



Occupational psychologists working in health and wellbeing

The Psychology of Health and Wellbeing Working Group was established in 2009. It comprises a diverse group of chartered occupational psychologists committed to improving health and wellbeing in the workplace.

Occupational psychology is the science of people at work. Our areas of expertise include:

- Job redesign
- Supporting people through organisational change
- Leadership and team development
- Resilience training for managers and staff
- Personnel selection and assessment
- Performance appraisal and career development
- Rehabilitation guidance
- Assessing the need for external support or statutory funded services such as IAPT (Improving Access to Psychological Therapy) or Access to Work.

All these contribute to the health and wellbeing of the organisation and the individuals within them thereby enhancing engagement and performance.

How OPs differ from:

- **Occupational therapists:** Occupational therapy aims to promote the health of individuals with disabilities and health conditions by enabling people to perform meaningful activities.
- **Occupational health professionals:** Generally occupational health has a medical focus, looking at how work impacts health and vice versa.
- **Other types of psychologist:** All branches of psychology have a common basis in the science of people, the mind and behaviour. Occupational psychology brings a specialist expertise in applying this in workplace and work-related settings.

Want to find out more? Contact the group via The Psychology of Health and Wellbeing page on:

www.bps.org.uk/dop/Phwb