

# Counselling psychology

Counselling psychologists focus on working with a tailored psychological formulation to improve psychological functioning and well-being, working collaboratively with people across a diverse range of disciplines.

## **What do counselling psychologists do?**

Counselling psychologists deal with a wide range of mental health problems concerning life issues including bereavement, domestic violence, sexual abuse and relationship issues. They understand diagnosis and the medical context to mental health problems and work with the individual's unique subjective psychological experience to empower their recovery and alleviate distress.

For more information on how to become a counselling psychologist, discover your journey into psychology at...

[www.bps.org.uk/careers](http://www.bps.org.uk/careers)



**The British  
Psychological Society**