

CLINICAL PSYCHOLOGY

IF YOU'RE PASSIONATE ABOUT USING YOUR SKILLS AND KNOWLEDGE TO HELP PEOPLE IN MENTAL AND EMOTIONAL DISTRESS, THEN CLINICAL PSYCHOLOGY COULD BE THE PERFECT CAREER FOR YOU.

You'll be helping people improve their mental health and to function better at work, in their relationships and in their everyday lives by offering a range of interventions. You'll enhance their wellbeing so they can play a full and productive part in society.

Clinical Psychologists are regulated by the Health and Care Professions Council (HCPC) and must register with them in order to use the protected title.

AS A CLINICAL PSYCHOLOGIST, YOU'LL HELP PEOPLE WITH A WIDE VARIETY OF PSYCHOLOGICAL PROBLEMS SUCH AS:

ADDICTION

ANXIETY

DEPRESSION

EATING DISORDERS

LEARNING DIFFICULTIES

RELATIONSHIP ISSUES

WHERE COULD I WORK?

Clinical Psychologists work in a range of sectors including:

THE NHS

SOCIAL CARE

THE THIRD SECTOR

EDUCATION

INDEPENDENT PROVIDERS

You can work with any age group in a variety of settings, including in-patient, community, primary, secondary and tertiary care.

WHO COULD I WORK WITH?

Clinical Psychologists work with individuals of any age. You might work with couples, families and groups, with organisations or at community level.

As a Clinical Psychologist you may work as part of multi-professional teams including doctors, nurses and other health professionals.

Clinical Psychologists also work in academic settings, teaching and researching in their area of expertise.

**FIND OUT MORE ABOUT CLINICAL PSYCHOLOGY
CAREERS.BPS.ORG.UK/AREA/CLINICAL**

TRAINING TO BECOME CHARTERED IN CLINICAL PSYCHOLOGY

You can gain Graduate Basis for Chartered membership (GBC) by completing a BPS-accredited undergraduate degree or conversion course.

DOCTORATE IN CLINICAL PSYCHOLOGY

WORK EXPERIENCE

Work experience is the best possible way to learn about a career in psychology and decide on whether it's what you want. You'll also need it to get a place on most accredited postgraduate courses, and to find work in the field. Some postgraduate courses are looking for specific types of work experience so contact the universities for further information about what you'll need.

Ideally, you'll have between one and two years of full-time relevant clinical experience or employment, either paid or voluntary, in roles such as:

ASSISTANT PSYCHOLOGIST

RESEARCH ASSISTANT

CARE ASSISTANT (IN A CARE HOME)

NURSE IN A MENTAL HEALTH SETTING

SUPPORT WORKER IN A PSYCHIATRIC UNIT

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A DAY IN THE LIFE

DR CAROLINE FOSTER **CLINICAL PSYCHOLOGIST**

I am the Psychology Lead for an Eating Disorders Service. Clinically, I tend to see the more complex eating disorder presentations, where there are often significant co-morbidities. For instance, in one session I might be working with someone with Anorexia Nervosa and Autistic Spectrum Disorder, afterwards I might see someone with multi-impulsive Bulimia Nervosa. That said, none of us starts with the most complex cases, and I think it's important to emphasise that working with people with eating disorders is very interesting and you will always have supervisory support.

THE BEST PART OF MY JOB

Working life is busy, but intellectually rich and stimulating. Every year sees new developments that lead to a broadening in our service specification.

THE MOST CHALLENGING PART OF MY JOB

My role requires effective prioritising as there is a lot involved in meeting clinical needs. This can include gathering data, securing funding, making clinical case notes and writing reports.

WHY I LOVE MY JOB

It is a privilege to work with the people who use our services. I work with many inspiring determined individuals who, with support, can work towards recovery. In time they

can then flourish, and it's highly rewarding to see this progression.

ADVICE TO OTHERS

If you're interested in pursuing a career in clinical or counselling psychology, don't be put off either working with eating disorders or within the NHS. Eating disorders are relatable and the work is highly engaging. Due to the associated physical and psychological health risks, eating disorders are most manageably and safely treated within a multidisciplinary team. In this respect, the NHS affords excellent opportunities for team support and networking.