

Clinical Psychologist

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Practice Representative

Please describe the area of psychology you practice. What does your day-to-day schedule look like?

I am a licensed clinical psychologist, and I work in an academic medical center in an outpatient clinic dedicated to caring for children with autism. I see a new family each Monday and Friday for a full-day autism evaluation. Tuesdays and Thursdays, I have six 1-hour therapy sessions with families with a child with ASD. I am very fortunate to have Wednesdays dedicated to providing supervision, report writing, and team meetings.

What advice would you give to an ECP who wants to pursue a position or additional training opportunities in this area of psychology?

People are more willing to support you than you might believe! But no one is going to come to you. Initiate, reach out to experts in your area, ask for connections or introductions from people you know. Many clinics are set up to include trainees. If you can volunteer your time, observe. If you can give more time, participate in the full process in any way you can.

If you are interested in assessment, the official training for administration and scoring of the assessment is foundational and essential. It will be available from the producers of the evaluation. You will also need clinical skills to manage behavior, complete a clinical interview, differentiate similar presentations, and most importantly, build rapport.

Were there specific factors that led you to choose this area of psychology? Was there a critical moment that changed your career trajectory?

I chose clinical psychology very early on. My first experience with psychology was in undergrad in a child development course that involved observing preschoolers on a playground. Early in undergrad I shadowed a child psychologist who completed autism evaluations. I met a 3yo girl who used a communication device during that observation-ship, and I fell in love with the autism population. That supervisor connected me with a research lab that was conducting clinical research on autism-related and developmental assessments, which made up the bulk of my experience when I applied to graduate school. My exposure to and interest in therapy did not begin until during my doctoral training.



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