

National psychology exam recommended reading list

August 2020 edition

This reading list is provided to help candidates prepare for the national psychology examination (NPE). The texts are not mandatory. Other resources are of comparable quality and relevance as those on this list.

The recommended readings are organised according to their relevance to curriculum domains. Sections of some publications are noted as particularly relevant.

The recommended reading list is updated from time to time as new editions and other resources become available. Supervisors and examination candidates should check the website regularly.

The Board welcomes recommendations for the list. They can be sent to: psychologychair@ahpra.gov.au.

For information on the curriculum, please see the Board's *National psychology examination curriculum* at <https://www.psychologyboard.gov.au/Registration/National-psychology-exam.aspx>.

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

Australian Indigenous Psychology Education Project (AIPEP). Retrieved from <http://www.indigenouspsyched.org.au/>.

Australian Psychological Society (2018). *Evidence-based psychological interventions in the treatment of mental disorders: A review of the literature*. (4th edition). Retrieved from <https://www.psychology.org.au/getmedia/23c6a11b-2600-4e19-9a1d-6ff9c2f26fae/Evidence-based-psych-interventions.pdf>

Dudgeon, P., Milroy, H. & Walker, R. (2014). *Working together: Aboriginal and Torres Strait Islander mental health and wellbeing principles and practice* (2nd ed.). Australia: Commonwealth of Australia. Retrieved from: <https://www.telethonkids.org.au/globalassets/media/documents/aboriginal-health/working-together-second-edition/working-together-aboriginal-and-wellbeing-2014.pdf>

Healing Foundation (2018, December 11). *Glossary of healing terms: A guide to key terms related to Aboriginal and Torres Strait Islander healing*. Retrieved from https://healingfoundation.org.au/app/uploads/2020/07/HF_Glossary_of_Healing_Terms_A3_Poster_Jul2020_V1.pdf

International Declaration of Core Competences in Professional Psychology (2016). Retrieved from http://www.psychologistsboard.org.nz/cms_show_download.php?id=429.

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*. United Kingdom: Wiley & Sons Inc.
Particularly relevant: Chapter 10 and 11.

American Psychological Association (2019). *Publication manual of the American Psychological Association* (7th ed.). Washington, D.C.: American Psychological Association.

- Australian Psychological Society (2007) *APS Code of Ethics*. Retrieved from <https://www.psychology.org.au/About-Us/What-we-do/ethics-and-practice-standards/APS-Code-of-Ethics>
- Australian Psychological Society. *APS Ethical Guidelines*. Retrieved from <https://www.psychology.org.au/About-Us/What-we-do/ethics-and-practice-standards>.
- Boyle, C. & Gamble, N. (2014). *Ethical practice in applied psychology*. Melbourne: Oxford University Press.
- Grenyer, B.F.S. & Lewis, K. (2012). Prevalence, prediction and prevention of psychologist misconduct. *Australian Psychologist*, 47, 68-76.
- Robinson, L., Saisan, J. & Segal, J. (2019, June). *Elder abuse*. Retrieved from <http://www.helpguide.org/articles/abuse/elder-abuse-and-neglect.htm>.
- Frankcom, K., Stevens, B. & Watts, P. (2016). *Fit to practice: Everything you wanted to know about starting your own psychology practice in Australia but were afraid to ask*. Samford Valley, QLD: Australian Academic Press.
- Health Practitioner Regulation National Law Act of 2009 . Retrieved from <https://www.ahpra.gov.au/about-ahpra/what-we-do/legislation.aspx>.
Particularly relevant: Part 7: Registration of health practitioners, Part 8: Health, performance and conduct.
- 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 and 12.
- Kennedy, R., Richards, & J., Leiman, T. (2016). *Integrating human service law, ethics and practice* (4th ed.). South Melbourne, VIC: Oxford University Press.
- Morrissey, S., Reddy, P., Davidson, G. & Allan, A. (Eds.) (2015). *Ethics and professional practice for psychologists* (2nd ed.). Melbourne, VIC: Cengage Learning Australia.
- Schneider, W.J., Lichtenberger, E.O., Mather, N. & Kaufman, N.L. (2018). *Essentials of assessment report writing* (2nd ed.). New Jersey: Wiley & Sons Inc.
- Psychology Board of Australia (PsyBA) Standards and Guidelines. Retrieved from <http://www.psychologyboard.gov.au/Standards-and-Guidelines.aspx>.
- Particularly relevant:
- *Guidelines for mandatory notifications*
 - *Guidelines on continuing professional development*
 - *Guidelines for advertising regulated health services*
 - [Guideline on professional indemnity insurance for psychologists](#)
 - *Recency of practice registration standard*
 - [Social media policy](#)
- Victims of Crime. State and territory websites. Retrieved from:
- <http://www.victimsupport.act.gov.au/>
 - <http://www.victimsservices.justice.nsw.gov.au/>
 - <https://nt.gov.au/law/crime/financial-help-for-victims-of-crime/crime-victims-services-unit-contacts>
 - <https://www.qld.gov.au/law/crime-and-police/victims-of-crime/>
 - <http://www.voc.sa.gov.au/>
 - <http://www.justice.tas.gov.au/victims/services/victimsofcrime>
 - <http://www.victimsofcrime.vic.gov.au/>
 - <http://www.victimsofcrime.wa.gov.au/>

Curriculum domains 2 (assessment) and 3 (intervention)

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

American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC: American Psychiatric Association.

Australian Psychological Society (2018). *Practice guide for the use of psychological tests and instruments*. Retrieved from <https://www.psychology.org.au/for-members/resource-finder/resources/assessment-and-intervention/Tests-and-testing-guides/use-of-psychological-tests>

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.

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. Retrieved from <http://www.scottdmiller.com/wp-content/uploads/JBTORSReplication.pdf>.

Cooper, J.O., Herron, T.E. & Heward, W.L. (2019). *Applied behavior analysis* (3rd ed.). New Jersey: Pearson.
Particularly relevant: Chapter 2 Basic concepts and principles and Chapter 27 Functional behavior assessment.

Cormier, S., Nurius, P. & Osborn, C.J. (2016). *Interviewing and change strategies for helpers*. (8th 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, CRS, 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. (2017). *The art and science of brief psychotherapies: A Practitioner's Guide* (3rd ed.). VA: American Psychiatric Publishing, Inc.

Flanagan, D.P. & Alfonso, V.C. (2017). *Essentials of WISC-V assessment*. New Jersey, USA: John Wiley & Sons.

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.

Groth-Marnat, G. & Wright, A.J. (2016). *Handbook of psychological assessment* (6th ed.). New Jersey: Wiley & Sons Inc.

K-10 information. Retrieved from;
<http://www.abs.gov.au/ausstats/abs@.nsf/lookup/4817.0.55.001Chapter92007-08>

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.
Retrieved from: <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/207204>

Kroenke, K., Spitzer, R.L., Williams, J.B.W. & Löwe, B. (2010). The Patient health questionnaire somatic anxiety and depressive symptom scales: A systematic review. *General Hospital Psychiatry*, 32 (4), 345-359.

Leahy, R.L., Holland, S.J. & McGinn, L.K. (2012). *Treatment plans and interventions for depression and anxiety disorders* (2nd ed.). New York: The Guilford Press.

Lichtenberger, E.O. & Kaufman, A.S. (2013) *Essentials of WAIS-IV assessment* (2nd Ed). New Jersey: Wiley & Sons Inc.

Life in Mind. *Suicide Prevention*. Retrieved from <https://www.lifeinmindaustralia.com.au/>.

- Lovibond, S.H. & Lovibond, P.F. (1995). *Manual for the Depression Anxiety Stress Scales* (2nd ed.). NSW: Psychology Foundation Monograph. Retrieved from <http://www2.psy.unsw.edu.au/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.
- Mental health online professional development. Retrieved from <http://www.mhpod.gov.au>.
- Mental Status Exam:
- Brain Calipers: *Principles of the Mental Status Examination*. Retrieved from http://www.psychler.com/images/Brain_Calipers.pdf.
- The Royal Children's Hospital Melbourne (2018, November). *Mental state examination*. Retrieved from http://www.rch.org.au/clinicalguide/guideline_index/Mental_State_Examination/.
- 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. Retrieved from: <https://scottmiller.com/wp-content/uploads/documents/OutcomeRatingScale-JBTv2n2.pdf>
- Morey, L.C. (2003). *Essentials of PAI assessment*. New Jersey: Wiley & Sons Inc.
- National Drug and Alcohol Research Centre, University of NSW (2015). *Suicide assessment kit (SAK)*. Retrieved from <https://ndarc.med.unsw.edu.au/suicide-assessment-kit>.
- NSW Department of Health (2004). *Suicide risk assessment and management protocols: Mental health inpatient unit*. Retrieved from <https://www.health.nsw.gov.au/mentalhealth/resources/Publications/inpatient-unit.pdf>.
- O'Donovan, A., Casey L., van der Veen, M. & Boschen, M. (2013). *Psychotherapy - An Australian perspective*. East Hawthorn VIC: IP Communications.
- Patient Health Questionnaire (PHQ-9) Screeners. Retrieved from <https://www.phqscreeners.com/>.
- Pearce, C. (2016). *A short introduction to attachment and attachment disorder* (2nd ed.). London: Jessica Kingsley Publishers.
- Preston, J. & Johnson, J. (2019). *Clinical psychopharmacology (made ridiculously simple)*. (8th ed.). Florida: MedMaster.
- Rudd, M.D. (2006). *The assessment and management of suicidality*. USA: Professional Resource Press.
- Slade, T., Grove, R. & Burgess, P. (2011). Kessler Psychological Distress Scale: Normative data from the 2007 Australian national survey of mental health and wellbeing. *The Australian and New Zealand journal of psychiatry*, 45, 308-16.
- Snaith, R.P. (2003). The hospital anxiety and depression scale. *Health and Quality of Life Outcomes*, 1 (29) Retrieved from <http://hqlo.biomedcentral.com/articles/10.1186/1477-7525-1-29>.
- Strengths and Difficulties Questionnaire. Retrieved from <http://www.sdqinfo.org/>.
- Thomas, J.C. & Hersen, M. (2011). *Understanding research in clinical and counseling psychology* (2nd ed.). New York: Routledge.
- Teyber, E. & Holmes Teyber, F. (2016). *Interpersonal process in therapy: an integrative model* (7th ed.). USA: Cengage Learning US.
- Usher, K., Foster, K. & Bullock, S. (2009). *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 and 8.

Publication dates of the reading list

This is the August 2020 version of the recommended reading list. Previous editions of the recommended readings list were published in:

- January and July 2012
- December 2013
- July and December 2014
- July and December 2015
- July and December 2016
- July and December 2017
- July and December 2018
- August 2019

New resources

No new resources have been added since the last published version (August 2019) of the recommended reading list.

Retired resources

The following resources were from previous versions of the recommended reading list. They have been retired from the current list.

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. (Retired August 2019).

Babor, T.F., Higgins-Biddle, J.C., Saunders, J.B. & Monteiro, M.G. (2001). *The Alcohol Use Disorders Identification Test (AUDIT): Guidelines for use in primary care* (2nd ed.). Geneva: World Health Organisation. Retrieved from http://apps.who.int/iris/bitstream/10665/67205/1/WHO_MSD_MSB_01.6a.pdf (Retired August 2020)

Bennett, A. & Evans, B. (2008). *Mental status exam*. University of Cincinnati: Retrieved from <http://aitlvideo.uc.edu/aitl/MSE/MSEkm.swf> (Retired August 2020; resource no longer available).

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. (Retired August 2020)

Elder Abuse Prevention Unit (2014). *Elder abuse – Intervention*. Retrieved from <http://www.eapu.com.au/elder-abuse/intervention> (Retired August 2020; resource no longer available).

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. (Retired August 2020)

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. (Retired August 2020)

Healing Foundation (2017, January 25). *Glossary of healing terms (Aboriginal and Torres Strait Islander healing)*. Retrieved from <http://healingfoundation.org.au/app/uploads/2017/01/Glossary-of-Healing-Terms.pdf>. (Retired August 2019; resource no longer available).

K-10 information. Retrieved from <http://www.workcover.com/public/download.aspx?id=791>; <http://www.workcover.com/health-provider/outcome-evaluation/links-to-outcome-measures-and-screening-tools> (Retired December 2015; websites no longer available).
<http://www.abs.gov.au/ausstats/abs@.nsf/mf/4817.0.55.001#3.%20Scoring%20the%20K10> (Retired December 2016; websites no longer available).
http://www.hcp.med.harvard.edu/ncs/k6_scales.php (retired December 2018; website no longer available).

Kessler, R.C., Andrews, G., Colpe, L.J., Hiripi, E., Mroczek, D.K., Normand, S.L.T., Walters, E.E. & Zaslavsky, A.M. (2002). Short screening scales to monitor population prevalences and trends in non-specific psychological distress. *Psychological Medicine*, 32, 959-976. (Retired August 2020)

Nelson-Jones, R. (2005). *Practical counselling and helping skills: Text and activities for the life skills counselling model* (5th ed.). London: SAGE Publications. (Retired July 2012).

NSW Health (2004). *Suicide Risk Assessment and Management Protocols: Community Mental Health Service*. Retrieved from http://www.health.nsw.gov.au/pubs/2004/pdf/community_mental_hlt.pdf. (Retired July 2016; website no longer available).

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. (Retired December 2015).

Shedler, J. (2010). The efficacy of psychodynamic psychotherapy. *American Psychologist*, 65 (2), 98-109. (Retired August 2020)

Victims of Crime.

<http://www.nswccl.org.au/issues/victims.php>. (Retired July 2015; website no longer available).
<http://www.nt.gov.au/justice/victimcrime.shtml> (Retired July 2016; website no longer available).
<https://www.sa.gov.au/topics/citizens-and-your-rights/feedback-and-complaints/victims-of-crime> (Retired December 2016; website no longer available).

Updated editions

The following resources listed on previous versions of the recommend reading list have been updated with the most recent edition. Please note that while candidates should use the new editions now, the Board allows a two-year transition period.

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

American Psychological Association (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, D.C.: American Psychological Association. (Transition period ends August 2022)

Australian Psychological Society (2016). *Practice guide for the use of psychological tests and instruments*. Retrieved from <https://www.psychology.org.au/for-members/resource-finder/resources/assessment-and-intervention/Tests-and-testing-guides/use-of-psychological-tests> (Transition period ends August 2022)

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). (Transition period ends August 2022).

Cormier, S.P. & Nurius, et al. (2009). *Interviewing and change strategies for helpers: Fundamental skills and cognitive behavioral interventions* (6th ed.). USA: Brooks/Cole, Cengage Learning. (Retired in December 2015). (Outside of transition period).

National psychology exam – recommended reading list
Last updated: August 2020

- Cormier, S., Nurius, P. & Osborn, C.J. (2013). *Interviewing and change strategies for helpers*. (7th ed.). USA: Brooks/Cole, Cengage Learning. (Transition period ends August 2022)
- 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. (Outside of transition period).
- Dewan, M.J., Steenbarger, B.N. & Greenberg, R.P. (2012). *The art and science of brief psychotherapies: An illustrated guide* (2nd ed.). VA: American Psychiatric Publishing, Inc. Particularly relevant: Chapter 2 and 8. (Transition period ends 2022).
- Flanagan, D.P. & Kaufman, A.S. (2009). *Essentials of WISC-IV assessment* (2nd ed.). New Jersey: Wiley & Sons Inc. (Out of transition period).
- Groth-Marnat, G. (2009). *Handbook of psychological assessment* (5th ed.). New Jersey: Wiley & Sons Inc. Particularly relevant: Chapters 1 - 7 and 9, 10, 12 - 15. (Transition period ends August 2021).
- Kennedy, R., Richards, & J., Leiman, T. (2013). *Integrating human service law, ethics and practice* (3rd Ed). South Melbourne: Oxford University Press. (Outside of transition period).
- Lichtenberger, E.O. & Kaufman, A.S. (2009). *Essentials of WAIS-IV assessment*. New Jersey: Wiley & Sons Inc. (Transition period ends November 2020).
- Lichtenberger, E.O., Mather, N., Kaufman, N.L. & Kaufman, A.S. (2004). *Essentials of assessment report writing*. New Jersey: Wiley & Sons Inc. (Transition period ends August 2021).
- Morrissey, S. & Reddy, P. (2006). *Ethics and professional practice for psychologists*. Australia: Thomson Social Science Press. (Out of transition period).
- Pearce, C. (2009). *A short introduction to attachment and attachment disorder*. London: Jessica Kingsley Publishers. (Outside of transition period).
- Preston, J. & Johnson, J. (2011). *Clinical psychopharmacology (made ridiculously simple)*. (7th ed.). Florida: MedMaster. (Transition period ends August 2022)
- Teyber, E. & Holmes McClure, F. (2011). *Interpersonal process in therapy: An integrative model* (6th ed.). USA: Cengage. (Transition period ends August 2021).