

PSYCHOLOGY RELATED CAREERS ADVICE



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Psychology careers ideas – non chartered psychologist route

This leaflet provides a list of careers that are either related to psychology, or where the skills/knowledge gained in your degree would provide a useful foundation. Some careers listed may require further training or post graduate study. These career options are open to graduates in England – careers opportunities may vary in Wales/Scotland and Northern Ireland and outside of the UK.

This section of the leaflet does not cover the Chartered Psychologist career options – for psychologist career information refer to “Becoming a Psychologist”- found in the index - steps to take now and after graduation” and the British Psychological Society careers website <https://careers.bps.org.uk/>.

Use this list as a starting point – it is not exhaustive. For more information about all of the professions listed, see the job profiles section on the Prospects website www.prospects.ac.uk/job-profiles If roles are specialist jobs in psychology or health you may find more detail or only find them on the NHS careers website - Health Careers <https://www.healthcareers.nhs.uk/explore-roles/psychological-professions>

Jobs in general health care, mental health and therapy:

- Creative/Non-verbal Therapist (Art Therapist /Music therapist/Play Therapist /Drama Therapist)
- Mental Health Social Worker
- Graduate Primary Care Mental Health Worker (role not offered UK wide – check NHS Trusts for job adverts)
- Mental Health Practitioner (qualifications for role varies across UK - check local NHS Trusts job adverts)
- Assistant Psychologist
- Psychological Wellbeing Practitioner (for similar roles with children and young people see- Children and Young People’s Wellbeing Practitioner and Education Mental Health Practitioner)
- Counsellor
- Psychotherapist (Child Psychotherapist –different training route)
- Support Worker – Mental Health
- Support, Time and Recovery (STaR) Worker (NHS - Mental Health)
- Health Promotion Specialist
- Mental Health Employment Specialist
- Family Therapist/ Therapeutic Parent
- e-Therapy Coordinator (online CBT)
- Adult/Paediatric/Mental Health Nurse
- Occupational Therapist
- Speech and Language Therapist
- Audiologist
- Radiographer
- Physician Associate

Jobs in the community/crime and justice sector:

- Social Care Manager
- Social Worker (Adults)
- Family Court Adviser
- Family Support Worker
- Probation Officer
- Counselling, Advice, Referral, Assessment and Throughcare (CARAT) Drug Worker in the Prison Service
- Prison Officer/Manager
- Interventions Facilitator (Prison Band 4)
- Trainee Psychologist (Prison Band 5)
- Police Officer
- Intelligence Analyst (Police, MI5, MI6, GCHQ)
- Information Security Specialist
- Housing Officer
- Drug/Alcohol/Sexual Health Worker
- Prison tutor/trainer

Jobs in Education/working with children and young people:

- Social Worker (children)
- Careers Adviser/Personal Adviser
- Family Court Adviser and Guardian (Social Worker who represents children in courts - www.cafcass.gov.uk)
- Play Therapist
- Child Psychotherapist
- Children and Young People's Wellbeing Practitioner
- Educational Mental Health Practitioner
- Child Psychotherapist
- Autism Practitioner
- Special Educational Needs Teacher
- Primary School Teacher
- Early Years Teacher (0-5 year olds)
- Secondary Teaching Assistant/Learning Mentor/Portage Home Visitor
- Lecturer in Psychology (Further Education/sixth form)
- Research/Teaching Assistant in HE
- Education Welfare Officer
- E-Learning Developer
- Prison tutor/trainer (youth offending)
- Youth worker

Jobs in technology:

- UX Researcher - UX stands for user experience. The roles involve researching and testing usability of modern technology such as websites and mobile phones– can also be known as UX designer, UX Analyst, UX architect, Human Computer Interaction Consultant.
- Web Designer

Jobs in the not for profit/charity, private and public sector organisations:

- Ergonomist
- Human Resources Adviser
- Training/Learning and Development Officer
- Public Relations Officer
- Charity Fundraiser/ Officer
- Equality and Diversity Officer
- Market Researcher
- Marketing/Sales Executive
- Digital Media Executive
- Recruitment Consultant
- Retail Management
- Conference/Events Planner
- Science Writer/Journalist
- Medical Sales Representative
- Information Analyst
- Civil Service Fast Stream/Executive Officer
- Social Researcher
- Research Officer – Government/Political Party/Trade Union
- Operational Researcher
- Trading Standards Officer
- Advertising Executive/Planner
- Management Consultant

Wellbeing Practitioners:

Within this area there are three different types of Wellbeing Practitioners (WP) also known as Low Intensity Therapists, in England:*

- *Psychological Wellbeing Practitioners (PWP) who are typically NHS based and work with adults.*
- *Children and Young People's Wellbeing Practitioner (CWPs) who are NHS based*
- *Educational Mental Health Practitioners (EMHPs) based within a local education authority providing support to children and young people in school or educational settings.*

**WP jobs do not exist (at the time of writing) in Wales / Scotland / Northern Ireland see contact details at the end of the leaflet to make enquires about equivalent roles in mental health in these regions.*

WPs are trained to assess and support people experiencing common mental health problems such as low level anxiety and depression – in the self-management of their symptoms, via a range of low-intensity, evidence based interventions, informed by underlying cognitive-behavioural principles.

WPs work with groups as well as with individual patients on a one-to-one basis. Support is provided by telephone and increasingly online as well as face-to-face. Once trained to work with adults you would have to retrain to work with children and vice versa. As a WP, you will typically work within an Improving Access to Psychological Therapy (IAPT) service that may be within a clinical commissioning group, specialist mental health trust or in the charity sector. If you become an EMHP you would work within mental health support teams, designed to help meet the mental health needs of children and young people aged between five and 18. The teams work in primary, secondary and further education settings.

You don't have to have a degree in psychology to get onto a PWP training programme, as they are offered at Level 6 and Level 7, however many psychology graduates do pursue this role as a career and progress to high intensity therapist (Senior PWP) roles or Clinical Leads offering supervision to other PWP's or Senior PWPs. WP roles are a good foundation for relevant work experience for Clinical Psychology. It is important to note that throughout the recruitment process to become a trainee WP or once qualified as a WP, mentioning aspirations for Clinical Psychology may cause recruiters to question your commitment to a career as a WP so it is wise to understand the other career progression options for a WP within the IAPT service.

Qualifications and training:

There seems to be three routes and it varies depending on the region of England you intend to be based for your training year:

- **Apply for a Trainee Wellbeing Practitioner job role via NHS / Local Authority or a charity** – the employer screens applicants with their partner University who offers the post graduate training. For example, courses at University of Reading for CWP, EMHP and PWP are only offered via this route – they do not offer places to independent applicants (correct at the time of writing).
- **Apply to a University for a funded place on their Post Graduate or Graduate Certificate in Low Intensity Cognitive Behavioural Interventions** (name of course may vary this is an example – so ensure your course word search is flexible). The university leads the recruitment process and advertisement, they then assess applications alongside the employers they partner with - local NHS Trusts / Local Authority or a Mental Health Charity. Those successful are offered a place on the course and a paid job as a Trainee Wellbeing Practitioner while on the course. For example UCL leads the recruitment for many of the NHS Trusts in London (correct at the time of writing).
- **Apply to a self-funded University place on a Post Graduate or Graduate Certificate in Low Intensity Cognitive Behavioural Interventions** (name of course may vary this is an example – so ensure your course word search is flexible). You will have to pay the course fees – the course will require a placement in order to put into practice the interventions you are learning. The university may or may not provide the placement and if they do, check whether it is paid. For example,

University of Sussex offers the option of this route for CWP, but also works with their local NHS Trust who also recruits and funds students on a funded route with Sussex (correct at the time of writing).

Those with a degree will typically undertake a postgraduate certificate (one day per week), while those with a third-class degree, part completion of an undergraduate degree or level 5 qualifications, will be offered the Graduate Certificate training route.

Qualifications and training – where to find course providers:

All Adult PWP courses are accredited by BPS and be found here: <https://www.bps.org.uk/public/become-psychologist/accredited-courses> Inquire with the institution offering the course when and how they recruit to the course – direct or through a partner employer.

At the time of writing CWP and EMHP courses have not yet gone through an accreditation process, however the NHS Health careers website has more information on becoming an EMHP or CWP with a **list of training providers**. Enquire with the institution offering the course when and how they recruit to the course – direct or through a partner employer. Follow the links below:

[EMHP](#)
[CWP](#)

Previous work experience entry requirements for trainee jobs/courses:

All types of Wellbeing Practitioner roles will require relevant work experience with the relevant age group before you apply*:

- **PWP**– some roles will require **one year** of full-time work with adults with mental health difficulties. However, some do not specify a length of time, just that you need to have a significant amount and will assess each application on a case-by-case basis.
- **CWP** - experience of working with children and young people with mental health difficulties.
- **EMHP** - At the time of writing EMHP is still a new career path so entry requirements for experience may vary. As a minimum you will need to have work experience with children and young people. Ideally this will be those with mental health difficulties, but if you are struggling to secure this, then the next step would be to aim to work with vulnerable children and young people.

*If you have work experience that is not with the right age group, it may still be worth applying but you will need to clearly demonstrate in your application how your work with the other age group is transferable.

Where to find experience

Adult experience:

Direct experience of working with adults with mental health difficulties is essential for PWP roles. Volunteer with mental health charities in your undergraduate studies and aim to progress into paid mental health work. You may be able to get part time or casual paid jobs as mental health support worker during your undergraduate studies.

- **Helpline/crisis volunteer** e.g. Samaritans, giveusashout.org
- **Mental health charity volunteer/ befriender**
- **Support or Care Worker in social care settings** such as residential care homes/ day care centres with relevant clinical populations.
- **Mental Health Support Worker in health care settings** such as NHS/Private Hospitals. Some may require prior work experience with mental health patients or care qualifications but not all do, it will depend on the local NHS Trust /Private Hospital's policy. Temp or casual staff tend to be referred to in job adverts as “Bank” staff in hospital settings.
- **Health Care Assistant** with relevant clinical populations. Some may require health care work experience / work experience with relevant clinical populations or care qualifications, it will depend on the NHS Trust /Private Hospitals policy. Temp or casual staff tend to be referred to in job adverts as “Bank” staff in hospital settings.

Job websites to try:

NHS www.jobs.nhs.uk
Health jobs UK www.healthjobsuk.com
Health Jobs www.healthjobs.co.uk

Mental Health Jobs www.mentalhealthjobs.co.uk
 Cygnet Health Care – Specialist mental health care www.cygnetjobs.co.uk
 Elysium Health Care – private mental health service www.elysiumhealthcare.co.uk
 The Priory Group <http://www.priorygroup.com>
 Cambian Group www.cambiangroup.com
 Turning Point www.turning-point.co.uk

Children and young people experience.

As a starting point as an undergraduate, you could give your time to local sports, activity or youth clubs, work at after-school clubs or get involved in community play schemes. You could spend your summers working at kids holiday clubs, as an au pair or helping out at youth theatre groups or if you fancy a summer abroad you could consider something like camp America. Some of these could be paid.

Other options when you are first starting to gain experience are to volunteer in schools, children's centres, children's care homes, children's hospices and on hospital children's wards, or donating your time to charities such as Barnardo's, ChildLine and the NSPCC are some other worthwhile options. As you build your experience with children, start to target working with children that might be classed as more vulnerable or have more needs around their wellbeing / mental health and you may then be able to start getting paid work with children

[Read this article on 10 ideas for volunteering with children](#)

Job websites to try:

Charity Jobs www.charityjob.co.uk
 Jobs in Charities www.jobsincharities.co.uk/
 Third sector Jobs <https://jobs.thirdsector.co.uk/>
 Charity People www.charitypeople.co.uk/
 Children and Young people Now Jobs www.cypnowjobs.co.uk
 Jobsgopublic www.jobsgopublic.com (local council jobs – e.g., playworker and children's home roles)

Where to find job adverts for trainee WP roles

You will need to research the recruitment process for the region of the England you plan to study in, to find out if recruitment is led by the NHS Trust or partnering University. A starting point for research is to use the links in the section above called **Qualifications and training – where to find course providers**. The links there will allow you to identify the course provider in your region, you should then contact them directly to ask when and how they recruit.

If it is led by the NHS Trust, trainee WP vacancies can be found on the NHS website www.jobs.nhs.uk, set searches up for Trainee Psychological Wellbeing Practitioner, Trainee Children's Wellbeing Practitioner or Trainee Education Mental Health Practitioner depending on the age group and setting you want to work in.

If the University runs the recruitment you will need to visit their course pages on their website to find out when they accept applications – it may only be for a small period and they may only have 1-2 set intakes a year, so if it's not clear do make contact to enquire.

Other places you may see adverts:

Indeed www.indeed.co.uk
 Glassdoor www.glassdoor.co.uk
 MIND – www.mind.org.uk
 Rethink – www.rethink.org
 Turning Point – www.turning-point.co.uk
 Self Help Services - www.selfhelpservices.org.uk
 Anxiety UK www.anxietyuk.org.uk
 For more information see the NHS Health Careers website
 PWP- <https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/psychological-wellbeing-practitioner>
 Read the Prospects job profile which includes some case studies: <https://www.prospects.ac.uk/job-profiles/psychological-wellbeing-practitioner>

EMHP www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles-psychological-therapies/education-mental-health-practitioner

CWP - <https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles-psychological-therapies/childrens-wellbeing-practitioner>

University of Reading – course details:

If you are interested in training at Reading for any of these routes, please note that the University of Reading does not accept direct applications to any of their post graduate training courses to become a wellbeing practitioner. Instead you need to secure a job offer for a trainee WP job with a partnering NHS trust or Local Authority and then you are automatically enrolled on the postgraduate or graduate training course. The entry dates for their courses are listed below so you can expect to see trainee jobs advertised on the NHS jobs pages several months prior to the entry month. These were all correct at the time of writing – please double check with SPCLS as programme entry processes can change.

- **EMHP training commences every January** – the trainee jobs can be based in various regions in England. For January 2021, the employing NHS Trusts will be in the Luton direction.
- **CWP training commences every March.** In 2021 the employing NHS Trusts cover large geographical area.
- **PWP training commences every September and April.** NHS Trusts recruiting tend to be Berkshire and Oxford Health (includes High Wycombe, Milton Keynes and Oxford services). However, they have previously also partnered with North East Hampshire, Southern Health (Hampshire) and Dorset Health.

Tip - As you may notice the programmes at the University of Reading take trainees from locations outside of Berkshire. There may be some entry dates when the local Berkshire NHS Trust is not recruiting. If you have the flexibility to be based anywhere in England, make sure you set up your NHS job alerts to cover a wide geographical area.

Application Tips

Applications for PWP roles tend to only be open for a week and can close earlier than the advertised deadline if they receive a high volume of applications, so you should aim to submit your application as soon as you can after it opens, without compromising the quality of the application. As CWP and EMHP become more well-known this may also be the case. To prepare for this, set up job alerts before you are ready to apply, read example job descriptions and person specifications and save these supporting documents. Think about how you would evidence the requirements of the job outlined in the person specification and make a draft supporting statement for future applications, so you have a starting point ready. Get feedback on your draft from a Careers Consultant.

Roles for trainees tend to be advertised at key times of the year, in line with course intakes at the partnering university. To find out when to expect adverts contact the University that are offering the courses and ask when they have intakes.

If you are planning to use the trainee role as a foundation for gaining experience to apply for a Doctorate in Clinical Psychology, then it is best **NOT** to highlight this in your trainee PWP application. The NHS will be funding your training to become a PWP, so it will not be received favourably if they believe you plan to leave soon after you qualify – become familiar with the career progression options within IAPT.

As WP jobs do not exist (at the time of writing) in Wales / Scotland / Northern Ireland see contact details below to make enquires about equivalent roles in mental health:

- **NHS Wales Careers** www.weds.wales.nhs.uk/nhs-wales-careers
Email: nhs-wales-careers@wales.nhs.uk
- **Scotland: NHS Education for Scotland** www.nes.scot.nhs.uk
Phone: 0131 656 3200
Email: enquiries@nes.scot.nhs.uk
- **For information about careers in health and social care: NHS Northern Ireland:**
<https://www.nidirect.gov.uk/campaigns/careers>

Academia, Research and Teaching Psychology

In Higher Education (HE) settings, psychology teaching and research usually go together. Some university lecturers qualify through doctoral research while others will have qualified in one of the applied psychological fields. They may return to teaching to develop professional practice and conduct research or simply to share their knowledge. All university lecturers are expected to help extend their subject by gathering psychological evidence on key research questions and telling others what they have found by publishing articles. Administration is a large part of a lecturer's role. It includes student selection, devising new teaching programmes, sitting on committees which allocate resources and coordinating aspects of the life of the department. Academic Researchers or 'Research scientists' may also work in research units as well as HE settings, however, while it is possible, few people develop careers solely in research.

- An insight into a [Senior Psychology lecturer](https://www.jobs.ac.uk/career-advice/jobs.ac.uk/academic/senior-lecturer-in-psychology/) career can be found on the www.jobs.ac.uk website <https://career-advice.jobs.ac.uk/academic/senior-lecturer-in-psychology/>
- In the early stages of an academic career, it can be difficult to gain a permanent contract and at the time of writing it is still common to accept jobs on a part-time or fixed term contract. Gaining a PhD is not a guarantee of a role in academia and there are other opportunities outside of academia for PhD graduates. Depending on the research area of a PhD, other roles psychology PhD graduates could consider are [Policy Officer](#), [Social Researcher](#), [Government Social Research Officer](#) but there are other options. Psychology PhD graduates can work in most sectors including [Think Tanks](#), [Knowledge Transfer Centres](#), the [Charity sector](#) and the wider Business.
- Prospects.ac.uk has more details about working as a [Higher Education Lecturer](#) and [Academic Researcher](#) which covers duties, working hours, salary, work experience, career prospects and case studies.
- Psychology Teachers mainly work in schools and colleges and the students range from 14-19 year olds at secondary schools to adult learning and CPD training for professionals. If you are interested in teaching psychology in further education or schools, click on the links below:
 1. [Further Education Teacher](#)
 2. [Secondary School Teacher](#)

Qualifications to become a HE Lecturer / Academic Researcher:

To have a career in research and teaching in higher education you will typically need to complete a **Doctoral level qualification** which takes three years full time or 6 years part time. You **do not** need to become a Chartered Psychologist through the British Psychological Society (BPS) to work as an Academic in a psychology department, but if you do choose to follow the Chartered route you will need:

- Graduate Basis for Chartered Membership (GBC).
This is achieved by completing a BPS accredited degree or conversion course
- Five or more years supervised and assessed professional activity.
The research route will normally include taking a PhD or equivalent research experience.
- The BPS has also established a new route to Chartered Membership on the basis of training and experience as a teacher.
- The BPS website can offer more information and the benefits of becoming a [Chartered Psychologist](#)

It's becoming more common for lecturers to have or to be working towards a teaching qualification. These can be completed part time after a PhD and some universities ask for an HEA Fellowship instead, awarded by Advance HE.

Doctoral level degrees

There are different types of [doctoral degrees](#) but the most relevant to highlight is academic doctorates and practitioner doctorates:

- **Academic** doctorates, such as the traditional PhD (or 'Doctor of Philosophy') is the best-known advanced research qualification, they can prepare a student for various careers, but their main focus is on broadening theoretical understanding of a subject, rather than improving professional practice.

- **Practitioner** doctorates can also be referred to as professional doctorates and are awarded for work that contributes directly to knowledge or practice in a specific vocational field. They still involve original research and analysis, but also incorporate more practical training and instruction. Examples of practitioner doctorates are - Clinical Psychology Doctorate (ClinPsyD), and the Doctorate in Educational Psychology (DEdPsych). Entry requirements for practitioner doctorates will include relevant work experience as well as academic achievements.

If you are interested in working as an academic but first qualifying and working in an applied area of psychology, such as a Clinical Psychologist – refer to the relevant folder of applied psychology on PCLS Careers on Blackboard. The rest of this leaflet will focus on the academic doctoral route.

How to get an academic doctorate:

Some students propose their own research area and apply for funding, while in some cases a supervisor may already have funding for a project and advertise it like a job. When making a PhD application, you'll typically be asked to submit:

- an academic CV
- your academic transcripts
- two or three academic references
- a personal statement
- a research proposal.

The majority of institutions require PhD candidates to possess a Masters degree, plus a Bachelors degree at 2:1 or above. There are different types of Masters degrees - **MSc & MA** are taught courses while **MRes and MPhil** are both predominately independent research projects, rather than taught courses. The main difference with an MRes is that it is a stand-alone qualification with a focus on research and some taught elements while a MPhil is purely independent research and typically the first part of a PhD.

However, some universities don't require a Masters and self-funded PhD students or those with significant professional experience may also be accepted with lower Bachelor degree grades.

Integrated PhDs

- An integrated Masters with a PhD is a 4 year postgraduate level programme that combines 1 year Masters with a 3 year PhD. It allows you to familiarise yourself with the topic, research methods and academic writing techniques before embarking on your own independent research.
- **PhD [Studentships](#)** are a form of funding which you need to apply for and is restricted to a specific research project or field of study - they can provide you with either a partially or fully-funded PhD.
- **Graduate Research or Teaching Assistant jobs** are paid roles in Higher Education which can be part time and can come with a studentship to cover the cost of a PhD.
- There are various **[funding](#)** opportunities for Masters and PhDs – for UK based students it worth noting that funding can vary depending on which part of the UK you reside in.

Experiences to improve your chances of being offered a place on a PhD programme:

- **Research experience:**
 - University of Reading's [Undergraduate Research Opportunities Programme \(UROP\)](#)
 - **Volunteer as a Research Assistant** on research projects in your department – these will not be formally advertised. Speak to your academic tutor to discuss who you could approach within the department to enquire about opportunities.

Other related experience:

- **Applied experience** -While the first priority is to gain research experience, if you know what area of research you would like to specialise in, gaining experience in the applied area can help too. For

example, if you are interested in research around dementia – volunteer or get paid work in a care home or day centre specialising in dementia.

- [Government Social Research Summer Placements](#)
- [Wellcome Trust Internships](#): The Wellcome Trust is a charity that supports science to solve the urgent health challenges facing everyone. They support discovery research into life, health and wellbeing, and they have three worldwide health challenges: mental health, global heating and infectious diseases. They offer eight-week internships for undergraduates which take place at the Wellcome offices in London every summer.

If you are looking for volunteering in your home town, national volunteering opportunities can be found here www.do-it.org.uk. If you are looking for volunteering in Reading visit www.rva.org.uk

If you are looking for experience to count towards with the compulsory work placement in Part 2 or the Placement Year do look out for vacancies that your Placement Co-ordinator circulates, in addition to the suggestions in this handout.

Further information:

This is a summary sheet with information gathered from websites below. There is more in-depth information on funding, how to apply and PhD studentships on the websites:

- **British Psychological Society (BPS)** - If you are seriously considering becoming a chartered psychologist, review the membership benefits of joining the British Psychological Society (£26 per year for a student at the time of writing). www.bps.org.uk/join-us/membership You can request membership to the relevant division of the BPS [Division for academics, researchers and teachers](#) Other useful sites the BPS has are the [Research Digest](#) and [BPS Careers](#)
- [Find a PhD](#) Information about PhD study and function to search for PhD opportunities
- Article on “[working in academia](#)”
- [Find a Masters](#) Information about Masters study and function to search for Masters opportunities
- [PhD Study](#) articles from prospects.ac.uk
- Jobs.ac.uk - PhDs and jobs advertised in HE
- If you are interested in studying for your PhD at The University of Reading then visit the [Graduate School](#) website for more information. In autumn term they run information sessions called “PhD: What me?”

Useful websites:

- Higher Education Lecturer <https://www.prospects.ac.uk/job-profiles/higher-education-lecturer> [Academic](#)
- Researcher <https://www.prospects.ac.uk/job-profiles/academic-researcher>
- Extended activity– read through the leaflet on PCLS Careers on Academia, Research and Teaching Psychology and the career profile of a Senior Psychology lecturer <https://career-advice.jobs.ac.uk/academic/senior-lecturer-in-psychology/>

Clinical Psychology

Clinical psychologists use psychological methods and principles to assess and treat psychological problems. They promote and enhance mental well-being and research and evaluate new models of psychological therapy. Clinical psychologists support people with anxiety, depression, relationship problems, learning disabilities, child and family problems and serious mental illness.

The majority of clinical psychologists are employed by the National Health Service in health and social care settings such as hospitals, child and adolescent mental health services, social services or in the community

as part of a mental health team. Some clinical psychologists work in private practice while others become teachers or university researchers.

Qualifications and training:

To become a Clinical Psychologist you will need to complete a **Clinical Psychology Doctorate** which is typically a 3 year course with clinical placements. The minimum entry requirements to get on the course are:

- **Psychology degree (or equivalent e.g. Masters conversion)** - Typically a “good” **2:1 or 1st** class honours degree from a BPS (British Psychological Society) approved course. Some courses **may** consider applicants with a 2:2 or a "low" 2:1 but they will ask for further evidence of academic ability e.g. an academically demanding Masters (Research based as opposed to taught) or requirement of a high 2:1 for your dissertation – however you must check with individual institutions for their entry requirements as they vary and some may only accept your initial BPS accredited qualification.
- **Relevant work experience** - 9-12 months in **full time employment** as a minimum. Due to the competitive nature of the application process, most successful applicants have more and will apply several times before they are successful - on average successful applicants have three years of full time relevant work experience. This can be gained from a placement year as an undergraduate, but most accrue this once they have graduated.

Funding for UK students:

The NHS currently funds the Doctorate programme. To keep up to date on the funding situation, visit the funding web pages of the Clearing house for post graduate courses in Clinical Psychology for updates <http://www.leeds.ac.uk/chpccp/funding.html>. Applicants who are successful in gaining a place on the programme are employed and paid by the NHS as trainee clinical psychologists.

Funding and International students:

As the NHS funds the doctorate programme and doctoral students are employed by the NHS while on the clinical training, the relevant NHS organisation has residence requirements that applicants must meet to be considered. Some courses require applicants to have home fees status. There are some institutions that will accept applications from international students that are willing to self-fund. For more information, visit the international funding pages of the Clearing house for post graduate courses in Clinical Psychology website <http://www.leeds.ac.uk/chpccp/internationalfunding.html>

Alternative career path to consider - Clinical Associate Psychologist (CAP):

The development of CAPs provides a new opportunity for large numbers of highly motivated and well qualified psychology graduates to join the NHS where previously they may have been unsuccessful with entry onto doctoral clinical psychology training.

CAPs are psychology graduates who currently undergo a one-year training at Masters level in order to become a skilled professional applied psychologist, working within their scope of practice, under the direct supervision of a clinical psychologist.

This is a new career path in England and in 2018 and 2019 is being trialled in Cornwall Partnership NHS Foundation Trust (CFT) in collaboration with the University of Exeter. For more information visit: <https://haso.skillsforhealth.org.uk/news/clinical-associate-psychologist-faqs/>

Gaining relevant work experience for the Clinical Doctorate:

There is fierce competition for places on clinical training courses. Work experience to meet the requirements of the doctoral training, should be gained in a setting where you can meet and observe clinical psychologists, develop your knowledge of psychological theories and models and implement psychological interventions. You will also need evidence of strong research skills. It is worth contacting admissions tutors to enquire about entry requirements and understand exactly what they are looking for, as course requirements vary.

Undergraduate / initial work experience:

Starting to build relevant mental health experience, paid or unpaid, as an undergraduate will reduce the time you will have to take low paid entry level jobs in mental health as a graduate. Follow these initial steps to get on track towards a clinical psychologist career. While some students secure initial work experience and volunteering where they can meet and observe clinical psychologists, it can be difficult, so you may need to manage your expectations of what your first experiences might be. The key is gaining knowledge and experiences that will meet the entry requirements for graduate level mental health roles such as Graduate Mental Health Practitioners or Assistant Psychologists which will then give you the chance to meet and observe Clinical Psychologist in practise.

Ideas for initial work experience / volunteering:

Aim to try more than one of the roles as an undergraduate. You could gain these throughout your studies as a long term volunteer or some will be paid so could be part time roles in term time / full time over the holidays:

- **Helpline volunteer** e.g. Samaritans, ChildLine
- **Teaching Assistant** in a special needs school
- **Play worker** – after school or holiday clubs for children with special needs
- **Mental health charity volunteer/ befriender**
- **Clinical psychology departments - shadowing**
- **Relevant research experience** – for example:
 - University of Reading's Undergraduate Research Opportunities Programme (UROP) www.reading.ac.uk/urop
 - Volunteering to help with clinical research projects in your department.
 - Clinically relevant final year project - talk to your tutor to enquire about this.
- **Support or Care Worker in social care settings** such as residential care homes/ day care centres with relevant clinical populations.
- **Mental Health Support Worker in health care settings** such as NHS/Private Hospitals. Some may require prior work experience with mental health patients or care qualifications but not all do, it will depend on the local NHS Trust /Private Hospital's policy. Temp or casual staff tend to be referred to in job adverts as "Bank" staff in hospital settings.
- **Health Care Assistant** with relevant clinical populations. Some may require health care work experience / work experience with relevant clinical populations or care qualifications, it will depend on the NHS Trust /Private Hospitals policy. Temp or casual staff tend to be referred to in job adverts as "Bank" staff in hospital settings.

Overseas Initial Work Experience:

If you are interested in combining travel with some initial work experience, see below for some organisations that offer placements to psychology students. There are significant costs entailed with these placements so do consider carefully whether you could secure similar or better work experience in your home country with no additional costs.

- Think Pacific, Fiji <https://thinkpacific.com/our-expeditions/mental-health-placement-fiji/>

- International Future Challengers (IFC) <http://www.ifc-volunteering.co.uk/>

Please note you are responsible for researching these organisations and placement opportunities thoroughly to ensure they offer you the type of work experience you are looking for and the countries are safe to visit. The Foreign and Commonwealth Office provides up to date travel advice www.gov.uk/foreign-travel-advice

Post-graduation or placement year work experience:

Once you have gained some initial entry level work experience you can move on to some of the roles listed below. Some roles listed above are listed again as they will still be classed as relevant work experience for the doctoral training. To assess whether it is **truly relevant work experience** that will meet the entry requirements for the doctoral training course, it is vital to understand the entry requirements outlined by **individual** Universities you are targeting - some will specify exactly what they require while others will be broader descriptions. **Some courses state that it is essential that you have experience under the supervision of a Clinical Psychologist, while for others this will be desirable.** If it is only desirable, due to the competitive nature of the application process this is still something to aim for, as other applicants may have gained this experience:

- **Assistant Psychologist**, NHS and private sector - most only available post-graduation although you may be able to secure one as a placement year as an undergraduate or for summer work experience
- **Health Care Assistant** – in a mental health unit (NHS or private)
- **Research Assistant** – direct contact with clinically relevant groups involving application of direct methods of assessment or testing
- **Mental Health Support Worker** - (NHS or private)
- **Trainee Psychological Wellbeing Practitioner** - only available post-graduation
- **Trainee Child and Young People's Wellbeing Practitioner** - only available post-graduation
- **Trainee Educational Mental Health Practitioner** - only available post-graduation
- **Graduate Mental Health Worker/Practitioner** - only available post-graduation and only in some NHS Trust across the UK

Where to find work experience vacancies:

If you are looking for volunteering in your home town, national volunteering opportunities can be found here www.do-it.org.uk. If you are looking for volunteering in Reading visit www.rva.org.uk

If you are looking for work experience to count towards with the compulsory work placement in Part 2 or the Placement Year do look out for vacancies that your Placement Co-ordinator circulates, in addition to the suggestions in this handout.

Paid nursing and care posts may be advertised in the local press, NHS jobs website www.jobs.nhs.uk, on local council and health authority websites or in journals such as Community Care. There are also private clinics and hospitals that provide mental health care outside the NHS so it is also worth identifying whether there are any private clinics or hospitals in your area that specialise in mental health.

Charities also have mental health roles they recruit for and sometimes employ and train for PWP related roles, you may find some of these roles advertised on the sites below:

- MIND – www.mind.org.uk
- Rethink – www.rethink.org

- Turning Point – www.turning-point.co.uk
- Self Help Services - www.selfhelpservices.org.uk
- Anxiety UK www.anxietyuk.org.uk
- General - www.mentalhealthjobs.co.uk

The Guardian and The Independent advertise NHS, social services and voluntary sector opportunities. The BPS Psychologist Appointments advertises assistant psychologist jobs and similar posts. Be prepared to be proactive – don't just wait for posts to be advertised. Try writing to your Regional Assistant Psychologists Group. These groups meet regularly, invite outside speakers and offer general support to psychology graduates preparing for clinical psychology training. A full list of regional groups can be found at: <https://www.bps.org.uk/psychologists/member-networks> (search for the Pre training/Assistant groups). Don't dismiss applying for support level roles initially as more responsible roles are usually advertised internally to staff already working for the organisation before they go externally.

Clinical Psychology: Useful organisations and websites:

- **The Alternative Handbook 2019 Postgraduate training courses in Clinical Psychology:**
Survey published every year by the Division of Clinical Psychology Pre-Qualification Group Committee. Current trainees from across all year groups are surveyed to tell you what it is like to be a trainee and to give you an insight into their background: How many times they attempted to apply, whether they have a masters and what work experience they had before applying. The 2018 and previous copies are online and you can find them by searching for the title on google. To download the most recent one you will need to be a member of the BPS www.bps.org.uk - search for Division of Clinical Psychology Pre-Qualification Group web page and it should be available to download from there.
- **Membership with the British Psychological Society (BPS):**
If you are seriously considering becoming a chartered psychologist, it is worth reviewing the membership benefits of joining the British Psychological Society (£26 per year for a student at the time of writing). You can request membership to the relevant division of the BPS (see below) www.bps.org.uk/join-us/membership
- **The BPS Division of Clinical Psychology:**
The organisation devoted to furthering the development of clinical psychology both as a body of knowledge and skills and as a profession. <https://www.bps.org.uk/member-microsites/division-clinical-psychology>
- **They have recently set up a pod cast called “Psychology: Let’s get into Clinical”**
<http://gettoclinicalpodcast.buzzsprout.com/>
- **Clearing House for Postgraduate Courses in Clinical Psychology:**
The equivalent of UCAS for applying to Clinical Psychology doctorate training courses. The website also provides an overview of the entry requirements and advice on applying. www.leeds.ac.uk/chpccp
- **British Psychological Society (BPS) Careers Website:**
<https://careers.bps.org.uk/>
- **ClinPsy:**
www.clinpsy.org.uk website run by qualified Chartered Clinical Psychologists offering careers advice and information and also has a discussion forum <http://www.clinpsy.org.uk/forum/>
- **NHS jobs**
www.jobs.nhs.uk But don't forget to consider private health companies and hospitals who may not advertise through the NHS.
- **PsychMinded**
news, courses and job vacancies www.psychminded.co.uk

- **PsychNet-UK.**

Mental health and psychology directory; information and action point on psychological sciences.
www.psychnet-uk.com

Useful Book:

How to become a clinical psychologist by Laura Golding and Judith Moss

<https://www.routledge.com/How-to-Become-a-Clinical-Psychologist/Golding-Moss/p/book/9780415786676>

Counselling Psychology

Counselling psychologists employ psychological methods and a therapeutic approach to help people manage difficult events in their life. Counselling psychologists may see clients from any age or clinical group in the both public and private sector. Their role may include counselling the bereaved, couples and families with relationship problems or people with mental health or addiction issues. Counselling Psychology integrates psychological theory with therapeutic practice. Many counselling psychologists are employed by the NHS and work with a wide range of people such as older adults, asylum seekers, refugees, people with learning difficulties or those suffering from chronic pain. Counselling psychologists may work for drug and alcohol charities, or in the community for youth programmes. Some are employed in schools or student counselling services, in industry or within prisons. The practice of counselling psychology requires a high level of self-awareness and competence in relating the skills and knowledge of personal and interpersonal dynamics to the therapeutic context.

Qualifications and training:

To become a Counselling Psychologist you need:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- A Society accredited Doctorate in Counselling Psychology or the Society's Qualification in Counselling Psychology
- Many courses require applicants to have completed a basic counselling skills course. For more information on where to find counselling skills courses, please contact the British Association for Counselling and Psychotherapy (BACP).
- At least one year of formal one-to-one helping experience

An understanding of what counselling psychology is essential – research professionals that overlap such as Clinical Psychology and Psychotherapy.

Work experience:

Substantial experience with face-to-face mental health / counselling work is required for entry onto the doctorate level post graduate courses – research individual institution entry requirements as they may vary.

“The bottom line is, programmes need you to have experience of a psychological or psychotherapeutic nature, and the more “formal” that experience is – that is, the more it looks like substantial experience of one-to-one counselling sessions with individual, real-world clients – the better off you are.” Elaine Kasket taken from How to become a Counselling Psychologist 2019

Relevant experience could include working (paid or unpaid) as a mental health or social care support worker / healthcare assistant in a ward or community setting; a mental health charity; a victim support unit; bereavement counselling; or relationship counselling. The experience required for doctorate level courses is often more than 'befriending' (although this may be a good starting point to build your experience whilst still an undergraduate to give you an advantage when applying for support worker roles), and is different from having worked for example in healthcare roles other than mental health.

Below is a selection of clinical experiences that trainees had at the point of applying for training on a course that required “one year (or equivalent) clinical experience”. Taken from “How to become a Counselling Psychologist by Elaine Kasket:

- One year of hospice telephone line, providing breast cancer support; facilitator of meditation and stress-relief workshops.
- Four years of volunteer work and 10 years of full-time employment in drug services with multiple comorbid problems.
- Support work with autistic children; inclusion support worker for young people; five years of IAPT work as PWP and group facilitator.
- One to two days a week as voluntary assistant psychologist in the NHS for one year; six-month research assistantship; volunteer work on a mental-health helpline.
- Psychology teacher for two years; independent counselling; counsellor on an Employee Assistance Programme.
- Part-time befriender at Mind; support work with National Autistic Society; mentor with university students; research work; voluntary part-time assistant psychologist post for one year. The next step
- Groupwork in a social-working setting with addiction; counselling with expats while overseas; wellbeing manager; existential phenomenological psychotherapist.
- Voluntary work in inpatient drug and alcohol setting and eating disorders service.
- Seven months volunteering in dementia day-care centre and seven months volunteer work with mental health charity. NHS Psychology assistant

Organisations to research for paid or unpaid work (not exhaustive you will be able to find others):

- Mind (www.mind.org.uk)
- Samaritans (www.samaritans.org)
- NSPCC/ChildLine (www.nspcc.org.uk)
- Cruse Bereavement Care (www.cruse.org.uk)
- Place2Be (www.place2be.org.uk)
- Anxiety UK (www.anxietyuk.org.uk)
- Age UK (www.ageuk.org.uk)

Useful Websites and resources:

Division of Counselling Psychology (DCoP). The organisation devoted to furthering the development of counselling psychology, as a body of knowledge and skills and as a profession. <https://www.bps.org.uk/member-microsites/division-counselling-psychology>

career profile <https://www.prospects.ac.uk/job-profiles/counselling-psychologist>

How to become a counselling Psychologist- eBook by Elaine Kasket:

How to Become a Counselling Psychologist is the first book to provide a clear, practical guide to the pathway to qualifying as a counselling psychologist. Written by an experienced practitioner, and incorporating testimonials from trainees, trainers, and qualified counselling psychologists, it explains every step of the journey, including advice on a suitable degree course, making the most of a training placement, how to prepare for the job interview, and the challenges of making the transition from training to qualification.

British Association for Counselling and Psychotherapy. The BACP promotes and supports counselling and psychotherapists and the settings in which counsellors and therapists do their work. Type “careers” into search engine. www.bacp.co.uk

Jobs in Charities. A website that lists charity vacancies and volunteering opportunities, including support and counselling work. www.jobsincharities.co.uk

Useful Book:

How to become a Counselling psychologist by Elaine Kasket

<https://www.routledge.com/How-to-Become-a-Counselling-Psychologist/Kasket/p/book/9781138948242>

Educational Psychology

Educational psychologists use psychological methods, theories and research to help children and young people who are experiencing difficulties in education. These can include learning, behavioural, social or emotional problems. Educational psychologists assess a young person's problem by observation, discussion and consultation with teachers, parents and other professionals. Most educational psychologists are employed by Local Education Authorities and their work may include conducting research and providing training for teachers and other professionals. Other employers include Social Services, universities and paediatric assessment units within the NHS.

Qualifications and training:

To become an Educational Psychologist you need:

- Graduate basis for Chartered Membership (GBC) - a degree (Usually a 2:1 or equivalent) in Psychology from a BPS (British Psychological Society) approved course. If you have a 2.2 you may need a masters/higher degree.
- Relevant work experience within an educational, community or childcare setting
- Educational psychology professional entry training in England is a three-year, full-time doctorate degree. The courses generally consist of a first year spent studying full time. In the second and third years, trainees work in a local authority or other provider of educational psychology services (such as a school partnership or independent service provider) as a trainee educational psychologist, with one to two days study per week.

For Scotland only, an accredited masters course in Educational Psychology followed by the Society's Award in Educational Psychology.

In order to use the title Educational Psychologist, you will need to be registered with the Health and Care Professions Council (HCPC)

Work Experience:

It is essential to gain some relevant experience working with children in education, childcare or a community setting. Doctoral admissions selectors will look for evidence of the application of knowledge of psychology gained through first degrees. Relevant experience could include:

- Assistant educational psychologist
- Advice line worker (Childline)
- Assistant in a special school/pupil referral unit
- Teaching assistant / learning support assistant
- Learning mentor
- Residential care worker/Foster care
- Early years worker
- SureStart volunteer
- Homework club volunteer
- Camp counsellor

Where to find work experience vacancies/volunteering:

Teaching assistants, early years vacancies, details of SureStart Schemes and homework clubs can all be found on Local Council websites – see the Jobs go public website www.jobsgopublic.com and Reading Borough Council/Wokingham Borough Council websites and Children and Young People Now Jobs www.cypnowjobs.co.uk

Volunteering opportunities can be found at:

- www.childrenengland.org.uk
- www.nspcc.org.uk
- www.barnardos.org.uk
- www.actionforchildren.org.uk

Educational Psychology: Useful Websites:

Department for Education For information on training to become an Educational Psychologist and the application process

www.education.gov.uk/b00201184/educational-psychology

Department for Education home page Most Local Education Authorities will advertise vacancies through their local Council website.

This website lists the contact details of every LEA in the UK. www.education.gov.uk

Association of Educational Psychologists. The professional association for educational psychologists in the United Kingdom. www.aep.org.uk

The BPS Division of Educational and Child Psychology <https://www.bps.org.uk/member-microsites/division-educational-child-psychology>

<https://www.prospects.ac.uk/job-profiles/educational-psychologist>

Useful Book:

How to become an Educational Psychologist by Jeremy Swinson and Phil Stringer

<https://www.routledge.com/How-to-Become-an-Educational-Psychologist/Swinson-Stringer/p/book/9781138682320>

Health Psychology

Health Psychology is a relatively new field of psychology. Health psychologists advocate healthy living through education and the promotion of a healthy lifestyle using psychological principles to promote changes in people's attitudes, behaviour and thinking about health and illness. Some of their work is concerned with providing the public with information about disease prevention and cure. There may also work providing support for patients and their families during illness and work with teams providing palliative care. Many health psychologists will conduct research for health care providers which will guide health policy decisions and impact on public health communication campaigns. Many health psychologists are employed by the NHS or work within local government public health departments. Universities are a key employer of health psychologists, while some may work in industry or for charities. Other settings include health care agencies, clinical audit/quality improvement teams and organisations and employers outside the health care system.

Qualifications and training:

To become a Health Psychologist you need:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- A Society accredited Masters in Health Psychology
- Stage 2 of the Society's Qualification in Health Psychology (two years supervised experience under the supervision of a Chartered Health Psychologist).
- Some Universities offer a Doctorate programme. After completion, this qualification will make you eligible to become a Chartered Member of the Society.

Work experience

Working in a health care setting such as a hospital, clinic, hospice or care home could be useful. Research experience is also important. Contact individual course admissions tutors for advice on amount and type of pre course experience required.

Health Psychology: Useful websites:

- The Division of Health Psychology Part of the BPS, this website is a professional resource for health psychologists and an information source for those looking to find out more about health psychology as an academic subject and as a professional career. <https://www.bps.org.uk/member-microsites/division-health-psychology>
- NHS jobs. Assistant psychologist posts are advertised on the NHS website. www.jobs.nhs.uk
- NHS Careers For information on working as a Health Psychologist within the NHS www.nhscareers.nhs.uk/explore-by-career/psychologicaltherapies/careers-in-psychological-therapies/psychologist/healthpsychologist

Further career information and on the role of a Health Psychologist including the training, work experience, skills needed and where roles are advertised:

- Prospects <https://www.prospects.ac.uk/job-profiles/health-psychologist>
- NHS Health careers <https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/health-psychologist>
- British Psychological Society - <https://careers.bps.org.uk/area/health>
- <https://www.prospects.ac.uk/job-profiles/health-psychologist>

Occupational Psychology

Occupational psychologists are concerned with how people function in work environments. They use psychological methods to assess how the nature of work and working conditions can affect people. Their role can include recruitment and selection, psychometric testing, health and safety, training, appraisals, organisational change and ergonomics. Organisational psychologists may be employed by large companies or management consultancy firms. Some will be employed by specialist consultancy firms or run their own independent consultancy. The Civil Service is one of the main employers of occupational psychologists in the UK. The Prison Service, the Home Office, the Employment Department Group (including the Employment Service), the Ministry of Defence and the Civil Service Commission all employ occupational psychologists.

Qualifications and training:

To become an Occupational Psychologist you require:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- A Society accredited Masters in Occupational/Organisational Psychology or Stage 1 of the Society's Qualification in Occupational Psychology
- Stage 2 of the Society's Qualification in Occupational Psychology (two years full-time practice under the supervision of a Chartered Occupational Psychologist)

Work experience:

Work experience is desirable but not always essential to get on to a Masters course. Working for a psychometric test publisher is a route into careers in occupational psychology for some graduates and a good way of gaining some of the relevant commercial experience necessary for a more varied portfolio. Check with individual admissions tutors for advice on type and amount of experience they look for.

Ideas for work experience as an undergraduate or recent graduate:

- Working within an HR / Personnel department.
- Working for a psychometric test publisher
- Working within a business environment
- Completing a general or HR Graduate Scheme

Any type of work that helps a better understanding of workplace issues

Reading Internship Scheme:

- www.reading.ac.uk/careers/ris
- Summer internships exclusively for University of Reading students. The scheme works to source professional work experience opportunities that can otherwise be difficult to find. The Careers team seek out internships with charities, museums and cultural organisations, and small-to-medium sized businesses local to Reading, and in London.

STEP:

A national vacation programme offering eight weeks experience in a small company in the UK completing a live project for the organisation. The programme offers an opportunity to gain relevant experience within the workplace. www.step.org.uk

- Work experience / internships and employment support for students with a disability or long term health condition
- Change100 Leonard Cheshire Trust
- <https://www.leonardcheshire.org/what-we-can-do-you/working/employment-support-and-internships>
- Employ-Ability - <https://www.employ-ability.org.uk/>

Occupational Psychology: Useful Websites

- **The Division of Occupational Psychology (DOP).** Promote and develop the work of occupational psychologists in corporate, academic, voluntary, public and private sector settings. Also produces a downloadable booklet –“ Occupational Psychology as a Career Option” www.bps.org.uk/networks-and-communities/membermicrosite/division-occupational-psychology/careers
- **The Chartered Institute for Personnel and Development.** The professional body for those involved in the management and development of people. www.cipd.co.uk
- **Civil Service** One of the main employers of Occupational Psychologists. (incl : Civil Service Commission, Dep't of Work and Pensions, MoD, Home Office and HM Prison Service) www.civilservice.gov.uk/jobs/index.aspx
- <https://www.prospects.ac.uk/job-profiles/occupational-psychologist>

Useful Book:

How to become an Occupational Psychologist by Stephen A. Woods and Binna Kandola

<https://www.routledge.com/How-to-Become-an-Occupational-Psychologist/Woods-Kandola/p/book/9781138676091>

Sport and Exercise Psychology

Sports psychologists use psychological methods to help sporting participants achieve positive results. They may work with individuals or teams alongside coaches and managers at both amateur and elite levels. Their aim is predominantly to help athletes prepare psychologically for competition and to deal with the psychological demands of both competition and training, to improve motivation. Sports Psychologists also offer support to clients dealing with the psychological and emotional consequences of injuries. Some sports psychologists will be involved in conducting research into the psychological aspects of sport and exercise.

Sports psychologists are usually employed as consultants working with clients from a particular sport or the sports industry or within Higher Education as university lecturers. According to the BPS website, most sport psychologists combine consultancy work with teaching and research or consultancy in other areas of psychology. Some sport psychologists do hold full-time positions with professional sports teams or national governing bodies and opportunities to work as a full-time sport psychologist are increasing in number. There are also exercise psychologist roles, which involve GP exercise referral and setting up and evaluating exercise programmes in employment, prison and psychiatric contexts.

Qualifications and training

To become a Sport and Exercise Psychologist you require:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- A Society accredited Masters in Sport and Exercise Psychology or Stage 1 of the Society's Qualification in Sport and Exercise Psychology
- Stage 2 of the Society's Qualification in Sport and Exercise Psychology (two years supervised practice)

Work experience:

- Fitness / exercise instructor
- Coaching sports teams
- PE teaching

The universities offering the Masters courses will decide upon the type and nature of experience required. Identify the courses you are interested in and then approach the course tutors directly to see if they can provide you with a profile of the type of experience a successful applicant is likely to have gained.

Sport Psychology: Useful websites

The Division of Sport and Exercise Psychology Part of the BPS, this website is a resource for sport and exercise psychologists and an information source for those looking to find out more about sport and exercise psychology as an academic subject and as a professional career. www.bps.org.uk/networks-and-communities/membermicrosite/division-sport-exercise-psychology

The British Association of Sport and Exercise Sciences (BASES) The UK professional body for all those with an interest in the science of sport and exercise BASES seeks to promote excellence in sport and exercise sciences. www.bases.org.uk

<https://www.prospects.ac.uk/job-profiles/sport-and-exercise-psychologist>

Useful Book:

How to become a sport and exercise Psychologist by Martin Eubank and David Tod

<https://www.routledge.com/How-to-Become-a-Sport-and-Exercise-Psychologist/Eubank-Tod/p/book/9781138938182>

Forensic Psychology

Forensic psychologists are trained to apply psychological theory to aspects of legal processes in the criminal and civil justice field. The main focus of their work is with offenders, victims and professionals within the criminal justice system. Some forensic psychologists work within academia, the NHS or as part of the child protection team with social services. However, the largest single employer of forensic psychologists is the prison and probation service. Within prisons their work can include analysing offender behaviour and assessing the risk of re-offending. Forensic psychologists are also concerned with piloting and implementing treatment programmes for individuals who have committed an offence. They are also involved in research and development of assessment techniques and undertaking statistical analysis for prisoner profiling and crime analysis. Forensic Psychologists give evidence in court and advise parole boards and mental health tribunals. The role also involves training prison and probation staff.

Qualifications and training;

To become a Forensic Psychologist you need the following qualifications:

- A degree (usually a 2:1 or equivalent) in Psychology from a BPS approved course.

Either

- A Society accredited Masters in Forensic Psychology *
- Two years practical experience under the supervision of a chartered forensic psychologist to complete Stage 2 of the Society's Qualification in Forensic Psychology.

OR

- Doctorate programme in Forensic Psychology*, which is the equivalent of both an accredited Masters qualification and stage 2 of the Society Qualification. This qualification makes you eligible to become a Chartered Member of the Society. Please contact the universities directly for more information. <https://www.bps.org.uk/public/become-psychologist>

*Entry onto the Masters or Doctorate is likely to require relevant forensic work experience.

Work experience:

Work experience within a forensic setting and a relevant research dissertation will enhance your chances of getting accepted onto a Masters and/or Doctorate course. Don't dismiss applying for support level roles initially as more responsible roles are usually advertised internally to staff already working for the organisation before they go externally. Relevant work experience includes:

- A psychology assistant in a prison
- A volunteer on a youth offending panel
- Responsible adult at police interviews
- An official prison visitor
- Working at Victim Support
- Working at bail hostels and refuges, drug or alcohol treatment centres
- Interventions Facilitator/activities coordinator in prisons
- Working at secure hospitals and rehabilitation units as support workers or assistant occupational therapists

Forensic Psychology: Useful websites

- The Division of Forensic Psychology Division membership includes forensic psychologists working in academic settings, prison services, health, education and social services. www.bps.org.uk/networks-and-communities/membermicrosite/division-forensic-psychology
- Victim Support An independent charity which helps people cope with the effects of crime. They recruit volunteers for their telephone helpline Local Victim Support branches or as a Witness Service Volunteer. www.victimsupport.org.uk
- Youth Justice Board Youth Offender Panels are a ground-breaking new way of dealing with young people who commit crime. Their website gives details on how to apply to sit on a Youth Offending panel. <https://yjresourcehub.uk/>
- HM Prison Service Website advertises vacancies for trainee forensic psychologist and assistant psychologist posts. www.justice.gov.uk/jobs/prisons
- National Probation Service Works to minimise the impact of crime on communities and especially victims who have been touched by serious violent or sexually violent crimes. The service also works to rehabilitate offenders given community sentences and those released from prison. www.nationalprobationservice.co.uk
- National Association of Official Prison Visitors Prison Visitors are independent volunteers, recruited by establishments on behalf of the Prison Service, who visit prisons and befriend prisoners. www.naopv.com
- National Association for the Care and Resettlement of Offenders (NACRO) May provide an opportunity for voluntary work with offenders or victims of crime. www.nacro.org.uk
- Women's Aid Women's Aid is the national charity for women and children working to end domestic abuse. May provide an opportunity for voluntary work with victims of abuse. <https://www.womensaid.org.uk>
- Circles UK Circles work in partnership with Police, Probation, local Multi Agency Public Protection Arrangements and other professionals working in the field of child protection, helping sex offenders rehabilitate into the community. May provide an opportunity for voluntary work with sex offenders. www.circles-uk.org.uk
- Change, Grow, Live A charity that works with people who wish to change their lives for the better. Voluntary and paid positions in the criminal justice system <https://www.changegrowlive.org/careers-volunteering>
- Justice.gov.uk Search for Jobs and careers in the justice system www.justice.gov.uk/jobs
- Work with Offenders Work with offenders is a leading news, information and job site for the offender supervision and offender rehabilitation community www.workwithoffenders.co.uk/
- Turning point www.turning-point.co.uk Leading social enterprise, providing health and social care services in over 300 locations across England. Work with people who need our support with their drug and alcohol use, mental health, offending behaviour, unemployment issues and people with a learning disability. We aim to inspire and empower them to discover new possibilities in their lives.
- NACRO www.nacro.org.uk/ Help people in custody and the community to reintegrate into society, helping with housing, mental health and substance misuse issues. Support people to overcome barriers presented by their criminal records and to move on from previous mistakes.
- <https://www.prospects.ac.uk/job-profiles/forensic-psychologist>

Neuropsychology

The clinical side of neuropsychology overlaps with academic neuropsychology, which provides a scientific understanding of the relationship between brain and neuropsychological function. This in turn helps form the basis for assessment and rehabilitation of people with brain injury, or other neurological disease.

Neuropsychologists may be employed within the NHS, and also in the independent sector within both private and not-for-profit charitable organisations. Neuropsychologists work with people of all ages with neurological problems, which might include traumatic brain injury, stroke, toxic and metabolic disorders, tumours and neurodegenerative diseases.

Neuropsychologists most commonly work in:

- Acute settings: working alongside neurosurgeons and neurologists and the allied disciplines, usually in a regional neurosciences centre.
- Rehabilitation centres: providing post-acute assessment, training and support for people who have sustained brain injury, or who have other neurological problems.
- Community services: performing a similar role as above but support those who have returned to community living
- Experienced neuropsychologists also commonly act as expert witnesses for the Courts, and research is an important aspect of neuropsychological practice. Many senior neuropsychologists can supplement their income by undertaking private medico-legal consultancy as expert witnesses in personal injury cases.

Neuroscience:

Psychology students might also be interested in careers specifically in neuroscience that focus on the brain and nervous system. Although neuroscience is offered as a first degree course, because the field is so complex, students from many different first degree courses go into it. Neuroscientist often work in academic research and pharmaceutical companies.

Neuropsychology and neuroscience both require study beyond degree. The BPS provides information on training and careers in neuropsychology. The British Neuroscience Association offers a free introductory guide on neuroscience which provides an overview of the field as well as careers information on their website.

Neuropsychology - qualifications and training:

To become a Neuropsychologist you need:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- Followed by post-qualification training that gives eligibility for gaining Registration as a Chartered Psychologist. This would normally be in clinical or educational psychology.
- You would then need to complete an additional Society accredited qualification in Clinical Neuropsychology.

Work experience:

As you will need to qualify as a chartered clinical or educational psychologist to become a neuropsychologist, refer to the information under work experience on the information sheets on Clinical and Educational Psychology. Identify work experience ideas that are relevant to the neuropsychology field or that would give you experience working with or carrying out research with children or adults with neurological problems, such as traumatic brain injury, stroke, toxic and metabolic disorders, tumours and neurodegenerative diseases. You may want to consider assistant psychology or research assistant roles specialising in neuropsychology or neuroscience. These may be advertised through the NHS or private clinics.

Neuropsychology: Useful websites:

The Division of Neuropsychology Provides access to publications, conferences, and special interest groups and chat rooms with membership. www.bps.org.uk/networks-and-communities/membermicrosite/division-neuropsychology —> British Neuroscience Association www.bna.org.uk

<https://www.prospects.ac.uk/job-profiles/sport-and-exercise-psychologist>

Graduate Training Schemes

Graduate schemes typically last for around two years (between a year and up to three years or more) and allow you to experience different placements within the organisation to gain an understanding of how it operates. Most are run by large national and international companies and are advertised in directories such as Prospects Directory, Target Jobs and the Times Top 100 and many are open to students and graduates of any degree discipline. Schemes often open for applications between September to December of your final year, with some deadlines in December.

Graduate schemes are competitive so do make sure you come to events run by careers to help with your applications and book an appointment with a Careers Consultant to get feedback on your first attempts at applying. While there are a number of these schemes available, it's not the most common option for graduates – the majority go on to work for small to medium sized companies in graduate entry level roles, so if you don't get on a scheme there are other routes to find graduate work.

Graduate schemes particularly relevant for psychology students:

If you are not interested in business related careers, so are struggling to find graduate schemes that interest you in directories such as Prospects Directory, Target Jobs and The Times Top 100, the list below offers some alternative schemes to consider – but it's not exhaustive – so keep looking yourself too!

*Please note – all the schemes listed below recruited last year however, there is no guarantee they will recruit this year – you will need to check websites. If there is not an advert yet, check back later as they may just be opening their applications late:

- **IPS Grow Graduate Scheme - Mental Health Employment Specialist** <https://ipsgrow.org.uk/>
-Pod cast on how to get into the scheme <https://www.graduatejobpodcast.com/ips/>
- **Prior's Court Graduate Programme (Specialist Autism School)** <https://www.priorscourt.org.uk/Pages/Category/graduate-programme>
- **Wellcome Trust Graduate Programme** - Wellcome is a charitable organisation that supports science to solve the urgent health challenges facing everyone. They have three areas of focus - mental health, global heating and infectious diseases. <https://wellcome.org/jobs/graduate-development-programme>
- **Think Ahead Graduate Scheme (trainee mental health Social Work)** www.wethinkahead.org
-Pod cast <http://www.graduatejobpodcast.com/thinkahead2/>
- **Frontline Graduate Scheme (trainee child protection Social Work)** www.thefrontline.org.uk
-Podcast <https://www.graduatejobpodcast.com/frontline/>
- **Social Care Graduate Management Scheme**
<http://www.skillsforcare.org.uk/Careers-in-care/Starting-your-career/Graduates/Graduate-roles-in-social-care.aspx> Scroll down and click on section titled Graduate Management Scheme
- **Teach First Graduate Scheme** <http://graduates.teachfirst.org.uk/>
- **Charity Works Non-profit graduate scheme** <http://www.charity-works.co.uk/be-a-trainee/>
Pod cast <https://www.graduatejobpodcast.com/charityworks/>
- **National Offender Management Service Graduate Programme**
<https://www.gov.uk/guidance/noms-graduate-programme>
- **Unlocked Prison Officer Leadership Development Programme**
<http://unlockedgrads.org.uk>
- **Cancer Research UK Graduate Scheme**
<http://www.cancerresearchuk.org/about-us/graduates-and-interns/graduate-scheme>
- **NHS Graduate Management Training Scheme**
<http://www.nhsgraduates.co.uk/>
- **Local Government Graduate Scheme**
www.ngdp.org.uk
- **Metropolitan Police Graduate Scheme**
www.policenow.org.uk
- **Ambitious Futures-Graduate Programme for University leadership**
www.ambitiousfutures.co.uk

Psychology related vacancy websites

This is just a selection of websites – if you can not find suggestions in this list linked to your area of interest, go to www.prospects.ac.uk/job-profiles and look up the job you are interested in and within the profile it will list specialist vacancy websites.

Psychologist, Assistant psychologist, and research:

- Research Jobs www.researchjobfinder.com
- BPS www.jobsinpsychology.co.uk While this is predominately adverts for qualified psychologists, they sometimes advertise support worker or assistant psychologist roles.
- Jobs.ac.uk www.jobs.ac.uk/jobs/psychology
- Career Jet www.careerjet.co.uk/psychology-jobs.html
- Psych Minded www.psychminded.co.uk
- New Scientist www.newscientistjobs.com

Health, mental health:

- NHS www.jobs.nhs.uk
- Berkshire Healthcare NHS (Community and Mental Health Trust) www.berkshirehealthcare.nhs.uk
- The Huntercombe Group (mental illness, learning disability and brain injury) <https://huntercombe.com/>
- Health jobs UK www.healthjobsuk.com
- Health Jobs www.healthjobs.co.uk
- Mental Health Jobs www.mentalhealthjobs.co.uk
- Cygnet Health Care – Specialist mental health care www.cygnetjobs.co.uk
- Elysium Health Care – private mental health service www.elysiumhealthcare.co.uk
- Accomplish Group www.accomplish-group.co.uk/work-with-us/ specialist support for people with Learning Disabilities, Mental Health needs, Autism and Acquired Brain Injuries.
- The Priory Group <http://www.priorygroup.com>
- Cambian Group www.cambiangroup.com
- Turning Point www.turning-point.co.uk

Housing and social care websites:

- The Community care jobs <https://jobs.communitycare.co.uk/>
- Look Ahead – www.lookahead.org.uk/work-with-us/jobs-and-careers/ Housing and Social Care roles
- Creative Support www.creativesupport.co.uk
- Jobsgopublic www.jobsgopublic.com

Charity:

- Charity Jobs www.charityjob.co.uk
- Jobs in Charities www.jobsincharities.co.uk/
- Third sector Jobs <https://jobs.thirdsector.co.uk/>
- Charity People www.charitypeople.co.uk/
- Charity works graduate scheme www.charity-works.co.uk/

Education, children and young people:

- Children and Young people Now Jobs www.cypnowjobs.co.uk
- Jobsgopublic www.jobsgopublic.com

Other:

- HR Jobs <http://pmjobs.cipd.co.uk>
- Marketing Week <http://jobs.marketingweek.com>
- Indeed www.indeed.co.uk
- www.linkedin.com