialties that are recognized by the Council of Specialties (e.g., Forensic Psychology or Clinical Neuropsychology). There are clear Education and Training Guidelines for recognized specialties. “Emphasis areas” can resemble areas of specialization but may include other areas of concentration or focus in an area that is not a recognized specialty. For more specifics, please refer to APA Taxonomy https://www.apa.org/ed/graduate/specialize/taxonomy.pdf

7. What are the risks of arranging your own supervised experience as a “postdoc?”
• Such experiences are not part of a formalized training experience. Some providers are just doing it for financial reasons and may not be very committed to training. There are no real assurances on the quality of overall training and supervision. Some licensure boards make it much more difficult to get licensed without a formal postdoc sometimes results in longer supervised clinical experiences, etc.

8. I am interested in several research postdocs, but clinical hours are often not a part of these positions (T32s, individual labs). What are some options I could consider/negotiate for trying to arrange these hours, in order to still get licensed?
   • T32 fellowships in behavioral science that interview individuals from clinical psychology are familiar with this question. As long as you make it clear that your main interest is in research training, it is permissible to ask if/how others who completed the program obtained hours for licensure.

9. Especially for research-oriented post-docs, would you recommend emailing prospective supervisors before applying to introduce yourself, confirm that there is an available post-doc position, and inquire about whether your interests and experiences would be a good fit for the postdoc?
   • Yes. Research mentors are used to receiving emails querying the availability of postdoctoral training under their mentorship. They may have information about pending grants that have not been posted yet. It is appropriate to email them to inquire about availability and fit.

10. What makes you competitive for research postdocs?
    • Having clear research interests, and a CV that reflects some publications in that area, are important. Although not necessary, it is impressive if you have been able to obtain any funding for yourself (e.g., small pilot project, small foundation grant, travel award to conferences). Fit between your research interests and that of the prospective mentor is the most important factor.

11. If you're applying to a research postdoc, does that mean you should have extensive research experience beforehand?
    • Not necessarily. Many people find their passion, or preferred career trajectory, on internship and this can happen with research too. Be aware that you may be competing with other applicants who have more focused research experience, so you will have to clearly define why this path is important to you.

12. How do benefits, like family leave, work in postdoctoral programs?
    • Benefits, including those such as family leave, vary widely across training programs. It is best to ask the programs you are considering what benefits they offer especially related to family leave.

13. How negotiable are components of a postdoc position (e.g., start date, salary, reducing
Typically, there is not much room (or any) for negotiation with regard to salary and length of program. Some programs may be flexible regarding the start date (especially in a case where your internship end date falls after the start date for the postdoc). However, it is best to ask about these details in advance because some programs may not have any flexibility.

Universal Psychology Postdoctoral Directory (UPPD)

1. What is the UPPD?
   - The UPPD is a Universal Psychology Postdoctoral Directory. It was a recommendation borne out of the 2016 postdoctoral training Summit to have one place for applicants to search for all programs. There are advantages over the old APPIC directory (DOL) in that there are nearly 3 times as many programs listed (currently 1000+) and the search functions are more specifically geared towards postdoctoral training using specialty and emphasis areas as well as research foci. Programs do not have to be APPIC members to list their training positions within the UPPD.
   - The UPPD is different from the APPIC Directory On-line (DOL), which is likely very familiar, given that it is the main search engine for internship applications. All postdoctoral APPIC members are listed in the DOL (as well as the UPPD), but not all formal postdoctoral training programs are listed in the DOL. The UPPD is designed to be the “go to” place to get information on postdoctoral training opportunities.

2. Will all postdocs be listed in the UPPD?
   - We are getting close! We are working hard to recruit all programs to list themselves in the directory to provide more centralized search information.
   - It is likely that heavily research-focused programs and small private practice programs may choose not to list themselves in the directory. Some, but not all, neuropsych programs have listed their information in the UPPD.

3. How do I access the UPPD?
   - Via the APPIC Website. There are links off the APPIC Postdoc training page: https://www.appic.org/Postdocs/Universal-Psychology-Postdoctoral-Directory

4. Are all UPPD listings accredited in some way (e.g., APA or APPIC member)?
   - No, the UPPD programs are not vetted in any manner.
   - APA and APPIC membership are as both are markers of quality.
   - It would be important for you to do your research and ask questions to determine the quality of a program. Mentorship us key.

5. Are private practices allowed to post on the UPPD?
• Yes. The UPPD is open for all types of postdoctoral programs. There is no formal criteria or review process for a program to list themselves in the UPPD.
• Some are quality training experiences and some are not.

**International Postdoc Sites or Trainees**

1. Are there opportunities for international students for postdoc?
   • Yes. These may be limited though. It is best to read the program materials carefully and check with the training director.

2. Are there clinical postdocs in UK or Canada? Are there directories for international programs?
   • There are some postdoctoral experiences in the UK and Canada, but none are currently listed in the UPPD. This could change as programs are added all the time.
   • We are not aware of any directories of international postdoctoral programs in psychology.

**Application Process**

1. Should you try to get a postdoc where you want to work or settle down after the postdoc?
   • Many people take this approach and may choose to limit their postdoctoral search to geographic regions. It is also true that postdoc alums are often quite competitive for future jobs in the setting/institution/organization where they completed their postdoc.

2. If I have not defended my dissertation, should I even apply to a postdoc?
   • Yes – we would recommend that you apply for postdoctoral training positions as long as you are certain you will successfully defend prior to the start of the postdoc program.
   • Clinical and research programs generally have no flexibility and will not allow an ABD student to begin a postdoc, as they are not technically postdoctoral.

3. To how many programs should I apply?
   • There is no magic number. Although we don’t have data on how many applications will maximize the likelihood of obtaining a postdoc
   • The modal application number is around eight. This can vary based on type of postdoc program and geographical area.

4. What is the timeline for this process? When is program information available? When are applications due? When are interviews?
   • Since there is no formal structure to postdoctoral selection this varies by program.
However, for most programs that have a clinical training component to them, it is recommended that applicants start searching in early fall.

- Deadlines for applications tend to fall between December and January.
- Interviews typically occur in late January and February.
- Although not all programs will adhere to the APPIC suggested guidelines, the date programs are asked to make offers (the Unified Notification Date or UND) is 2/24/20.
- This can be variable for research positions depending on the source of funding. We recommend reviewing the new Timeline documents on the APPIC site [https://www.appic.org/Postdocs/Postdoctoral-Selection-Guidelines/Timelines-for-Postdoctoral-Selection](https://www.appic.org/Postdocs/Postdoctoral-Selection-Guidelines/Timelines-for-Postdoctoral-Selection)

5. How will this process work if I’m applying to both research and clinical postdocs?
   - This can be tricky, and there may be some conflicts as predominantly research focused programs may not be aware of or follow the UND of 2/24/20.
   - We recommend being frank with programs about the time frame for other programs you are interested in as you go through the application process.
   - We also recommend talking with your graduate and internship mentors to advise you through this process.
   - Review the timeline documents for both Clinical Applicants and Neuropsychology Applicants.

6. How does one handle applying for jobs and postdocs? What is the best way to communicate to both sites without missing out on an opportunity?
   - We recommend clear and transparent communication with all parties involved throughout the process is your best bet.

7. Does it hurt to apply to more than one track/specialty at the same site (such as a VA)?
   - Not necessarily. However, it will be important to make a strong case for why you are a good fit for each track of interest. You should also be prepared to discuss how you might rank the various tracks at each site.

8. Do you have any suggestions for people applying for positions in different settings than their internship (e.g., an emphasis area in a VAMC with no VA experience)?
   - Highlight the relevant experience that you do have (e.g., working in a large, busy, complex hospital) and illustrate how the new setting fits with your longer-term career goals.

9. What should I be aware of if I am applying to a postdoc program at the same site as my internship?
   - Ideally, your internship or the postdoc training director will talk about this with you, so that you can find out if there is preference given to internal applicants, and how consideration of internal candidates may affect time frames.
• Be aware that you may be competing with your classmates, who are also likely your internship support network. Be aware that, as an internal applicant, you may not be selected and that you may be faced with completing six more months of internship following the “rejection”.

10. What kinds of application materials do postdoc programs request?
• Programs differ in their requirements, but most require a CV, transcripts, a letter of interest demonstrating interest and fit, and letters of recommendation. Some will require work samples.
• Check the program’s UPPD listing, website or with the TD.
• Since programs may have different application requirements and timelines, it is recommended that applicants use a spreadsheet help track what programs require to apply and in important dates. See the sample spreadsheet developed by the APPIC Postdoc Committee
  https://www.appic.org/Portals/0/downloads/PostdocFiles/ApplicantSpreadsheet.xlsx

11. Do you have any tips on preparing a good cover letter/letter of interest? How does it look different from the internship cover letter?
• There will be similarities in that you want to address fit for both internship and postdoc. For a postdoc cover letter, you are striking a balance between describing both what you want to learn (something that is often strongly emphasized in internship cover letters) and what you will bring/contribute.

12. If you are not doing a research related postdoc, does it make sense to limit how much research experience is described on your CV?
• Not necessarily. You might drop long narrative descriptions of research experience, but it would still make sense to keep any publications, presentations, grants, and/or research related awards.

13. Is there a standardized reference letter for postdoc (like there was for internship)?
• No. Given the heterogeneity of postdoctoral program, programs often request different types of letters.

14. What kinds of letters of recommendation should I have and who should they be from?
• Read the program materials. The application instructions should specify if certain letters are needed (e.g., letter from internship TD verifying you are on track to successfully complete, letter for dissertation chair verifying defense or strong likelihood of defense). You should have at least one letter from an internship supervisor.

15. How relevant will supervisory/training experience be when applying? How heavily should it be referenced in an application?
• This will vary widely by training program. Read the program materials and consider asking the TD.

16. When do I need to use APPA-CAS (the centralized postdoctoral application)?
• Not all programs use this application process. Check the UPPD and the programs’ webpage for instructions on how to apply.
• Note: the base application needs to be completed to see what programs are listed. APPA CAS is very different and not as detailed as the AAPI. Separate letters are required for each individual program. See https://www.appic.org/Postdocs/Postdoctoral-Selection/APPA-CAS-Postdoc-Application-Information.

17. How much does APPA CAS cost per application?
• $35 to submit the first application and $25 for each additional application.

18. How do I request a phone/skype interview? (if I’m worried about money and/or time away from internship.)
• Some programs will indicate if they offer these types of interviews in their application materials. If they do not provide any information about this, it is very appropriate to ask.

APPIC Postdoc Selection Guidelines

1. How do I know if a program is following the APPIC postdoc selection guidelines?
• This will be indicated in the UPPD listing. It should also be listed on the program’s website or other public materials. If it is not listed, you can contact the training director and ask. See https://www.appic.org/Postdocs/Universal-Psychology-Postdoctoral-Directory-UPPD

2. What do I do if a program doesn’t know about the selection guidelines, or says they aren’t following them?
• Programs are free to choose whether they follow the guidelines. There is not an official rule requiring compliance.
• If a program’s notification date is earlier than the guidelines, you could ask how long they might allow applicants to hold offers. VA has agreed that all of its clinical postdoctoral programs will follow the guidelines.

3. How do I handle it if some of the programs I apply to are following the selection guidelines and others aren’t?
• There is no easy answer to this.
• For programs that are making offers before the suggested UND, you could ask them how long they will allow applicants to hold offers.
• It will be helpful to have a clear ranking of programs so that you know your
preferences as you are made offers. It is best to be prepared well before 2/24/20 if possible.

- It is important to get mentorship through the process as you get offers and advice about how to respond. See the new reciprocal offer clarification document [https://www.appic.org/Portals/0/downloads/PostdocFiles/Reciprocal%20Offer%20Details.pdf](https://www.appic.org/Portals/0/downloads/PostdocFiles/Reciprocal%20Offer%20Details.pdf)

4. In terms of being selected for a postdoc, how do programs usually contact you to offer a position? Phone call, email?
   - This varies by program. It is best to ask.
   - Make sure programs have your preferred contact information and that they have your contact information.
   - Work with your training director to be available during the time period offers are being made. That is 2/24/20 for the UND.

5. How long can I ask to hold an offer?
   - The guidelines suggest that programs offer at least two hours, but you can certainly ask for longer. It is best to ask the program how long the offer may be held.
   - Be warned that programs can say no to any request to hold an offer. It may be useful to explain why you need to hold an offer.
   - Know that holding offers, particularly after the recommended notification deadline, places a burden on the program as they may lose other applicants.

6. If I don’t accept an offer right away, will the postdoc program view me negatively if I wind up at that site?
   - The answer would hopefully be “no”, but it depends. It is best to be transparent with programs and behave in a professional manner.

7. When could or should I request a reciprocal offer? (If I get an offer from one program, but there’s another program I prefer, what do I do?) What do I do if this happens before February 24, 20 or if the selection guidelines aren’t being followed?
   - See the new reciprocal offer clarification document [https://www.appic.org/Portals/0/downloads/PostdocFiles/Reciprocal%20Offer%20Details.pdf](https://www.appic.org/Portals/0/downloads/PostdocFiles/Reciprocal%20Offer%20Details.pdf)
   - Not all programs will use the guidelines and adhere to the 2/24/20 notification date. Such programs may make you an offer at any time.
   - If that program is your top ranked program, you can contact your top ranked program and request a reciprocal offer.
   - The idea behind the reciprocal offer is so that programs will not lose their top ranked applicant; similarly, this prevents applicants from losing out on the opportunity to get their top ranked postdoc site, if they are also top ranked by the program.
   - If you request a reciprocal offer and the program is not able to respond to your request with an offer, it is permissible to ask where you stand in their rankings and
their time frame for decision-making to help inform your decision about the current offer from your less preferred program.

- See the reciprocal offer document for details.
- Mentorship through the process is highly recommended!

8. What if I request a reciprocal offer from my top ranked program and the program does offer me the position?
   - See above - You should take it! You should not request a reciprocal offer unless you are planning to take it if offered.
   - Programs may expedite or alter their processes to respond to your request and will expect an acceptance in response.

9. If I request a reciprocal offer, what kind of proof do I need to show that I have a "valid offer?"
   - If you request a reciprocal offer, the program may (or may not) request documentation that you have a valid offer. There are no official criteria for what programs may request to verify a valid offer.
   - Many programs will take your word for it. Some will request an email.
   - If you’re made an offer and you expect to request a reciprocal offer from another program you should ask for verification of the offer by email just in case it is needed.

10. What do I do if I accept a postdoc position?
    - Notify all programs to which you applied as soon as possible. This will be very helpful in informing those program’s selection decisions and facilitating swifter offers to their alternative candidates.

11. What do I do if I do not have an offer on February 24th.
    - Don’t panic. There are significantly more postdoctoral positions than applicants, so there will be many good positions still available. The time frame for advertising/posting postdoc positions is much more variable than with internships, and new positions also arise. The UPPD allows programs to indicate unfilled positions following 2/24/20. The UPPD allows applicants to then search for open positions. Many positions get filled after 2/24/20.

12. What if I do not have a position on the 24th and have not heard from all the programs I applied to?
    - It is very appropriate to ask the program(s) where you stand. It is possible they have an offer that is being held and you are still under consideration.

13. Are offers binding?
    - The postdoc selection process results in what is considered a professionally binding agreement between the training program and the applicant. It would be unusual and considered unprofessional to renege on an offer for a "better offer" after an
agreement was reached with the program/applicant. The exception would be grave personal circumstances where both the program and the applicant agree it is best to set aside the agreement. There are no formal consequences of reneging on an offer. Both program directors and applicants need to understand this is the same as a job offer and acceptance, it is a verbal contract.