

# Professor Stephen Palmer

CSci CPsychol CBiol AFBPsS

CSci  
Chartered Scientist



Membership of professional bodies is an important part of one's career development. They provide a framework for recognised qualifications and continuing professional development. They actively encourage members to become

involved in the wider professional community and also inform the public about our work. As a Chartered Psychologist I have always seen myself as a practitioner and scientist. However these are not really dual roles as psychological theory and research inform my practice. When the opportunity arose to apply for CSci status I realised that this would accurately reflect my work.

As Director of the UK's first university based Coaching Psychology Unit at City University in London, I supervise four doctorate students focusing on new areas of research in the coaching psychology field. We publish many papers on different aspects of coaching, stress and well-being, helping both employees and organisations. I believe that CSci will be a new direction for researchers in my field to work towards. The BPS and the Science Council are to be congratulated in making available this career path.

There are many fulfilling aspects to my work, such as assisting students in undertaking their research, encouraging them to give conference papers and also helping them to publish their research. The publications are an important aspect of our work as I believe that research should not take place in a professional vacuum, isolated from the scientific world. Publishing allows others to comment on our theories and research.

Helping individuals and organisations to manage or prevent stress is a passion of mine. I do this with my training or consultancy hat on. Working with the media provides an excellent opportunity to educate the public about useful research findings on TV, radio and in newspapers/magazines. The writing and editing which I enjoy includes books for both professionals and the layperson. I also edit a number of practitioner and academic journals. My childhood interests in psychology and biology come together in my current work.

For details of how to apply for CSci through the British Psychological Society visit [www.bps.org.uk/csci](http://www.bps.org.uk/csci). For more information on the benefits of CSci and the competencies required visit [www.charteredscientist.org](http://www.charteredscientist.org)

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