Indigenous Health, Education, and Resources Taskforce (IHEART)

PSYCHOLOGY

Last updated June 2026

How to become a psychologist

- **Get a Bachelors degree.** It's recommended to major in Psychology as an undergraduate.
- **Apply to graduate school.** This is a good time to revisit your financial plan and think about what area of psychology you're most interested in.
- **Attend graduate school.** Most psychologists get a Masters degree next, while also participating in research and internships. Your advisor and instructors will have good advice for you on planning for the next step.
- **Get a doctorate**. You will need to complete an APA-accredited doctorate program in Clinical Psychology.
- **Attend residency/postdoc/fellowship.** Some states require this step for full certification. Use online resources and ask mentors to help you find the best fit.
- **Pass the Examination for Professional Practice in Psychology** (EPPP). Plan some time for this step, and to take any other tests or gain certifications your state requires.

Along the way, be sure to apply for **all** scholarships you can, find **mentors**, and utilize your **support networks**. It's OK to take time in between these steps; you will be learning and doing good work all along the pathway.

Organizations

- Society of Indian Psychologists
- We are Healers
- Urban Indian Health Institute
- Advancing Indigenous Science and Engineering Society
- Association for Women in Psychology
- American Psychological Association
- National Association of School Psychologists
- National Council of Urban Indian Health

Financial Aid

- American Indian College Fund
- Cobell Scholarships
- A.T. Anderson Scholarship from AISES
- American Indian Family Empowerment Program

See more financial aid opportunities on the IHEART website.

Recommended pathway programs

The healthcare programs listed on the IHEART map provide specific academic, cultural, and/or financial support to Indigenous students. Learn more at iheartworkforce.org/map



Keep up with IHEART:

iheartnativeworkforce.org

IHEART is a national collaborative body led by the Association of American Indian Physicians, American Indian Higher Education Consortium, Association of Native American Medical Students, Association of American Medical Colleges, and the Indian Health Service.