
A Guide to Navigating the EPPP Process

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WORKSHOP OBJECTIVES

- ❑ Participants will be able to understand:
 - ❑ the what and the why of the EPPP;
 - ❑ how to prepare & maintain sanity;
 - ❑ various study material available;
 - ❑ the application process;
 - ❑ how to sequence taking the exam; and
 - ❑ Expectations for what will happen after.

ACRONYMS

- ❑ EPPP: Examination for Professional Practice in Psychology; national test that all psychologists take for licensure
- ❑ ASPPB: Association of State and Provincial Psychology Boards; organization that creates the EPPP; www.asppb.org
- ❑ PES: Professional Exam Services; organization that oversees administration of EPPP
- ❑ Prometric: testing centers across US where EPPP is taken

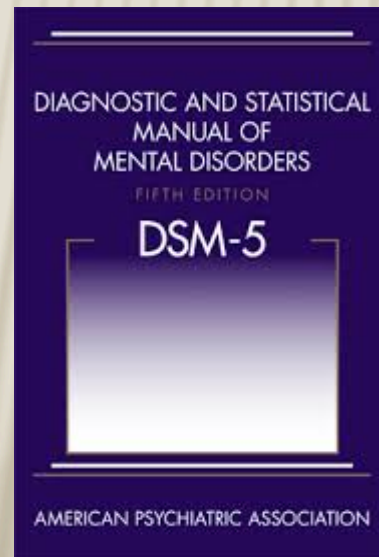
EPPP

- ❑ Computer administrated exam
- ❑ 225 multiple choice questions
 - ❑ 175 questions scored; 50 pilot questions NOT scored
- ❑ 4 hours & 15 minutes allocated to take exam
- ❑ Will be provided with dry-erase board and markers
- ❑ Can take during week or on weekends
- ❑ 4 versions of EPPP administered at any given time
 - ❑ Every 6 months: 1 form retired; 1 new one used
 - ❑ Each exam draws from a pool of piloted test questions

DSM-V CHANGES

PLEASE NOTE:

Beginning August 1, 2014, all DSM questions on the EPPP will refer to the DSM-5.



EPPP AND CLINICAL PRACTICE

- ❑ ALL psychologists across disciplines must take EPPP to obtain licensure
- ❑ Performance on EPPP does NOT predict and is NOT related to how one performs as a psychologist
 - ❑ Your ability to do well on the EPPP is a measure of your ability to study EPPP study materials and your test taking abilities
 - ❑ EPPP is a standardized national licensure exam based on specific information compiled by the ASPPB
 - ❑ Study materials for EPPP are created based on the information used to compile the actual EPPP

WHEN TO TAKE THE EXAM

- ❑ Earliest time the EPPP can be taken varies by jurisdiction & license type
 - ❑ <http://www.asppb.org/HandbookPublic/Reports/default.aspx?ReportType=EPPPEarliestTimeTaken>
- ❑ Only apply in one jurisdiction at a time
 - ❑ All other applications after the first one are cancelled and a processing fee of \$30.00 will be applied



APPLICATION PROCESS

❑ OVERVIEW

- ❑ Submit application materials to state board
- ❑ Apply for PES authorization
- ❑ Schedule and take the EPPP
- ❑ Complete state jurisprudence exam, if required
- ❑ Find out about any other additional state specific requirements: Oral exam; Child abuse reporting training, etc.



APPLICATION PROCESS

- ❑ Do **NOT** complete study process for EPPP and then submit your application to board
- ❑ First, must apply to state licensing board in which you wish to be licensed
 - ❑ State Boards vary in the time that they take to approve application – ranges from 1 to 6 months
 - ❑ Organizing & submitting materials takes time
 - ❑ Application & CV detailing training experience
 - ❑ Forms about clinical hours via internship and post-doc
 - ❑ Letters of reference from mentors, supervisors, & colleagues

APPLICATION PROCESS

- ❑ Second, the licensing board will send you a letter or email of approval
- ❑ Next, contact PES (who administers EPPP) and submit your information for **authorization to schedule** the EPPP. **Then** you can schedule to sit for the exam.
- ❑ Please note that after PES sends you an authorization letter:
 - ❑ You **MUST TAKE EPPP WITHIN 60 DAYS OF THE DATE ON THE AUTHORIZATION LETTER!!!**
 - ❑ If not, you will be assessed a \$75 processing fee and extra administrative fees
 - ❑ Test centers are often booked well in advance
 - ❑ Deadline can help to finalize study schedule

SCHEDULING THE EPPP

- ❑ EPPP administered at Prometric Testing Centers across U.S.
- ❑ You can schedule to take EPPP at anytime (most centers are open 7 days per week) BUT...
IMPORTANT TO SCHEDULE EPPP TEST DATE AS SOON AS YOU RECEIVE PES APPROVAL LETTER
- ❑ PES provides EPPP scores to state licensing boards 2x per month
- ❑ You do not receive score from PES but from the State Board: Notification times varies by board: **Days to Weeks**

FEES

- ❑ The ASPPB examination fee for the EPPP is \$600.00
 - ❑ Please note fees may vary from jurisdiction to jurisdiction as some jurisdictions include their own administrative costs in the examination fee.
- ❑ A computer-based test (CBT) appointment fee of \$79.58 is collected by Prometric
 - ❑ The CBT fee will increase every odd-numbered year
- ❑ Rescheduling & Cancellation fees
 - ❑ 31 days or more: No charge
 - ❑ 1-30 days: \$62.50
 - ❑ Within 24 hours: forfeiture of exam fee of \$600.00

RECOMMENDED STUDY MATERIALS

- ❑ Copy of written materials covering each topic
- ❑ Paper or online access to previous test questions (practice exams)!
 - ❑ ****Best Advice**** study sample test questions as a key part of your studying!!!
- ❑ **Additional study materials:**
 - ® CDs reviewing written materials
 - ® Flash or study cards for review
 - ® Weekend study seminars
 - ® Online Resources - Smart phone apps; Groups - Yahoo

EPPP STUDY MATERIALS

1. Academic Review
2. Association for Advanced Training in the Behavioral Sciences
3. Psych Prep



OBTAINING STUDY MATERIALS

- ® **Business website:** Order own
- ® **Colleagues/School/Work place:** May provide study materials for post-docs to borrow to study or purchase at discount
- ® **Friends/Study Buddy(s):** Split costs
- ® **Ebay & Other Websites:** Individuals selling previously purchased materials at discount
- ® **General Rule:** Older materials dated within the past few years are okay but be wary if beyond 5-6 years. Also consider more recent changes that may need to be accounted for when gathering materials (i.e. DSM V updates)



PREPARING FOR THE EXAM

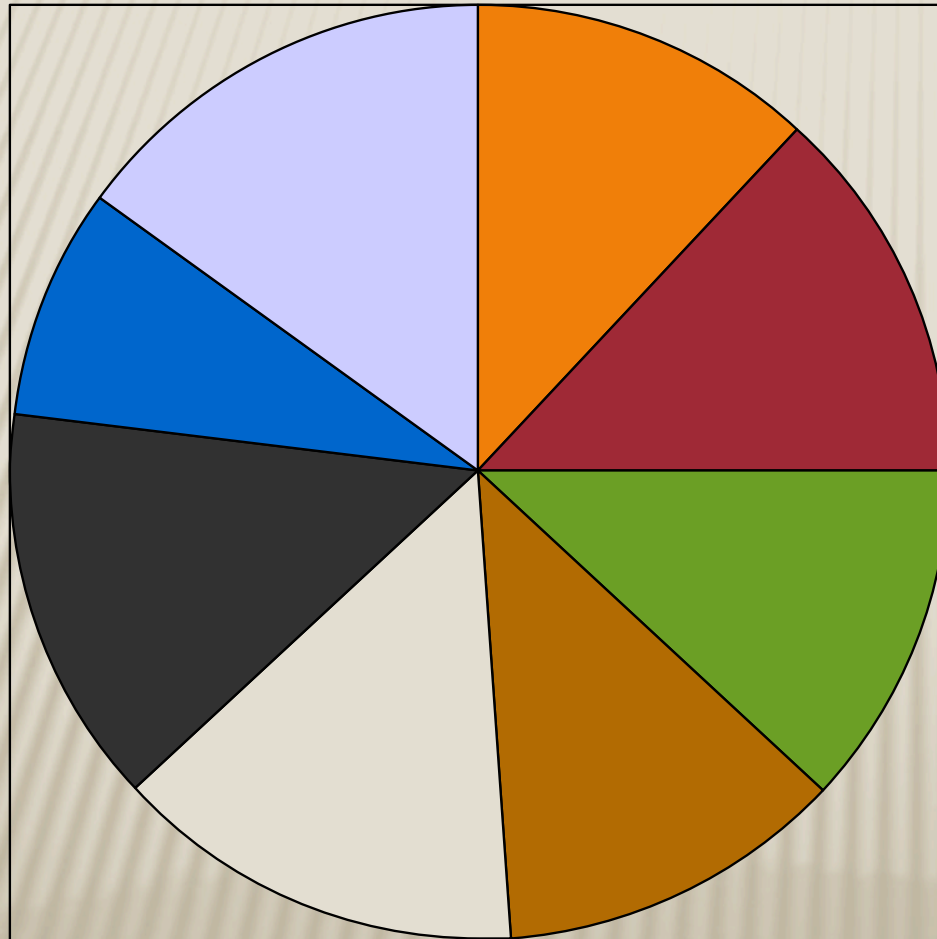
- ④ Remember passing the EPPP is NOT related to your ability as a Psychologist
 - ④ It is a measure of how well you can answer test questions on the EPPP study material
 - ④ NO NEED TO STUDY YOUR GRADUATE SCHOOL MATERIALS
 - ④ EPPP covers a lot of material. Be careful that do not get bogged down in studying topics
- ④ EPPP study materials include: Diagnostic Exam
 - ④ Take 1st to help to identify your areas of weakness
 - ④ Results broken down by topics

PREPARING FOR THE EXAM

- ④ **Develop structured study schedule based on:**
 - ④ Taking the diagnostic test to identify areas of weakness
 - ④ Creating a study plan for each topic area, but prioritize based on order of importance on EPPP
 - ④ Plan on studying for the EPPP from 10 to 20 hours a week for three to four months
 - ④ Anywhere from 100-300 total hours
- ④ **Take practice exams and study correct answers:**
 - ④ Include at least 1 practice test per week in study plan
 - ④ Helpful to have multiple practice tests but can recycle: re-take practice tests toward end of study schedule to measure progress
 - ④ 60-65% on practice tests often will pass actual exam

CANNOT CRAM: TOO MUCH INFO

TOPICS ON EPPP



- **Bio**
- **Cognitive-Affective**
- **Social-Cultural**
- **Lifespan**
- **Assessment**
- **Treatment**
- **Research & Stats**
- **Ethics**

PREPARING FOR THE EXAM

- ❑ Link on ASPPB home to register for the EPPP and practice exams
- ❑ Practice EPPP Exams Benefits
 - ❑ Familiarize candidates with testing conditions
 - ❑ Gives examples of the format of questions and content
 - ❑ Actual test questions very similar or identical
 - ❑ Can illustrate content areas where more study is needed
 - ❑ Better able to track study progress
 - ❑ Additional information incorporated in explanation of answers that is NOT included in written materials
- ❑ Practice Exam Options
 - ❑ PEPPP-taken at a Prometric Testing Center
 - ❑ PEPPPO-taken online

SAMPLE QUESTIONS

1. The central ingredient of the most effective behavioral treatment for agoraphobia is:
 - a) Deep muscle relaxation
 - b) Prolonged exposure in vivo
 - c) Shaping of the desired behavior with an implemented reward system
 - d) Exposure in fantasy

SAMPLE QUESTIONS

2. Which of the following descriptive features of a distribution of scores on a psychological test is not affected by adding a constant 10 to each score:
- a) The standard deviation
 - b) The geometric mean
 - c) The arithmetic mean
 - d) The median

UTILIZING PRACTICE TESTS

- ❑ Take the 200 questions practice exams as you would take the EPPP (computer or written)
- ❑ Obtain your score (computer or written)
- ❑ Go back and review each question and each of the answers: why they were right or wrong
 - ❑ Can be slow, arduous (may take 2-3 hours/test)
 - ❑ Good review of different concepts
 - ❑ New info presented in discussion of answers



AS YOU STUDY . . .

- ® **Remember:** It's another hoop that we **ALL** have to jump through to become licensed
 - ® You will be irritated about having to take the EPPP
 - ® You will be annoyed about having to study certain topics irrelevant to your practice
 - ® There will be plenty of days that you will not want to study
- ® **Better to take EPPP early in career/training**
 - ® Still oriented to student study mode
 - ® Higher pass rate within first 5 years post-graduation



MORE SUGGESTIONS FOR STUDYING

- ❑ It is helpful to take **1 to 2** days off of studying prior to your test day
- ❑ Ideal to leave **week prior** to test day for general review especially of weaker areas
- ❑ Most likely you will feel somewhat underprepared for the test prior to taking it - **THIS IS TYPICAL!!!!**
- ❑ **Be confident** that you are able to give the EPPP a valid shot



TAKING THE EPPP

- ❑ Plan to **arrive 30 minutes before** your appointment time with **2 forms of ID**. You have **4 hrs & 15 mins** to **take the exam**
- ❑ *State licensing boards do make accommodations for individuals with disabilities*
- ❑ The tutorial does not count against the time allotted for the exam ~ 60 questions per hour
- ❑ The clock does not stop when you take breaks
- ❑ EPPP is administered **one question at a time**. It is recommended to go through the test answering every question & **flag** questions that you want to return to later.

AFTER TAKING THE EPPP

- ❑ After taking EPPP, you will most likely feel as if you didn't pass or that you generally have no idea how did.
- ❑ This is typical . . . but you probably have passed. Remember that cognitively we have a propensity to recall questions in which we were uncertain of the answers.
- ❑ Relax and celebrate that you've taken the EPPP! Eat, watch a movie, & relax for rest of the day!



AFTER TAKING THE EPPP

- ❑ State licensing board notifies you either by mail or email about your score and if you passed: days or weeks
- ❑ If you didn't pass, **NO WORRIES !** Simply take it again. You can take the EPPP up to 4 times in a year. However, you will pay the EPPP testing fee and PES fees again.
- ❑ Helpful to look at study time to determine how may be successful 2nd time. There are **higher pass rates for 2nd time test takers**

IMPORTANT LINKS

❑ ASPPB Information for EPPP Candidates

- ❑ http://c.ymcdn.com/sites/www.asppb.net/resource/resmgr/EPPP_/IFC.pdf

❑ Oral Examination Requirements By Jurisdiction & License Type

- ❑ <http://www.asppb.org/HandbookPublic/Reports/default.aspx?ReportType=OralExamination>

❑ Supervised Experience Requirements by Jurisdiction

- ❑ <http://www.asppb.org/HandbookPublic/Reports/default.aspx?ReportType=SupervisedExperience>

❑ Continuing Education Requirements by Jurisdiction

- ❑ <http://www.asppb.org/HandbookPublic/Reports/default.aspx?ReportType=ContinuingEducation>