



the british
psychological society
promoting excellence in psychology

PSYCHOLOGY

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



**OUR WORLD IS FACING
MORE CHALLENGES THAN
EVER BEFORE, AND IT
NEEDS MORE TALENTED
PSYCHOLOGISTS TO HELP
US MEET THEM.**

Psychologists are using their skills to help people flourish and give them the tools needed to build a society where people meet their potential at work, have stronger relationships with each other, and live more fulfilled lives.

They are also providing a more complete understanding of human behaviour, which will help us to tackle the most urgent issues of our time, whether that is climate change or the growing crisis in global mental health. Our members work in all areas of society, in our prisons and our health service, but also with elite athletes and global businesses.

Psychology is evolving, and we are still nowhere near having a full understanding of the human mind and behaviour. Pursuing a career in it will allow you to contribute to this growing understanding, while learning more about yourself and making a real difference to the lives of others and the world we live in.



SARB BAJWA
Chief Executive

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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 CREATING A BETTER HEALTH SERVICE, SUPPORTING PATIENTS RECOVERING FROM CANCER, OR HELPING PEOPLE TO STOP SMOKING AND LOSE WEIGHT, THEN YOU CAN MAKE IT HAPPEN AS A HEALTH PSYCHOLOGIST.

You'll use your knowledge of psychology and health to help people live healthier lives or deal with serious conditions. You'll help them make better dietary and exercise choices, manage chronic pain and recover from the effects of debilitating conditions. And you'll support the carers and families too.

You could work with health professionals, for example advising doctors on better ways to communicate with their patients.

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 TREATMENT OF A RANGE OF AREAS INCLUDING:

EATING DISORDERS

CHRONIC ILLNESS

PAIN MANAGEMENT

ADDICTION

WHERE COULD I WORK?

Health Psychologists work across a range of healthcare providers. This can be in a variety of settings including primary, secondary or tertiary care within statutory, third sector, private healthcare or academic organisations. 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 children to adults and older people – and groups. Or you'll work indirectly through the development of online interventions.

You may also work as part of teams, including doctors, nurses and other health professionals.

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.

MSC IN HEALTH PSYCHOLOGY AND

BPS QUALIFICATION IN HEALTH PSYCHOLOGY (STAGE 2) OR

DOCTORATE IN HEALTH 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.

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

DR 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 behaviour change, 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. Seeing lightbulb moments, watching them graduate and publishing research brings me genuine joy.

THE MOST CHALLENGING PART OF MY JOB

Keeping on top of emails. They are often an underlying cause of heightened levels of anxiety. I refuse to have them on my phone, to help manage my own stress levels; and so they mount up, day after day and become almost impossible to manage.

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. 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

A 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.

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

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

WIDER PSYCHOLOGICAL WORKFORCE

PSYCHOLOGICAL WELLBEING PRACTITIONERS (PWP_s)

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.

From early 2020, PWP training will also be available as an apprenticeship. For more information visit

www.instituteforapprenticeships.org/apprenticeship-standards/psychological-wellbeing-practitioner

Find lists of PWP courses at:
bps.org.uk/coursesearch

CLINICAL ASSOCIATE IN APPLIED PSYCHOLOGY (SCOTLAND) AND CLINICAL ASSOCIATE IN PSYCHOLOGY (ENGLAND)

A Clinical Associate 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 is expected to be launched in 2020.

For more information, visit the NHS Scotland website: careers.nhs.scot/careers/explore-our-careers/psychology

Or www.instituteforapprenticeships.org

EDUCATIONAL MENTAL HEALTH PRACTITIONERS (EMHP)

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 for children and young people.

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

CHILDREN'S WELLBEING PRACTITIONER (CWP)

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 cypiapt.com/cwp-candidates/#about_the_cwp_programmecareers.nhs.scot/careers/explore-our-careers/psychology

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



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