



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 <a href="https://careers.bps.org.uk/">https://careers.bps.org.uk/</a>.

*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 <a href="https://www.prospects.ac.uk/job-profiles">www.prospects.ac.uk/job-profiles</a> 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 <a href="https://www.healthcareers.nhs.uk/explore-roles/psychological-professions!">https://www.healthcareers.nhs.uk/explore-roles/psychological-professions!</a>!

- 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- Childredredre89 0 Ti

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

- Psychological Wellbeing Practitioners (PWPs) 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 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

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

Charity Jobs www.charityjob.co.uk
Jobs in Charities www.jobsincharities.co.uk/



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

Practitioner doctorates can also be referred to as professional doctorates and are awarded 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.

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 "

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

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



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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: <a href="https://www.bps.org.uk/psychologists/member-networks">https://www.bps.org.uk/psychologists/member-networks</a> (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.

## • 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

## • PsychNet-UK.

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

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 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

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.

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 psychologists use psychological methods, theories and research to help children and young

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

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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.

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

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The Division of Forensic Psychology Division membership includes forensic psychologists

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.

- 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.

Psychology students might also be interested in careers specifically in neuroscience that focus on the nce:

