Careers Day

Clinical Psychology

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Specialist Clinical Psychologist
Chatterton House, Kings Lynn
What Is Psychology?

The study of people, how they think, act, react and interact.

Psychologists collect evidence to explain people’s behaviour and use their understanding to help people with difficulties and bring about change for the better.
Training

Study Psychology at University

Graduate Basis for Chartered Membership (GBC)

Relevant Postgraduate Training and/or Supervised Practice

Registration with HPC
Graduate Basis for Chartered Membership (GBC)

- BPS Accredited Undergraduate Degree at 2:2 Honours Level or higher

  OR

- BPS Accredited Conversion Course
In order to use the following titles you will need to be registered with the Health Professions Council (HPC):

- Registered Psychologist
- Practitioner Psychologist
- Clinical Psychologist
- Counselling Psychologist
- Educational Psychologist
- Forensic Psychologist
- Health Psychologist
- Occupational Psychologist
- Sport and Exercise Psychologist

To register with the HPC you will need to complete the relevant training program that has been approved by the HPC. Please contact the HPC for more information on their entry requirements:

020 7840 9802 or 0845 300 4472
Training to become a Chartered Psychologist

Graduate Basis for Chartered Membership (GBC)
GBC is gained by completing a Society accredited undergraduate degree or conversion course.

- Clinical psychology
- Counselling psychology
- Educational psychology
- Forensic psychology
- Health psychology
- Occupational psychology
- Sport & Exercise psychology
- Teaching & Research

For England, Wales and Northern Ireland: Doctorate in Educational Psychology
OR
Society's Qualification in Counselling Psychology

For Scotland: MSc in Educational Psychology & Society's Qualification in Educational Psychology (Scotland) (Stage 2)
OR
Doctorate in Forensic Psychology

MSc in Forensic Psychology & Society's Qualification in Forensic Psychology (Stage 2)
OR
Doctorate in Forensic Psychology

MSc in Health Psychology & Society's Qualification in Health Psychology (Stage 2)
OR
Doctorate in Health Psychology

MSc in Occupational Psychology & Society's Qualification in Occupational Psychology (Stage 2)

MSc in Sport & Exercise Psychology & Society's Qualification in Sport & Exercise Psychology (Stage 2)

Appropriate postgraduate qualification and competency based teaching route
OR
PhD in psychology or appropriate postgraduate qualification and equivalent research experience

In order to work as a Practitioner Psychologist in the UK, you would need to have completed a programme that is approved by the Health Professions Council (HPC). The HPC may approve programmes other than those accredited by the Society, these would enable you to practise but would not provide a route to Chartered Membership. Contact the HPC for more information www.hpc-uk.org.uk
Counselling Psychology

• Integrating psychological theory and research with therapeutic practice.
• Requires a high degree of self-awareness.
• Approximately half are employed to do clinical work in health and social care settings. Other settings include industry, commerce, the prison service and the education sector.
• Tasks include: therapeutic work, supervision, work in teams, audit and research.

Qualifications Required
• GBC
• 3 years study and supervised practice via an accredited programme at a Higher Education Institution OR
• via the Society’s Qualification in Counselling Psychology
• Registered with HPC
• May need basic counselling skills course to apply.
Educational Psychology

- Educational Psychologists work with the problems encountered by young people in education.
- Problems may relate to learning, social, or emotional difficulties.
- Work may be directly with children to enhance learning or indirectly through teachers, parents or other professionals.
- Tasks include assessment, consultation, planning of educational provision and report writing.
- Educational Psychologists work mainly within LEAs, although some may be employed by Social Services or Health, attached to independent schools or work in private practice.

Qualifications Required

- GBC
- Accredited Doctorate in Educational Psychology.
- In Scotland an accredited MSc (2 years) plus supervised practice (1 year).
- Registered with HPC
Health Psychology

Health psychology is the use of psychological principles to promote changes in people’s attitudes, behaviour and thinking about health and illness.

Health psychologists are represented in a number of settings, such as hospitals, academic health research units, health authorities and university departments.

Tasks include: Interventions to change behaviours that damage health, promoting healthy behaviours, investigating factors impacting on health behaviours and healthcare delivery, research and interventions targeting the psychological impact of illness.

Qualifications Required

- GBC Registered
- A Society accredited masters in Health Psychology
- Stage 2 of the Society’s Diploma in Health Psychology with 2 years supervised practice. Some universities offer doctorate programme.
- HPC registered.
Neuropsychology

- Neuropsychologists work with people of all ages with neurological problems, which might include traumatic brain injury, stroke, toxic and metabolic disorders, tumours and neuro-degenerative diseases.
- Neuropsychologists work in a variety of settings including regional neurosciences centres, rehabilitation centres, community services.
- Tasks include: Assessment, interventions promoting rehabilitation, work with families/carers, recommendations for other professionals and team working.

Qualifications Required
- GBC Registered
- HPC registered in Clinical or Educational Psychology
- Practitioner full membership qualification in Neuropsychology
Occupational Psychology

• Occupational psychology is the application of psychological knowledge to the performance of individuals, small groups and organisations at work.
• Occupational Psychologists aim to increase the effectiveness of organisations and improve individual job satisfaction.
• Occupational psychologists may work in-house for larger organisations, in both the private and public sectors (including government departments). Others are in private practice or work as consultants.

Qualifications Required
• GBC Registered
• Stage 1: Accredited MSc or Society qualification in Occupational Psychology
• Stage 2: 2 years supervised practice and HPC registered
Sport & Exercise Psychology

- This branch of psychology is concerned with the behaviour and mental processes of people involved in sport and exercise.
- Most practitioners specialise in either sport or exercise.
- Tasks include: Helping athletes prepare psychologically for competition, dealing with psychological demands of training or of injury, work with referees and coaches, interventions aimed at increasing exercise participation and enhancing motivation.
- Sport and Exercise psychologists work in a wide range of sport and exercise settings.

Qualifications Required
- GBC Registered
- Society accredited masters in sport and exercise psychology
- Or stage 1 of society qualification in sport and exercise psychology
- Stage 2 of society qualification is 2 years supervised practice.
- HPC registered.
Teaching and Research in Psychology

• Lecturers at Higher Education Institutions usually undertaking research as well as teaching. Teaching can take place in schools and colleges. Some people work as research scientists only working with clinical populations or in research units.
• Tasks include: Gathering psychological evidence on key research questions, publishing research papers, selection of students, developing teaching programmes. Psychologists qualified in one of the other career areas may go on to teaching roles to conduct research and develop professional practice.
• Teachers and researchers work in universities, colleges and schools or in research units.

Qualifications Required
• GBC Registered
• Five or more years postgraduate experience as a teacher of psychology. This normally includes a PHD.
Clinical Psychology

- Clinical psychology aims to reduce psychological distress & enhance & promote psychological well-being.

- A wide range of psychological difficulties may be dealt with including anxiety, depression, relationship problems, child & family problems, serious mental illness, learning disabilities and adjustment to physical health problems.

- To assess a client, a clinical psychologist may undertake a clinical assessment using a variety of methods including psychometric tests, interviews and direct observation of behaviour. Assessment may lead to therapy, counselling or advice.
Clinical Psychology cont’d

Where?

- Clinical psychologists work largely in health and social care settings including hospitals, health centres, community mental health teams, child and adolescent mental health services and social services.
- They usually work as part of a team with, for example, social workers, medical practitioners and other health professionals.
- Most clinical psychologists work in the National Health Service, which has a clearly defined career structure, but some work in private practice.
Clinical Psychology cont’d

What

• The work is often directly with people, either individually or in groups, assessing their needs and providing therapies based on psychological theories and research.

• Clinical psychology is a rapidly developing field and adding to the evidence base through research is very important.

• Some clinical psychologists work as trainers, teachers and researchers in universities.
Clinical Psychology cont’d

How?

• A clearing house scheme for Postgraduate Courses in Clinical Psychology, one application, distributed to the selected institutions.

• Application packs and handbooks are available from Sept to Dec for courses commencing in Sept/Oct of the following year.

• Places for clinical psychology training are in short supply, 3:1, and a first- or an upper-second-class degree is required.
Clinical Psychology cont’d

- Relevant experience is also important: psychological assistant, research assistant, or care nurse/assistant, either before or after graduation. Posts advertised in Society’s monthly Appointments Memorandum, or in the national press.

- Some graduates get their foot in the NHS door by working as an assistant psychologist on a voluntary basis, or get involved in charities working with mental health client groups.
Pay and prospects

• Job opportunities for qualified clinical psychologists are reasonably good.
• Salaries within the NHS start at Band 7 – at £30,460.
• For more experienced psychologists (band 8) salaries range from £38,851 to £80,810.
• Band 9 applies to senior experienced psychologists managing departments or large specialist sections. They are usually responsible for the psychology service and its staff. Salaries range from £77,079 to £97,478.
• (Assistants/Trainees on bands 4-6 £18-34K)
How I Became a Clinical Psychologist

• Academic:

• Studied Psychology A 'Level at sixth form – inspired by teacher

• BSc Human Psychology 3 years at Loughborough

• Voluntary/Paid work whilst at University
How I Became a Clinical Psychologist cont’d

• Assistant posts:

• Assistant Psychologist in Kings Lynn 1 year – across specialities.

• Part time assistant in Kings Lynn/Holbeach – LD/MH 1 year

• 9 months at Bethel Child and Family Centre

• Applied through clearing house for doctorate course
How I Became a Clinical Psychologist cont’d

• Applied for 4 courses, interviewed and accepted on 2

• Doctorate Clinical Psychology – 3 years

• First 2 years – ‘core placements’

• Third year – ‘specialist placements’

• Academic work
Typical Week – Trainee Clinical Psychologist

Years 1 and 2
• 3 days supervised clinical work
• 4 core placements: Adult, Child & Family, LD, Older Adults
• 1 day at university
• 1 day for study/assignments/research

Year 3
• 2 days supervised clinical work pre thesis deadline
• 4 days supervised clinical work post thesis deadline
• Extra study day for thesis
• 2 specialist placements
Qualified Clinical Psychologist

• Qualified in 2002 – interviewed and appointed in current post

• Current post – older peoples community mental health team – full time

• Employed by NSFT
My role

- Specialist clinical psychologist supporting a CMHT
- Multi-disciplinary working
- In patient and outpatient work
- Direct and indirect work
- Training
Typical Activities

Monday – Friday 8.30am – 4.30pm

Team meetings
Ward Rounds
Outpatient clinics
Inpatient work
Visits – patients homes / residential care
Paperwork
CPD
Supervision
Training
## Typical week - expanded

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Morning</td>
<td>Outpatient clinic</td>
<td>Team meeting</td>
<td>Home visit - therapy</td>
<td>Supervision - individual</td>
<td>Training all day</td>
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<tr>
<td>Lunch</td>
<td>Psychology business meeting</td>
<td>CPD lunch</td>
<td>Staff post incident debrief</td>
<td>DCM on ward over lunch period</td>
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<tr>
<td>afternoon</td>
<td>Outpatient clinic - neuropsych</td>
<td>Outpatient clinic - therapy</td>
<td>Group supervision</td>
<td>Ward round + ward patients</td>
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<td>Management supervision</td>
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What is good about being a psychologist?

- Interesting topics and problems - applying research
- Working with a team to understand and help a patient
- Working across a variety of settings
- Opportunity of expertise.
- Autonomous working practices; varied role, eg. A typical day may include: therapy, supervision, training, research, consultancy
- Interesting/diverse range of clients; working both directly and indirectly with clients
- Different specialities, ie., adult, child, older adult and working with staff groups.
- No 2 days are ever the same!
What can you do now?

- Work experience difficult
- ‘Relevant work’ - specific client groups; specific settings –NHS, charities, private organisations e.g. ‘Wellbeing’ service: high & low intensity workers.
- Voluntary work is a good place to start
- Do-it!
- TimeBank
- V-inspired
- Volunteering England
- Join the British Psychological Society
  www.bps.org.uk
- Website for interest in Clinical training:
  – www.psyclick.org.uk
- Research literature – books, journal papers.
Any Questions?

Thank you for listening

Further info:
Kathryn.sams@nsft.nhs.uk

Good luck!