



the british  
psychological society  
promoting excellence in psychology

# PSYCHOLOGY

**IT'S MIND-EXPANDING  
WORLD-CHANGING  
LIFE-ENHANCING STUFF**





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# UNDERGRADUATE DEGREE

The BPS accredits undergraduate degree and conversion courses that meet the requirements for Graduate Basis for Chartered membership (GBC). This ensures you have the appropriate psychology knowledge to study and train at postgraduate level.

## WHAT IF MY DEGREE ISN'T BPS-ACCREDITED?

Don't worry, you can gain GBC by completing a BPS-accredited conversion course. They normally take between one and two years to complete and will help you build on your current qualification. If you didn't study any psychology in your degree, you might find you have to complete an introductory course beforehand. This depends on the university and how they structure their course, so it's worthwhile getting in touch with them directly. You will need to get at least a 50 per cent pass mark to be eligible for GBC.

## POSTGRADUATE TRAINING

Once you've gained GBC you can apply for BPS-accredited postgraduate training. The qualifications you need depend on the field of psychology you want to work in. Training will take at least three years to complete and involve a combination of academic and practical work experience.

To gain a place on a postgraduate course, you will normally need at least a 2:2 in your degree. Many courses require you to have some relevant work experience so speak to the universities directly for more information about the qualifications and experience they require for their course. We've also provided some ideas for work experience in this booklet.

Once you've successfully completed undergraduate and postgraduate training you can apply to become a Chartered Psychologist (CPsychol). This is the benchmark of professional recognition for psychologists in the UK and it reflects the highest standards of knowledge and expertise in the discipline.

# **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**

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

# 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.

# **CLINICAL NEURO PSYCHOLOGY**

**NEUROPSYCHOLOGY HAS SIGNIFICANTLY DEVELOPED  
OUR UNDERSTANDING OF THE WAY THE BRAIN WORKS.**

Certain conditions and injuries affect the way a person thinks, feels and behaves. As a Clinical Neuropsychologist your job is to assess and help identify the most effective interventions.

To become a Clinical Neuropsychologist you'll need a specialist knowledge of neuroscience, as well as an understanding of the broad range of mental health problems. You'll also be trained to appreciate the relationship between the brain and people's neuropsychological functioning.

**CLINICAL NEUROPSYCHOLOGISTS WORK AT THE CUTTING EDGE OF SCIENCE –  
APPLYING ADVANCING KNOWLEDGE TO REHABILITATE PEOPLE WITH BRAIN  
INJURIES AND OTHER NEUROLOGICAL CONDITIONS, INCLUDING:**

**A STROKE**

**A TRAUMATIC BRAIN INJURY**

**MULTIPLE SCLEROSIS**

**PARKINSON'S DISEASE**

**DEMENTIA**

**FUNCTIONAL NEUROLOGICAL CONDITIONS**

# WHERE COULD I WORK?

Clinical Neuropsychologists work across a range of health and social care providers including:

**THE NHS**

**SOCIAL CARE**

**THE THIRD SECTOR**

**EDUCATION**

**INDEPENDENT PROVIDERS**

This can be in a variety of settings including acute hospital, community or hospital-based rehabilitation services, educational services and in court.

# WHO COULD I WORK WITH?

As a Clinical Neuropsychologist you'll work with people who have, or who are thought to have, illnesses or injuries that affect the functioning of the brain or central nervous system.

You may work as part of teams, including neurosurgeons and neurologists, and health professionals.

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

# **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**

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

# 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.

# **EDUCATIONAL PSYCHOLOGY**

**BECOMING AN EDUCATIONAL PSYCHOLOGIST GIVES YOU THE CHANCE TO SUPPORT CHILDREN AND YOUNG PEOPLE WITH LEARNING DIFFICULTIES, SOCIAL AND EMOTIONAL PROBLEMS, ISSUES AROUND DISABILITY AS WELL AS DEVELOPMENTAL DISORDERS.**

As an Educational Psychologist, you can make a positive and life-changing difference to children and young people. By using psychological methods you'll boost their learning, independence, relationships and educational success, and minimise exclusion and inequality.

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

**AS WELL AS CHILDREN AND YOUNG PEOPLE, YOU'LL ALSO HELP THEIR FAMILIES AND THEIR SCHOOLS TACKLE CHALLENGES SUCH AS:**

**LEARNING DIFFICULTIES**

**BEHAVIOURAL ISSUES**

**SOCIAL AND EMOTIONAL PROBLEMS**

**DISABILITY**

**COMPLEX DEVELOPMENTAL AND MENTAL HEALTH CONDITIONS**

# WHERE COULD I WORK?

Educational Psychologists work across a range of education, health and social care providers including:

**SCHOOLS**

**PRESCHOOL SETTINGS**

**LOCAL AUTHORITIES**

**SOCIAL CARE**

**THE THIRD SECTOR**

**INDEPENDENT PROVIDERS**

Educational Psychologists also work in academia – teaching and researching in their area of expertise.

# WHO COULD I WORK WITH?

As an Educational Psychologist, you'll be working with children and young people 0–25 years of age.

You might also work with teachers, parents, carers, families and other professionals. You could work with institutions, such as schools, universities, secure-settings and hospitals, and with other organisations and communities as part of your job.

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

# TRAINING TO BECOME CHARTERED IN EDUCATIONAL PSYCHOLOGY

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

**ENGLAND, WALES & NORTHERN IRELAND: DOCTORATE IN EDUCATIONAL PSYCHOLOGY**

**SCOTLAND: MSc IN EDUCATIONAL PSYCHOLOGY AND**

**BPS QUALIFICATION IN EDUCATIONAL PSYCHOLOGY (SCOTLAND) (STAGE 2)**

## WORK EXPERIENCE

Work experience is the best possible way to learn about a career in educational psychology and decide 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 you should contact the universities for further information.

Ideally, you'll have a minimum of one year's full-time work experience (or equivalent part-time) working with children and young people. This must include at least nine months of paid employment in areas such as:

**EDUCATION**

**HEALTH**

**SOCIAL CARE**

**YOUTH JUSTICE**

**CHILDCARE OR COMMUNITY SETTING**

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

# A DAY IN THE LIFE

## **PHIL HARBOUR** **EDUCATIONAL PSYCHOLOGIST**

My undergraduate degree was in psychology and then after training and working as a teacher for several years, I returned to university to complete an MSc in Educational Psychology (EP).

My days are incredibly varied, but as a Local Authority EP we work with children, families, schools and other settings where needs are complex and require psychological input. We also deliver training and advice to a variety of partners, including schools, colleges, early years providers, residential homes and other professional agencies.

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

Being able to apply psychology on a daily basis, with the entire focus on improving the lives of children, young people and their families. It is exceptionally rewarding to be welcomed into the world of the families we work with.

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

Time...or lack of. Our caseloads are so high that it is often difficult to work with as many children, young people and families as I would like. More time would allow me to deliver more direct support and intervention to children, on an individual or group basis.

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

I get the opportunity to work with the most amazing children, young people and

families, at times when they need extra support. I get to be one of the professionals who can help them during this chapter and aim to improve the situation they find themselves in, through the application of psychology.

### **ADVICE TO OTHERS**

I would highly recommend the profession to anyone wishing to enter it. You must have strong passion and genuine interest in psychology and have a high level of commitment to complete a 3-year doctorate with a heavy workload. However, whilst the training course is a real test of endurance, it is incredibly rewarding and provides great insight and preparation for the career ahead... And the career ahead is a wonderful one.

# **FORENSIC PSYCHOLOGY**

**IT CAN BE A TOUGH CAREER DEALING WITH CRIME, BUT IF YOU WANT TO UNDERSTAND AND HELP OFFENDERS, FORENSIC PSYCHOLOGY COULD BE FOR YOU.**

As a Forensic Psychologist you will apply psychological theory to criminal investigations, understand the psychological problems associated with criminal behaviour and treat people who have committed offences. Forensic Psychologists work with every element of the justice system – from the psychological aspects of the criminal investigation and legal processes, to using psychological methods to understand criminal behaviour, reduce its impact and minimise reoffending.

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

**FORENSIC PSYCHOLOGISTS WORK IN THE TREATMENT OF OFFENDERS IN A RANGE OF AREAS INCLUDING:**

**SEXUAL OFFENDING**

**VIOLENCE AND AGGRESSION**

**ILLICIT DRUG AND OR ALCOHOL USE**

# WHERE COULD I WORK?

The largest single employer of Forensic Psychologists in the UK is

**HM PRISON AND PROBATION SERVICE**

They're also employed by:

**THE NATIONAL HEALTH SERVICE**

**PRIVATE HEALTHCARE PROVIDERS**

**SPECIALIST MENTAL HEALTH SETTINGS (SUCH AS 'SECURE HOSPITALS')**

**SOCIAL SERVICES**

**OFFENDER MANAGEMENT SERVICES (SUCH AS THE POLICE AND PROBATION SERVICE)**

**ACADEMIC DEPARTMENTS – TEACHING, SUPERVISING AND RESEARCHING**

# WHO COULD I WORK WITH?

As a Forensic Psychologist you'll work with a range of people, including those who have chronic mental health conditions or behavioural problems likely to lead them to offend, families of those who have offended and the victims of crime. Some specialist Forensic Psychologists work with young people and within the youth justice system.

Forensic Psychologists may work directly with individuals or groups, support other forensic professionals, or work in areas such as the courts, security and the police force or other law-enforcement agencies.

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

# TRAINING TO BECOME CHARTERED IN FORENSIC PSYCHOLOGY

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

**MSC IN FORENSIC PSYCHOLOGY AND**

**BPS QUALIFICATION IN FORENSIC PSYCHOLOGY (STAGE 2) OR**

**DOCTORATE IN FORENSIC PSYCHOLOGY**

## WORK EXPERIENCE

Work experience is the best possible way to learn about a career in psychology and decide 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 you'll need to contact the universities for further information.

If you are looking for work experience you could consider the following areas:

**ASSISTANT FORENSIC PSYCHOLOGIST**

**WORKING IN A SECURE UNIT**

**VOLUNTEERING WITH VICTIM SUPPORT**

**INTERVENTION FACILITATOR WITH THE PRISON SERVICE**

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

# A DAY IN THE LIFE

## **SAMANTHA CHAN** **TRAINEE FORENSIC PSYCHOLOGIST**

There's no such thing as a typical day in forensic psychology – my working week is extremely varied. I might attend ward round meetings, deliver individual or group psychological interventions, attend psychology service meetings, facilitate reflective practice sessions, deliver staff training, facilitate team formulation meetings, write reports, carry out research or clinical audits, observe qualified staff, attend training or professional network meetings... the list is endless!

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

Being a small part of helping service users to overcome personal difficulties, and having the opportunity to work with a wide range of professionals from varied disciplines.

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

It's difficult to balance competing demands and you have to become quite skilled at organisation and time management. At times it can be emotionally demanding so it's important to utilise clinical supervision and reflective practice.

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

It's challenging and has allowed me to develop professionally and personally. I have the opportunity to work with people from all walks of life, and feel that I contribute to making a

difference to society by working to rehabilitate service users and reduce reoffending.

### **ADVICE TO OTHERS**

Don't become disheartened by the length of training and think about all the learning and experience you have to gain – I wouldn't be the professional or person I am today without having these experiences.

Look for job roles that will provide you with a breadth of experience – I completed a number of different roles before becoming a Trainee Forensic Psychologist including Mental Health Support Worker, Therapy Assistant and Prison Link Worker.

# HEALTH PSYCHOLOGY

**IF YOU'RE PASSIONATE ABOUT ENHANCING POPULATION HEALTH AND CREATING A BETTER HEALTH SERVICE, SUPPORTING PATIENTS WITH THEIR HEALTHCARE AND HELPING PEOPLE TO CHANGE THEIR HEALTH BEHAVIOURS, THEN YOU CAN MAKE IT HAPPEN AS A HEALTH PSYCHOLOGIST.**

You'll use the skills and knowledge you've learned surrounding psychology and health to help people live healthier lives and/or manage long-term conditions. You might also help them to maintain health and reduce their risk of ill health by helping them to increase their physical activity, improve their diet, or sleep patterns, reduce excess alcohol consumption, and/or to stop smoking. You might also help people to take their medication as prescribed, manage chronic pain, and improve quality of life for those living with long-term conditions. You may also be supporting carers and families too; for example, by involving the wider family in healthy living interventions or patient care.

You could work within a multi-disciplinary team, for example, advising doctors on better ways to communicate with their patients or ways to optimise engagement with screening or treatment services and outcomes. You could also work in local authorities or central government, or within universities and academic settings advising on population-level policies, practices and behaviour change interventions.

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

## HEALTH PSYCHOLOGISTS WORK WITH PEOPLE IN THE MANAGEMENT OF A RANGE OF HEALTH CONDITIONS AND HEALTH BEHAVIOURS, SUCH AS:

CHRONIC ILLNESS

PAIN MANAGEMENT

HEART DISEASE

CANCER

DIABETES

OBESITY

PHYSICAL ACTIVITY

EATING BEHAVIOUR

SUBSTANCE USE

MEDICATION ADHERENCE

SEXUAL HEALTH

VACINATION UPTAKE

## WHERE COULD I WORK?

Health Psychologists work across a range of healthcare settings including primary, secondary or tertiary care within statutory, third sector, or private healthcare. Settings can vary from large-scale public health programmes to individual or small group consultations.

Health Psychologists also work in academia – teaching and researching in their area of expertise.

## WHO COULD I WORK WITH?

As a Health Psychologist you'll work with individuals from all walks of life and age groups. This may be as a practitioner or indirectly through the development of behaviour change interventions, designed to have a positive impact on population or health professional behaviour, health systems and health outcomes.

You may also work as part of a team, including other health professionals, public health teams or as part of research teams in universities or industry.

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

# TRAINING TO BECOME CHARTERED IN HEALTH PSYCHOLOGY

You can gain Graduate Basis for Chartered membership (GBC) by completing a BPS-accredited undergraduate degree or conversion course. Specialist training options in health psychology includes:

**MSC IN HEALTH PSYCHOLOGY AND**

**BPS QUALIFICATION IN HEALTH PSYCHOLOGY (STAGE 2) OR**

**TAUGHT DOCTORATE OR PHD IN HEALTH PSYCHOLOGY**

## WORK EXPERIENCE

Work experience is a great way to learn about a career in health 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 for the Qualification in Health Psychology (Stage 2).

If you are looking for work experience you could consider the following areas:

**HEALTH RESEARCH UNITS**

**PUBLIC HEALTH DEPARTMENTS**

**LOCAL CLINICAL AND HEALTH CENTRES**

**COMMUNITY AND PUBLIC HEALTH SETTINGS**

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

# A DAY IN THE LIFE

## **PROFESSOR ANGEL MARIE CHATER** **HEALTH PSYCHOLOGIST**

Being employed at a university, and the diversity of our skills as Health Psychologists in the areas of research, teaching, consultancy and psychological intervention makes my work incredibly varied. There is no typical day. My area of expertise focuses on behaviour change intervention design, delivery, evaluation and adoption systems (IDDEAS). All my work revolves around this in one way or another.

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

It has to be the people. I have the pleasure of working with amazing colleagues, many of whom I would class as friends. My students are full of energy and enthusiasm, driving our science and practice forward. And the clients who we work with, which for me includes many vulnerable groups; young people who have been bereaved, individuals who attend foodbanks, and those living with obesity and diabetes. Seeing the impact our interventions have on their lives is priceless.

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

Keeping on top of emails. They are often an underlying cause of heightened levels of anxiety.

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

I love being a Health Psychologist with all of my heart. No one day is the same

and I never get bored. We make a difference to people's lives, the students we teach, the clients we see, the populations we research and intervene with and the professionals we support.

### **ADVICE TO OTHERS**

The best piece of advice I can give to others is to know your self-worth. And with this, be brave. Know your unique selling point (USP). I hear from many Health Psychologists that as a discipline we are too cautious and humble. Yet we are incredibly well-skilled and have the theoretical and empirical evidence and knowledge to support the impact we can make to education, research, policy and practice. So speak up, tell the world what you can do, and sell yourself!

# **OCCUPATIONAL PSYCHOLOGY**

**OUR WORKING LIVES HAVE A PROFOUND IMPACT ON OUR OVERALL PSYCHOLOGICAL WELLBEING. AS AN OCCUPATIONAL PSYCHOLOGIST YOU CAN HELP PEOPLE BECOME MORE FULFILLED AND PRODUCTIVE EMPLOYEES.**

You'll focus on the motivation, performance, health and wellbeing of people and groups at work and in organisational situations. Occupational Psychologists aim to increase the effectiveness of organisations and improve the individual experience of work.

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

**YOU'LL APPLY THE SCIENCE OF PSYCHOLOGY TO AN ARRAY OF POSSIBLE WORK-RELATED AREAS:**

**TRAINING AND DEVELOPMENT**

**LEADERSHIP**

**MOTIVATION**

**WELLBEING**

**WORKING WITH ORGANISATIONS TO DESIGN EFFECTIVE PROCESSES AND SYSTEMS**

**ORGANISATIONAL CHANGE & DEVELOPMENT**

# WHERE COULD I WORK?

Occupational Psychologists work with organisations and businesses of all sizes across the private and public sectors, including:

**DEPARTMENT FOR WORK AND PENSIONS**

**THE NHS**

**THE HOME OFFICE**

You could be employed in a variety of settings including in-house (such as in a bank), as an external consultant (for large consultancies or as independent practitioners), or in workplace and organisational development departments for multinational companies.

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

# WHO COULD I WORK WITH?

As an Occupational Psychologist you could work with individuals, groups and at an organisational level.

You may work as part of teams which include other professionals such as managers, HR personnel, union representatives, training advisors and specialist staff within client organisations.

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

# TRAINING TO BECOME CHARTERED IN OCCUPATIONAL PSYCHOLOGY

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

**MSC IN OCCUPATIONAL PSYCHOLOGY AND**

**BPS QUALIFICATION IN OCCUPATIONAL PSYCHOLOGY (STAGE 2)**

## WORK EXPERIENCE

Work experience is the best possible way to learn about a career in psychology and decide 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.

If you are looking for work experience you could consider the following areas:

**ASSISTANT OCCUPATIONAL PSYCHOLOGIST**

**DEPARTMENT FOR WORK AND PENSIONS (DWP)**

**HUMAN RESOURCES**

**RECRUITMENT**

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

# A DAY IN THE LIFE

## **AMANDA POTTER** **OCCUPATIONAL PSYCHOLOGIST**

I've been in the psychology and talent arena since 1995, working with clients to define and implement strategies and programmes to engage, develop and enhance their top talent. I regularly conduct research and publish white papers, articles and blogs.

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

The opportunity to research, innovate and create new products that help to understand the potential of employees, and the opportunity to work with different clients every day, asking the tricky questions that other people would love to be able to ask.

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

Balancing keeping our clients happy with being financially stable whilst keeping our employees motivated, engaged and stretched – it's a constant battle.

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

I am extremely proud of the fact that my colleagues and I have built two companies and two distinct brands. We have an established consulting practice and a suite of online assessment tools. Both have become businesses that our clients recognise and appreciate.

I am also proud of the fact that we have given over 30 psychologists in training the opportunity to have work experience, plus we have had three placement students and given more than 10 new psychologists their first roles out of university.

### **ADVICE TO OTHERS**

Do what you love, focus on the tasks that give you the most energy and gravitate towards the tasks that will stretch you and help you grow. Leave your self-limiting beliefs at the door and surround yourself with people who are positive and enabling. Identify and remove the energy drains, the toxic people who make you question yourself or what you are striving for.

# **SPORT AND EXERCISE PSYCHOLOGY**

**AS ELITE ATHLETES AND SPORTS STARS LOOK TO PUSH THE LIMITS FURTHER THAN EVER BEFORE, SPORT AND EXERCISE PSYCHOLOGISTS HAVE BECOME AN ESSENTIAL PART OF THEIR COACHING STAFF.**

But it's not all about elite sport. Amid concerns about our sedentary lifestyles, professional psychologists work to motivate greater numbers of ordinary people to do more exercise and live healthier lives. They might take on individual clients who want to optimise their own personal training regime or set their own fitness goals.

As a Sport and Exercise Psychologist you could help professional and amateur athletes prepare psychologically for the demands of competition and training in both team and individual sports, and work with them to improve their performance.

If you become a Sport and Exercise Psychologist who works with the public you will be regulated by the Health and Care Professions Council (HCPC) and must register with them in order to use the protected title.

**YOU'LL APPLY THE SCIENCE OF SPORT AND EXERCISE PSYCHOLOGY TO:**

**COACHES**

**ELITE ATHLETES**

**TEAMS**

**INDIVIDUALS' WELLBEING**

# WHERE COULD I WORK?

Sport and Exercise Psychologists are employed in the private, public or academic sectors, and in some cases all of these. Practitioners typically specialise in either the sport or exercise branches, though some work equally in both fields. These include:

**ELITE ATHLETES**

**SPECIFIC SPORTS TEAMS**

**REGIONAL SPORTS INSTITUTES**

**NATIONAL GOVERNING BODIES**

**PRIVATE AND PUBLIC HEALTHCARE PROVIDERS**

**NOT-FOR-PROFIT ORGANISATIONS WORKING WITH INDIVIDUALS & GROUPS**

**TRAINING & CONSULTATION SERVICES FOR OTHER PHYSICAL ACTIVITY HEALTH PROFESSIONS**

Sport and Exercise Psychologists also work in academia – teaching and researching in their area of expertise.

# WHO COULD I WORK WITH?

Your clients could be from any level of professional and amateur competition. They could be individuals or groups of athletes, coaches, officials and/or parents of athletes.

Sport and Exercise Psychologists may work as part of teams, including doctors and other health professionals.

**FIND OUT MORE ABOUT SPORT AND EXERCISE PSYCHOLOGY  
CAREERS.BPS.ORG.UK/AREA/SPORT-EXERCISE**

# TRAINING TO BECOME CHARTERED IN SPORT AND EXERCISE PSYCHOLOGY

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

**MSC IN SPORT AND EXERCISE PSYCHOLOGY AND**

**BPS QUALIFICATION IN SPORT AND EXERCISE PSYCHOLOGY (STAGE 2) OR**

**DOCTORATE IN SPORT AND EXERCISE PSYCHOLOGY**

## WORK EXPERIENCE

Work experience is the best possible way to learn about a career in psychology and decide 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.

If you are looking for work experience you could consider the following areas:

**RESEARCH ASSISTANT IN A SPORT AND EXERCISE DEPARTMENT**

**VOLUNTEERING AT SPORTING NATIONAL GOVERNING BODIES**

**FIND OUT MORE ABOUT SPORT AND EXERCISE PSYCHOLOGY  
CAREERS.BPS.ORG.UK/AREA/SPORT-EXERCISE**

# A DAY IN THE LIFE

## **HELEN O'CONNOR** **SPORT AND EXERCISE PSYCHOLOGIST**

I like to work with athletes in their typical training or competition environments, so I often go to where my clients are, but they visit me in my home office too. This year I spent five weeks in South Africa living with volunteer sports coaches, and last year I lived in Exeter for nine weeks while I was working as a behavioural coach at a weight loss camp. Sometimes I'm office-based when writing or research planning.

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

There is always something new to learn. For example, this month I have been immersing myself in the world of equestrian three-day eventing. I am never bored, and I love the variety.

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

The financial cost and the time it has taken to get to where I am now have been the biggest challenges.

Please, don't be put off training to be a sport and exercise psychologist, because it's a fantastic career. The time and cost reflect the reputation of the profession and the work the BPS does to ensure we are adequately prepared to work in this highly responsible role.

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

I really enjoy how different and challenging the work is each day, especially as sport

and exercise psychology covers such a broad range of work opportunities. My work is mostly applied psychology; working with adults and children who want to be more physically active and healthier or helping athletes to overcome their performance problems.

### **ADVICE TO OTHERS**

If you want to specifically work as a psychologist, you should arm yourself with all the facts about the pathway and cost to becoming fully qualified in any field of psychology you are interested in. It is a big commitment and unless you pick the appropriately accredited BPS courses you can waste both time and money.

There are very few full-time jobs for Sport Psychologists, so if you are interested in this area of psychology you would need to be prepared to be self-employed and build your own business.

# TEACHING AND RESEARCH

**WHEN UNDERTAKING DOCTORAL-LEVEL RESEARCH YOU'LL GATHER DATA, TEST AND ANALYSE IT, AND COMMUNICATE THE RESULTS. AS A PSYCHOLOGY TEACHER, YOU'LL ENCOURAGE YOUR STUDENTS TO INCREASE THEIR OWN PSYCHOLOGICAL SKILLS, KNOWLEDGE AND QUALIFICATIONS.**

## **RESEARCH PSYCHOLOGY**

Before you start a PhD you need to be aware that most places are increasingly given to those with master's or first class honour degrees. The most common way of getting a PhD place is through direct enquiries to relevant departments and potential supervisors.

Many people decide to do their master's or PhD at the institution they have already studied at, supervised by people they already know. If this isn't possible, talk to people in your chosen area to find out about potential supervisors and other university departments.

Once you've decided on your topic and secured your university place you will need to find a supervisor who can support your work over the next two to four years.

There are many potential sources of funding but they often require the support of a university department and supervisor. It's best to secure your place first and then get advice from your university on the type of funding you can access.

# TEACHING PSYCHOLOGY

As a psychology teacher you have the opportunity to inspire the next generation of psychologists. If you love your subject, enjoy interacting with young people and want more than a typical 9–5 job, teaching could be the career for you.

Teachers of psychology work across a variety of academic levels to deliver a psychological education to their students in order for them to gain skills, knowledge and qualifications. Teachers within schools teach psychology at GCSE, A Level, and Scottish Higher or as part of the International Baccalaureate. Teachers or lecturers within higher education are mainly engaged in teaching psychology on undergraduate and postgraduate programmes. Teachers often combine a career in teaching with research.

## WHO COULD I WORK WITH?

Teachers mainly work in schools, colleges and higher educational institutions. Students can range from 14–19 year olds at secondary schools to adult learning and CPD training for professionals.

**FIND OUT MORE ABOUT RESEARCH AND ACADEMIA  
CAREERS.BPS.ORG.UK/AREA/ACADEMIA-RESEARCH-TEACHING**

# TRAINING TO BECOME CHARTERED IN TEACHING AND RESEARCH PSYCHOLOGY

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

**COMPETENCY-BASED TEACHING ROUTE OR**

**PHD IN PSYCHOLOGY OR**

**EQUIVALENT RESEARCH EXPERIENCE**

## 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.

If you are looking for work experience you could consider the following areas:

**RESEARCH ASSISTANT IN A UNIVERSITY DEPARTMENT**

**FIND OUT MORE ABOUT RESEARCH AND ACADEMIA  
CAREERS.BPS.ORG.UK/AREA/ACADEMIA-RESEARCH-TEACHING**

# A DAY IN THE LIFE

## **DR HELEN L. FISHER** **ACADEMIC PSYCHOLOGIST**

My undergraduate degree was in psychology but I have subsequently received training in social psychiatry, epidemiology, genetics, and epigenetics and I now draw on all of these disciplines in my research. My days are varied – I might meet with researchers in my team to discuss results, lecture and support students, comment on journal papers, answer journalists’ queries, mark assignments, decide who should be given research funding, or develop my own research ideas.

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

Having the opportunity to work with amazing data that has been painstakingly collected on thousands of people over several decades. This means I can investigate a whole host of questions to help us better understand why people develop mental health problems.

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

At this more senior level in academia, I have very little time to conduct any actual research myself or write papers. Instead the majority of my time is spent completing administrative tasks, managing projects and supervising the people who I employ to do the research.

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

The work I do has a very real possibility of changing people’s lives – both in the longer term

by providing another piece of the puzzle to prevent mental health problems occurring, and in the shorter term by supporting my team to develop their own careers in research.

### **ADVICE TO OTHERS**

Take it slowly. Don’t say ‘yes’ to everything. Focus on publishing decent papers, obtaining small pots of money (travel grants, small research grants), and apply for awards from the BPS and other organisations. If you get a chance, do attend conferences and present a poster. I’d also recommend following top researchers and those with similar research interests to you on Twitter as often they follow you back and this can increase your visibility.

# PSYCHOLOGICAL WELLBEING PRACTITIONER

**PWPs WORK FOR IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES (IAPT) SERVICES TO HELP ADULTS, CHILDREN AND YOUNG PEOPLE WITH MILD TO MODERATE DEPRESSION. THEY CONDUCT SHORT SESSIONS FACE-TO-FACE, BY PHONE OR ONLINE. IN THE PROCESS THEY HELP IDENTIFY WHAT A PERSON WANTS TO CHANGE, ASSESS IF THEY ARE A RISK TO THEMSELVES OR OTHERS AND PROMOTE SELF-HELP.**

You don't need a psychology degree to be a PWP, but many psychology graduates do pursue this as a career. Contact training course providers directly for information on their entry requirements, course content and recruitment dates.

To meet the requirements of PWP training, you'll need to be employed in a position that gives you access to the right support, case load and supervision. Most PWPs are employed within the NHS, but some find positions in the voluntary or private sectors.

PWP training is also now available as an apprenticeship. For more information visit the **Institute for Apprenticeships**.

Find lists of PWP courses at: [www.bps.org.uk/coursesearch](http://www.bps.org.uk/coursesearch)

# A DAY IN THE LIFE

## **NZINGA AKINSHEGUN** **PSYCHOLOGICAL WELLBEING PRACTITIONER**

I received a BA Hons in Psychology and Sociology and then went onto to complete my MSC in Forensic Psychology. I am currently studying for my Doctorate in Counselling Psychology and work as a PWP for an IAPT service.

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

I enjoy being able to use my skills to know that I am helping someone. It feels rewarding when you receive feedback that you helped someone to manage their wellbeing. I find my IAPT colleagues extremely helpful and supportive, and I couldn't do the job without their support. You tend to find that you work with colleagues who share your values. Supervision is really valuable to me; if I need support I can ask for help and discuss things freely. This helps me to reflect and become a better practitioner.

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

It is challenging working within a 5–6 therapy session model; sometimes that is all that people need. Other times you get the sense people need more time with you; this is why you also have a step system for referrals. There are certain aspects to the job that I find challenging, I routinely have to record against

outcome measures but there are many different ways to measure recovery.

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

I love helping people; it's a challenging and rewarding job and no person you see is the same. I can use my skills to make a real difference to somebody's life. Having empathy, congruence and being non-judgemental are non-negotiables in a role like this. I love that my role allows me to work in this compassionate way. Helping people be their best is very rewarding.

### **ADVICE TO OTHERS**

The work is fast paced and there is lots of it, so you need to keep on top of it. I use a to do list – it's manageable if you prioritise and are organised. Seek support – use peer supervision in all its forms, it's invaluable in being able to reflect and manage your own wellbeing. I would tell anyone thinking of becoming a PWP to go for it!

# CLINICAL ASSOCIATE

**A CLINICAL ASSOCIATE IN APPLIED PSYCHOLOGY (SCOTLAND) AND CLINICAL ASSOCIATE IN PSYCHOLOGY (ENGLAND) IS A SPECIALIST MENTAL HEALTH PROFESSIONAL WHOSE DUTIES INCLUDE ASSESSING AND TREATING CLIENTS FOR A SPECIFIED RANGE OF CONDITIONS. THEY WORK IN PRIMARY CARE/ADULT MENTAL HEALTH SETTINGS OR IN A RANGE OF AREAS INVOLVING CHILDREN, YOUNG PEOPLE AND THEIR FAMILIES.**

Unlike those who hold a full doctorate in Clinical Psychology, Clinical Associate practitioners only operate within certain specialised areas, and work under the supervision of a fully qualified psychology practitioner.

If you want to become a Clinical Associate in Scotland, you first need to complete a BPS-accredited undergraduate degree (or conversion course), followed by an MSc in either Psychological Therapies in Primary Care or Applied Psychology for Children and Young People. In England, the standard for the Clinical Associate in Psychology and associated apprenticeship was launched in 2020.

For more information, visit the **NHS Scotland** website.

Or [www.instituteforapprenticeships.org](http://www.instituteforapprenticeships.org)

# A DAY IN THE LIFE

## **FORBES EARL** **CLINICAL ASSOCIATE**

I completed my psychology undergraduate degree and worked as an Assistant Psychologist and Data Analyst in the NHS. After several years I returned to university to complete an MSc in Forensic Psychology and then an MSc in Clinical Associate Psychology. Generally my role involves providing psychological input for those engaged with the Early Intervention in Psychosis Team.

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

I work in an early intervention in psychosis service, which advocates the importance of groups and social activities. Clinically, the role has offered a greater degree of responsibility (above an Assistant Psychologist [AP] role), which has helped integrate my clinical skills/knowledge.

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

From time to time, I encounter some particularly harrowing stories. Likewise, whilst there is some great work going on, it can be frustrating to know there are generally no quick and easy solutions to social deprivation.

Being fairly productive, a personal challenge is knowing what to prioritise. The Clinical Associate in Psychology (CAP) role is less prescriptive than an AP role, meaning it can be a balancing act to make sure you are working within

(and not overstepping) your competencies. An effective supervisory relationship is paramount.

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

I work in a fantastic team, all of whom genuinely care about the clients. As a CAP I am much more integrated with the team – my input is valued and I can see that this makes a difference – whether this is working directly with clients, helping co-workers formulate or supporting data/research driven initiatives. The flexibility and variety whilst knowing my work is making a difference is what makes the job feel worthwhile.

### **ADVICE TO OTHERS**

Keep reading and learning. If you can learn to love (or at least tolerate!) statistics it will always serve you well.

Don't overcomplicate, and remember relationships are key.

# **EDUCATIONAL MENTAL HEALTH PRACTITIONER**

**EMHPs WORK ACROSS EDUCATION AND HEALTHCARE SETTINGS TO PROVIDE EARLY INTERVENTION MENTAL HEALTH SUPPORT FOR CHILDREN AND YOUNG PEOPLE IN SCHOOLS AND COLLEGES. THESE NEW ROLES SUPPORT THE GOVERNMENT'S PRIORITY OF INCREASING ACCESS TO AND AVAILABILITY OF MENTAL HEALTH AND WELLBEING SUPPORT.**

Trainees are supported to gain the necessary skills and abilities through a 12-month full-time education programme combining university study and supervised practice learning experience, gaining knowledge and understanding across both education and mental health services.

The training is funded at the equivalent of Band 4 and candidates will gain academic credit at postgraduate level. Once you've successfully completed the training, you'll be qualified as an EMHP and guaranteed a job as part of a mental health support team, working in education settings.

Entry requirements vary by university, though you need to demonstrate you can work at degree level with a proven record of previous learning or formal study in child development, wellbeing or mental health. Experience of working with children and young people and a good understanding of the education system in England is highly desirable.

Vacancies will be advertised on the [www.jobs.nhs.uk](http://www.jobs.nhs.uk)

# A DAY IN THE LIFE

## **DANIEL PUGH** **EDUCATIONAL MENTAL HEALTH PRACTITIONER**

Whilst undertaking my psychology degree I took an interest in particular in mental health and volunteered for a local service. Following graduation, the opportunity arose for me to continue training as an EMHP, I now work with schools, children and families.

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

I work with both primary and secondary age children, their school teams and parents. I work to deliver brief interventions to support young people in overcoming depression and anxiety. I get great satisfaction that I am able to see the benefit of my role in improving a young person's life – seeing them when they leave my care and reflecting on how they are in a much better position is really rewarding for me.

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

There are times where it becomes clear to me that a young person may require further support from a more specialist team. Whilst it is great that there are further specialist services, I personally sometimes find it frustrating that I won't be able to complete my journey with that young person and witness a successful outcome. The mental health system is large and complex so having a

team around me and regular supervision helps me to navigate that space and know when to refer to other professionals.

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

I've always loved psychology and had an interest in it from an early age – I have family members who work in children's mental health and seeing the value that they got out of their role definitely cemented my interest. I love that my job allows me to apply evidence based approaches that genuinely work in practice. I enjoy working with schools to help their pupils to live healthy and happy lives.

### **ADVICE TO OTHERS**

Being a psychology graduate definitely helped to provide me with an underpinning knowledge which has been very beneficial. Having said that, I was less prepared for the complexity of the education system and having prior knowledge of that will be a definite advantage to any trainee.

# CHILDREN'S WELLBEING PRACTITIONER

**CWPs ARE TRAINED TO OFFER GUIDED SELF-HELP TO CHILDREN, YOUNG PEOPLE AND FAMILIES WITH MILD TO MODERATE ANXIETY, LOW MOOD AND COMMON BEHAVIOURAL PROBLEMS.**

CWPs work in a variety of different settings including CAMHS, Local Authority and Voluntary Sector organisations. The work of CWPs varies but can include assessments, face-to-face sessions, phone work, workshops, groups and service user involvement activities.

Trainee CWPs will undertake postgraduate certificate level training for one year, currently hosted by either University College London (UCL) or Kings College London (KCL) whilst being based within a service.

You'll be trained to offer brief evidence-based interventions in the form of low intensity support and guided self-help to young people who demonstrate mild/moderate anxiety (primary and secondary school age), low mood (adolescents) or common behavioural difficulties (working with parents for under 8s). Each service has their own criteria for assessing applications but you'll need at least a second-class Bachelor's degree from a UK university or an overseas equivalent in a relevant subject.

For more information please visit the **NHS Health Careers** website.

# A DAY IN THE LIFE

## **AMELIA MANSFIELD** **CHILDREN'S WELLBEING PRACTITIONER**

My undergraduate degree was in Psychology in Education. I then gained a role in an education setting which gave me experience with children, young people and families. After a few years I left to train as a CWP which involved university study and the completion of a postgraduate certificate.

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

I work therapeutically with young people aged 11–18 and the parents of younger children aged 4–11 – it's very rewarding to see the impact that your work has on improving a child's life by giving them the tools and strategies to manage their low mood or anxiety. It empowers them and I find that really rewarding.

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

When I first qualified it was quite daunting but I felt the training and supervision had prepared me well for managing my caseloads. It's a lot of responsibility and you do have to manage risk but the help and support you receive is excellent. It can be hard when you recognise that a young person is likely to need more than a short term intervention but because of the very manualised approach it isn't possible for you to offer anything beyond referring them onto a stepped up intervention.

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

I did a degree in psychology and then worked in an educational setting – this gave me an insight into working with young people and then the opportunity arose for me to undertake further training to become a CWP. I enjoy helping young people before they get to the point of crisis. Seeing their quality of life improve is very rewarding – using goals based outcomes allows me to evidence real change and a reduction in symptoms.

### **ADVICE TO OTHERS**

Believe in yourself – it may be tough at times but you learn and grow from your experiences! There are lots of jobs that will allow you gain direct client experience, e.g. support worker or healthcare assistant roles, so explore your options and try and get as much information as possible. For me, having insight into working with young people before applying was definitely an advantage.

# **BPS QUALIFICATIONS FOR FUTURE PRACTITIONERS**

**The BPS offers a range of professional qualifications which enable you to undertake your training flexibly, within a structured and supportive framework.**

Our qualifications have been designed to allow you to use your current role to gain the required competencies, through supervised practice. That way you can enhance your skills in applied psychology and take your career to the next level, while also balancing family and work commitments.

The qualifications are doctoral level (apart from the Qualification in Clinical Neuropsychology, which is a post-HCPC registration qualification) and make you eligible to apply for Chartered membership with the BPS and full membership with the relevant division.

All doctoral-level qualifications are approved by the Health and Care Professions Council (HCPC), making you eligible to apply for registration to use the legally protected title related to your area of psychology.

We offer qualifications in the following applied areas:

**CLINICAL NEUROPSYCHOLOGY**

**COUNSELLING PSYCHOLOGY**

**EDUCATIONAL PSYCHOLOGY (SCOTLAND)**

**FORENSIC PSYCHOLOGY**

**HEALTH PSYCHOLOGY**

**OCCUPATIONAL PSYCHOLOGY**

**SPORT AND EXERCISE PSYCHOLOGY**

Our qualifications are for those who have graduated with a BPS-accredited undergraduate psychology degree or conversion course, and an accredited master's degree in their chosen area of psychology.

**FIND OUT MORE: [WWW.BPS.ORG.UK/QUALIFICATIONS](http://WWW.BPS.ORG.UK/QUALIFICATIONS)**

# BECOME A QUALIFIED TEST USER

Your psychology course may already include a component on psychological testing, with some courses giving eligibility for one of our BPS Qualifications in Test Use.

We also offer standalone courses in wide ranging contexts such as forensic, occupational and educational, enabling you to administer psychological tests.

## WHAT IS A PSYCHOLOGICAL TEST?

Psychological tests (also called assessments) measure ability, personality and behaviour.

## THERE ARE TWO TYPES OF TEST:

Firstly, tests of ability/aptitude or attainment which are known as measures of maximum performance.

Secondly, tests designed to assess personal qualities such as personality, beliefs, social competence, values, developmental milestones and interests – as well as measuring motivation or drive.

## BPS PSYCHOLOGICAL TESTING CENTRE (PTC)

The PTC provides information and services concerning standards in tests and testing for test takers, test users, test developers and members of the public.

## HOW CAN I GAIN A BPS TESTING QUALIFICATION?

Visit the PTC website to see the companies and universities offering eligibility for BPS qualifications in test use.

## WHO USES PSYCHOLOGICAL TESTS?

**Educational professionals** working in schools or for local authorities, whose role involves testing children to understand their strengths and learning needs.

**Professionals working in forensic** contexts such as prisons, secure hospitals, court or probation services, whose roles involve assessing peoples' risk of reoffending.

**Occupational professionals working in HR** departments, employment agencies or consultancies offering testing services, whose roles involve testing for personnel selection, development or career guidance and advice.

**Consultants** helping organisations to choose the right test for the right application by reviewing the numerous tests.

**FIND OUT MORE: [WWW.PSYCHTESTING.ORG.UK](http://WWW.PSYCHTESTING.ORG.UK)**

# THE HEALTH AND CARE PROFESSIONS COUNCIL (HCPC)

The HCPC is a regulator set up to protect the public. They keep the register of health and care professionals who meet the required standards for training, professional skills, behaviour and health in order to offer services to the public.

If you choose to use any of the following professional titles in the UK you must have HCPC approved qualifications and be on their register before you can offer your services to the public.

**PRACTITIONER PSYCHOLOGIST**

**REGISTERED PSYCHOLOGIST**

**CLINICAL PSYCHOLOGIST**

**COUNSELLING PSYCHOLOGIST**

**EDUCATIONAL PSYCHOLOGIST**

**FORENSIC PSYCHOLOGIST**

**HEALTH PSYCHOLOGIST**

**OCCUPATIONAL PSYCHOLOGIST**

**SPORT AND EXERCISE PSYCHOLOGIST**

**FIND OUT MORE: [WWW.HCPC-UK.ORG](http://WWW.HCPC-UK.ORG)**



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