

# **COUNSELLING PSYCHOLOGY**

**YOU'LL CONSIDER HOW PEOPLE RELATE, THINK AND BEHAVE; THEIR EXPERIENCES OF THE WORLD AND HOW THEY FUNCTION IN THEIR EVERYDAY LIVES.**

You'll explore their social, economic, cultural and physical circumstances and learn how to develop a collaborative therapeutic relationship with your client – to better understand how particular psychological difficulties affect them.

As part of your training and continued professional development, you'll also embark on your own personal therapy journey – helping you bring a deeper understanding of yourself to your work. If you work with the public you'll be regulated by the Health and Care Professions Council (HCPC) and must register with them in order to use the protected title.

**AS A COUNSELLING PSYCHOLOGIST, YOU'LL DEAL WITH A WIDE RANGE OF MENTAL HEALTH CONDITIONS, INCLUDING:**

**DEPRESSION / EATING DISORDERS**

**PSYCHOSIS**

**PERSONALITY DISORDER**

**BEREAVEMENT**

**DOMESTIC VIOLENCE**

**SEXUAL, EMOTIONAL AND PHYSICAL ABUSE**

**TRAUMAS**

# WHERE COULD I WORK?

Counselling Psychologists work across a range of health and social care sectors including:

**THE NHS**

**SOCIAL CARE**

**THE VOLUNTARY SECTOR**

**THE INDEPENDENT SECTOR**

This can be in primary, secondary and tertiary care, in-patient units and community services, as well as organisational, educational and forensic settings.

# WHO COULD I WORK WITH?

As a Counselling Psychologist you could work with individuals – from children and young people to adults and the elderly. You also might work with couples, families, groups, organisations or at a community level.

You may work as part of teams that include doctors, nurses and other health professionals. Counselling Psychologists are also found in management and leadership roles, and contribute to the design and implementation of mental health services.

Counselling Psychologists work in academic settings – teaching and researching in their area of expertise.

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

# TRAINING TO BECOME CHARTERED IN COUNSELLING PSYCHOLOGY

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

**DOCTORATE IN COUNSELLING PSYCHOLOGY OR**

**BPS QUALIFICATION IN COUNSELLING 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.

Ideally, you'll have one year's experience of working in a counselling environment or one-to-one in a helping role, in areas such as:

**COUNSELLING HELPLINE WORKER**

**COUNSELLING CHARITY SUPPORT WORKER**

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# A DAY IN THE LIFE

## **DR DAISY BEST** **COUNSELLING PSYCHOLOGIST**

I have two jobs, one as a Senior Lecturer and one as a Counselling Psychologist in my own independent practice. My clients have presented issues including early childhood trauma, anxiety, depression, relationship difficulties, chronic conditions, Obsessive Compulsive Disorder and domestic violence. There can be laughter, sadness, heartache, joy, fear, anger and triumph all in one day; some from me and some from my clients.

### **THE BEST PART OF MY JOB**

It is such a privilege to be allowed to enter someone else's inner world, to travel alongside them through their journey; often from a place of despair to a place of hope.

### **THE MOST CHALLENGING PART OF MY JOB**

I would like more time to see more clients. I have to turn some people away and I don't like that aspect of it, although I have some great colleagues to refer on to. Sometimes, I would like more time to reflect and read than I currently have.

### **WHY I LOVE MY JOB**

I love my job, mostly because of the 'best part' above and because I have autonomy so I can choose who I work with and when I work with them. This flexibility is wonderful as it provides me with variety and gives me satisfaction.

### **ADVICE TO OTHERS**

We work for a huge proportion of the life that we have and it influences our personal life. Choose what it is that you think would give you satisfaction and don't be afraid to speak to people in the profession to find out what it is like.

I knew I wanted to be a psychologist from around the age of 18 when I first went on a university visit with my college and attended a psychology lecture. A colleague suggested that I might be suited to Counselling Psychology and as soon as I read about it, I knew that was the career for me.

Don't let personal doubts or experiences stop you from finding a way to the career that you want.