



The  
British  
Psychological  
Society

Careers →

So **you** want to be a **Psychologist?**

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# what is psychology what is psychology what is

Psychology is the study of people: how they think, how they act, react and interact. Psychology is concerned with all aspects of behaviour and the thoughts, feelings and motivations underlying such behaviour.

In a sense, you are already a psychologist: we all are. We are all interested in what makes people tick, and how this understanding can help us to solve major problems in society. But this booklet will show you how to go from being an 'amateur psychologist' to a professional one. How can you learn the *science* behind behaviour? How can you use it to improve people's quality of life? How can you put your knowledge to good use in a career?

If you tell your friends you are interested in psychology, common reactions might be 'well can you tell what I'm thinking then?' or 'Psychology? That's all just common sense isn't it?' Because we are so familiar with our own behaviour we all have theories about it, which are often reflected in everyday sayings: 'Absence makes the heart grow fonder', or 'too many cooks spoil the broth'. But what about 'out of sight out of mind', or 'many hands make light work'? Common sense isn't so simple after all.

The *science* of human behaviour can give us a clearer picture. To study psychology you have to learn scientific methods: observing, measuring, testing, using statistics to show that what you find is reliable evidence and not just down to chance.

But psychologists do not simply collect evidence to explain people's behaviour; they use their understanding to help people with difficulties and bring about change for the better. For example, psychologists are concerned with practical problems such as:

- *How can we ease the effects of parental divorce on children?*
- *How should drug awareness campaigns frame their message?*
- *How can we minimise accidents; on roads, rails, in the air?*
- *How can the courts ensure that eyewitness testimony is reliable?*
- *How should people act on a date – what do others tend to find attractive?*
- *How can footballers keep their anger in check on the pitch?*
- *How can we help people overcome depression, stress or phobias?*
- *How do you best train a person to work with a guide dog?*
- *How can governments promote peace between warring nations?*
- *How can we speed recovery from brain injury?*
- *How can bosses stop strong leadership spilling over into bullying?*
- *How can teachers or lecturers ensure students are really learning?*

So psychologists have a valuable contribution to make to all areas of life today. This booklet will tell you about some key areas of psychology, how you can go from studying psychology to becoming a fully qualified psychologist, and how the British Psychological Society can help.

# how to study how to study how to study how

Psychology can be studied at school or college as a GCSE, an AS-level, A2 level, A-level or Scottish Highers subject, or as SQA awards leading to other qualifications.

GCSE psychology courses are designed to provide students with a basic level introduction. Courses vary, but all include simple practical work and an opportunity to explore some of the main areas of psychology.

In A-level or Scottish Higher courses, students look at how ideas and theories in each area of psychology have developed, learn how to critically analyse evidence, and undertake some practical research.

AS is equivalent to half an A-level and can be used as the first year of a two-year A-level course or as a qualification in its own right.

SQA awards are short courses of study lasting for about 40 hours. They cover many different subject areas and may be grouped together to form group awards such as SVQs.

University admissions tutors tend to be flexible about which A-levels, AS or Scottish Higher or GNVQ subjects are necessary for entry to a psychology degree, but undergraduates need to be able to handle scientific concepts, to be numerate and to develop writing skills. Biology, mathematics, English, history, economics or similar arts or social science subjects are all useful preparation for a degree course. Maths at the Scottish Standard Grade or at GCSE level A–C is usually required.

A- or AS-level psychology is never required for entry to a degree course, but many students do find that this gives a useful insight into the subject and helps them decide if they will be suited to study psychology at degree level.

The number of students wishing to study psychology has risen dramatically over the last 10 years, with admissions tutors reporting up to 50 applicants for every place. This has resulted in fairly high A-level or Higher grades being required.

## *Choosing a degree*

University courses (whether single, joint or combined honours degrees) typically cover all the main areas of psychological knowledge necessary to go into further training. As an independent professional body the British Psychological Society cannot recommend one course above another. The University Central Admissions Service ([www.ucas.com](http://www.ucas.com)) will help you identify which universities and colleges offer psychology degrees and various combination degrees. UCAS also publishes *Big Guide: For Entry to University and College in 2008* (£31.50 plus p&p) which details courses, entrance requirements and how to apply (see contact details opposite).

You can also gain an idea of the relative quality of each department by looking at the following websites: [www.qaa.ac.uk](http://www.qaa.ac.uk) (for quality assessment) and [www.hero.ac.uk](http://www.hero.ac.uk) (for research assessment).

## *Will your degree be accredited?*

Even if you have no plans at the moment to practise psychology when you graduate, you are strongly advised to keep your options open by taking a degree which is accredited by the British Psychological Society and confers the 'Graduate Basis for Registration' (GBR). This will allow you to go on to further Society-accredited postgraduate training before you can call yourself a Chartered Psychologist and become eligible for the Society's Register of Chartered Psychologists. Employers often prefer to appoint a Chartered Psychologist because the title is the public's guarantee that the person is properly trained and qualified, and is answerable to an independent professional body.

The Society accredits joint, combined and modular honours degrees as well as single honours. More and more degrees are becoming modular and it is often necessary to choose particular modules to qualify for the GBR. Check with individual course organisers to ensure that you follow an accredited pathway of courses within your degree.

If your course is not accredited, you can gain the GBR by:

- *Taking a Society-accredited conversion course, on a full- or part-time basis (MSc, MA, Med, Diploma); or*
- *Sitting the Society's Qualifying Examination.*

See [www.bps.org.uk/careers/accredited-courses](http://www.bps.org.uk/careers/accredited-courses) for accredited degrees, conversion and postgraduate courses, or use the order form on the back page.

## *Changing your career – mature students*

If you are planning a change of career and have a degree in a subject other than psychology, you need to look at doing a conversion qualification to gain the GBR. Typically these courses take one or two years full-time, or can be studied by distance learning (up to four years part-time) with the Open University.

The course organisers will give you more information on entry requirements and fees. See [www.bps.org.uk/careers/accredited-courses](http://www.bps.org.uk/careers/accredited-courses) for a full list of accredited courses, or use the order form on the back cover.

## *Student Members Group*

While studying psychology you can become a Student Subscriber of the British Psychological Society – at the time of writing this costs from just £20 a year. For this you will receive a monthly magazine (*The Psychologist*), *Psychologist Appointments Memorandum* for job vacancies, and a range of other benefits including discounts on journals, access to a web database of UK researchers, and membership of the Society's Student Members Group. Application forms are available from the Leicester office or from the Society's website ([www.bps.org.uk](http://www.bps.org.uk)).

### *Further information*

[www.bps.org.uk/careers](http://www.bps.org.uk/careers)  
[www.bps.org.uk/smg](http://www.bps.org.uk/smg)

Universities and Colleges Admissions Service (UCAS), Rosehill,  
New Barn Lane, Cheltenham,  
Gloucestershire GL52 3LZ

Tel: 01242 222444 (general enquiries)  
0870 1122211 (customer services)  
Fax: 01242 544960

E-mail: [enquiries@ucas.ac.uk](mailto:enquiries@ucas.ac.uk)  
Website: [www.ucas.com](http://www.ucas.com)

(Handles all applications to study full-time at university or college.)

## work experience work experience work experie

It is difficult to work alongside psychologists because of the confidential nature of their work. You might consider voluntary work within the type of organisation you would like to work with in the future (the health service, education, etc.).

Unfortunately the Society cannot directly help you to find posts or work experience. Information on the few vacancies open to students before completing their degrees is normally sent to university psychology departments rather than to the Society. The Society's monthly *Psychologist Appointments*, sent free to most members and student subscribers, carries advertisements for jobs and courses, but nearly all of them are for qualified psychologists.

## funding for courses funding for courses funding

Courses themselves are best placed to give advice on funding. The Society has no student bursaries, but information on some postgraduate awards is available at [www.bps.org.uk/careers/postgrad](http://www.bps.org.uk/careers/postgrad).

If you are an overseas student intending to study in the UK, or a UK student looking to study overseas, the Association of Commonwealth Universities (ACU, Woburn House, 20–24 Tavistock Square, London WC1H 9HF) publishes a directory, *International Awards*. This is found in many libraries, and lists a range of scholarship schemes for study in various countries, including the UK. Awards included are available from universities, charities/trusts and other funding sources. These are offered at various levels, though there are relatively few specifically at undergraduate level for international students. The ACU also administers several international scholarship schemes, the principal one being the Commonwealth Scholarship and Fellowship Plan. Full details on these and other general information for study in the Commonwealth are available at [www.acu.ac.uk](http://www.acu.ac.uk).

(NB: The ACU does not offer awards for UK students intending to study in the UK.)

## careers in psychology careers in psychology car

Psychologists are probably best known for their work in the health and education services, but psychology graduates can be found in almost any area of life.

A psychology degree opens up a wide range of career opportunities, and new areas such as sports psychology and environmental psychology are being developed all the time.

This booklet will cover areas in which you can register as a Chartered Psychologist with the Society – where there is a recognised training route leading to membership of a Division of the Society (see p.32). These areas are:

- *Clinical psychologists, working in health and care settings;*
- *Counselling psychologists in a variety of settings including health, social care, voluntary, private and commercial settings;*
- *Educational psychologists, in local education authorities, schools and special schools;*
- *Forensic psychologists, working in penal establishments, special hospitals and with young offenders;*

- *Health psychologists, working in hospitals, health authorities and health research departments;*
- *Neuropsychologists, helping people with brain injury;*
- *Occupational psychologists, in management, personnel, training, selection and careers services;*
- *Research and teaching in institutions of higher education.*
- *Sport and Exercise psychologists, in private practice and academic institutions.*

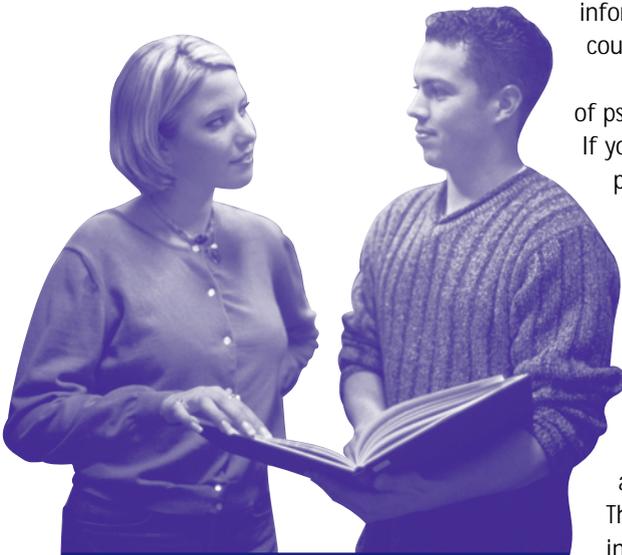
A third of graduates who go into permanent employment as psychologists enter public services (such as the health service, education, the Civil Service and the Armed Forces), and a third go into industry or commerce (market research, personnel management, etc.). Of the remainder, about a tenth teach and research in schools, colleges and universities.

It has been calculated that 15 to 20 per cent of psychology graduates end up working as professional psychologists. This does not mean that the majority of graduates do not use the skills they have learnt; on the contrary, they are likely to use some of them whatever job they do.

Some other professions are often confused with psychology. A *psychiatrist* is a medical doctor who can prescribe medication for serious mental illness, but has no substantial postgraduate training in psychology although some psychiatrists are trained in psychotherapy. Contact the Royal College of Psychiatrists for further information about careers in psychiatry and medical psychotherapy (see p.29). A *psychotherapist* or a *counsellor* is trained to provide a talking therapy (generally in a particular style), but has not necessarily received any formal training at either undergraduate or postgraduate level in the field of psychology as described at the beginning of this booklet. Contact either the UK Council for Psychotherapy or the British Association for Counselling and Psychotherapy for further

information about training as a counsellor or psychotherapist (see p.29).

We now turn to the various areas of psychology accredited by the Society. If you are considering studying psychology you will find it a useful summary of some of the areas of research you would cover on your course. If you are already studying for a psychology degree and are considering further training to become a professional psychologist, this booklet will tell you how. You should read it alongside [www.bps.org.uk/careers](http://www.bps.org.uk/careers). This website has extensive careers information and is updated regularly.



# clinical psychology clinical psychology clinical

*'I feel very privileged to work as a Clinical and Academic psychologist and to be able to help all sections of vibrant British society – irrespective of their class, race, cultural background and/or gender preference. Working across health and social care and educational settings in a uni- and multi-disciplinary manner puts me in a strong position to be to effective clinical psychologist.'*

Dr Zenobia Nadirshaw, Kensington and Chelsea PCT and Professor at Thames Valley University.



Clinical psychology aims to reduce psychological distress and to enhance and promote psychological well-being. A wide range of psychological difficulties may be dealt with, including anxiety, depression, relationship problems, learning disabilities, child and family problems, and serious mental illness.

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.

## *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.

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.

## *How?*

### **Qualifications and training** (See flowchart on p.16)

A clearing house scheme operates for applications to all clinical psychology training courses. Candidates make one application to the Clearing House for Postgraduate Courses in Clinical Psychology (see opposite for address), which is then distributed to the selected institutions. Application packs and handbooks are available from September to December for courses commencing in September/October of the following year.

Places for clinical psychology training are in short supply with around four applicants for each place, and a first- or an upper-second-class degree is required. Relevant experience is also important: this could involve working as a psychological assistant, research assistant,

or care nurse/assistant, either before or after graduation. These posts are usually advertised in the Society's monthly *Psychologist Appointments*, 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. The Clearing House website (see below) gives more detailed information about the experience needed.

An understanding of the profession is important. Mature applicants are welcomed, but for all age groups there is fierce competition to get funded training. The majority of individuals entering postgraduate training through the NHS are employed as trainee Clinical psychologists. A very limited number of self-funded places are also available. *The Clearing House Handbook* includes details of the sources of funding for each course.

Some psychologists, either with other professional qualifications in applied psychology or with clinical qualifications from abroad, may apply to the Society's Committee for the Scrutiny of Individual Clinical Qualifications who will assess what additional training – if any – might be required for them to practice as a clinical psychologist in the UK. An application pack can be requested from the Society's office.

### *Pay, prospects and conditions*

Due to a national shortage, job opportunities for qualified Clinical psychologists are very good. In the NHS, pay scales for an Applied Psychologist in Health and Social Care have been agreed nationally by the Department of Health in negotiation with BPS/Amicus Joint Professional Liaison Committee. The salary of a trainee Clinical Psychologist is £21,985 (2006 *Agenda for Change* figures). For newly-qualified psychologists, salaries start at £24,000. For more experienced psychologists salaries range from £32,000 to £50,000. Senior experienced psychologists managing departments or large specialist sections are usually responsible for the psychology service and its staff. Salaries range from £44,000 to £73,000+. For updated information on the new pay system (*Agenda for Change*), please visit the Society's website at [www.bps.org.uk/clinical](http://www.bps.org.uk/clinical).

The administration of services in Northern Ireland differs somewhat from the rest of the UK. The provision of health and social services is combined and is administered by four Health and Social Services Boards. This gives opportunities for Clinical psychologists employed within the NHS to have greater involvement with the work of the social services departments. However, the *practice* of clinical psychology within Northern Ireland is similar to that of the rest of the UK, as are careers structures, opportunities and conditions of service.

In Scotland, NHS services are organised in Acute and Primary Care Trusts for each Health Board area. The relationships between primary and secondary care are, therefore, closer and there is an increasing divergent legislative framework for health and social care with accountability to the Health Department of the Scottish Executive and the Scottish Parliament. Overall organisation of Psychology Services, however, is similar to England and Wales and career structure and prospects remain much the same.

### *Further information*

[www.bps.org.uk/clinical](http://www.bps.org.uk/clinical)

Clearing House for Postgraduate Courses in Clinical Psychology, Fairbairn House, 71–75 Claredon Rd, Leeds LS2 9PL

Tel: 0113 343 2737

E-mail: [chpccp@leeds.ac.uk](mailto:chpccp@leeds.ac.uk)

Website: [www.leeds.ac.uk/chpccp](http://www.leeds.ac.uk/chpccp)

# counselling psychology counselling psychology

*'The best thing about Counselling Psychology is the face-to-face client work; it's a real privilege to share in a complex process of change and deeply satisfying on a personal level. But I do so many other interesting things as well as therapy: with research, supervision and the teaching and training of others, my job is endlessly fascinating and evolving.'*

Jennie Rowden, Dorset Healthcare Trust.

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Counselling psychologists are a relatively new breed of professional applied psychologists concerned with the integration of psychological theory and research with therapeutic practice. 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.

Key tasks include:

- *Assessment, including assessment of mental health needs, risk assessment and psychometric testing (depending on the context);*
- *Formulation; i.e. a psychological explanation of the genesis and maintenance of the psychological problems;*
- *Planning and implementation of therapy;*
- *Report writing and record keeping;*
- *Evaluation of the outcome of therapy;*
- *Supervision and training of other counselling psychologists, applied psychologists, assistant psychologists and related professionals;*
- *Multi-disciplinary team work and team facilitation;*
- *Service and organisational development;*
- *Audit and evaluation;*
- *Research and development;*
- *Management of services.*

Counselling psychologists bring many aspects of themselves to the shared enterprise of professional practice, derived both from their training and their wider knowledge. An understanding and acceptance of one's personal history is combined with an explicit use of psychological theories to analyse the process of a particular therapy, or counselling situation. This partly differentiates the practice of Counselling psychologists from that of psychological therapists from other professional backgrounds (such as nursing or social work).

## *Where?*

Counselling psychologists work almost anywhere there are people. For instance, Counselling psychologists are currently employed in industry, commerce, the Prison Service and in all layers of education from primary school to university. About half of all counselling psychologists are employed to do clinical work in health and social care settings. Other career paths can be found in teaching and research for academic bodies. Counselling psychologists can also practice privately as organisational consultants

## *How?*

**Qualifications and training** (see flowchart on p.16)

There are two stages in training leading to Chartered Counselling Psychologist status. The first involves the attainment of the Graduate Basis for Registration, which is usually gained by having a BPS-accredited first degree in psychology. This will have provided a fundamental knowledge of the discipline of psychology; for example of human development, biological aspects of behaviour, cognitive and social psychology and research methods and skills.

The second stage requires three years full-time, or part-time equivalent, postgraduate training and study. This involves: training in more than two models of psychological therapy; an emphasis on the therapeutic relationship and on ethical and professional considerations; training in research methods and skills; supervised placements in at least two different settings and personal psychological therapy.

Postgraduate training can be undertaken either at one of a number of institutions which offer Counselling Psychology Programmes accredited by the BPS, or by gaining the BPS Qualification in Counselling Psychology via the 'Independent Route'. Both the accredited courses and the BPS Qualification in Counselling Psychology confer eligibility for Chartered Counselling Psychologist status and lead to the acquisition of equivalent competencies.

Further information about the Independent Route can be found on the society's website at [www.bps.org.uk/careers/society-qual/indepent](http://www.bps.org.uk/careers/society-qual/indepent). The Independent Route allows trainees to combine a bespoke package of approved training elements that can be worked around other commitments. Many mature entrants to the profession who have prior trainings in related areas find the flexibility of the Independent Route provides a unique and highly personalised learning experience. Postgraduate courses in counselling psychology are listed on the BPS website at [www.bps.org.uk/sub-sites\\$/dcop/courses.cfm](http://www.bps.org.uk/sub-sites$/dcop/courses.cfm). Courses will give advice on funding, and ideas about where to find placements and sources of funding are also discussed on the Division's web pages.

The Division of Counselling Psychology encourages all who are interested in our discipline, including postgraduate trainees on accredited courses and on the Independent Route, to join the BPS and become members of the Division. We offer specially reduced rates of membership for trainees.

## *Pay, prospects and conditions*

In the NHS, pay scales for Applied psychologists in Health and Social Care have been agreed nationally by the Department of Health in negotiation with the BPS/Amicus Joint Professional Liaison Committee. A fully-qualified Counselling psychologist will earn from £26,000 p.a. and the salary scale for senior consultant psychologists extends up to £69,260 p.a. Most NHS psychologists will earn between £30,000 and £50,000 p.a. The same is true for the Prison Service, where the Home Office has nationally agreed pay scales that are being modernised in a similar way.

There are good career prospects in the NHS and the Prison Service, that are clearly defined within the Knowledge and Skills Framework, which is part of the pay modernisation scheme, Agenda for Change. Counselling psychologists in private practice or working in commerce and industry should expect to be remunerated at a comparable level to those employed in the public sector.

*Further information*  
[www.bps.org.uk/counselling](http://www.bps.org.uk/counselling)

There is a high level of demand throughout society for qualified Counselling psychologists who can offer psychological therapies, and the following list indicates the range of possibilities:

- NHS services such as:
  - Primary care*
  - Community Mental Health Teams*
  - Pain management*
  - Rehabilitation*
  - Audit and research*
  - General health settings where psychological services are offered*
  - Eating disorders services*
  - Child and family services*
  - Services for older adults*
  - Services for those with learning disabilities*
- *Prison and Probationary Services;*
- *Social Services ;*
- *Voluntary Organisations;*
- *Employee Assistance Programmes (EAPs);*
- *Occupational Health Departments and Services;*
- *Student Counselling Services.*

# educational psychology educational psychology

*'As an Educational psychologist, I enjoy the stimulation and challenge of working closely with children, young people, teachers and parents. I believe that education is a major force in increasing life options and I use my knowledge of psychology to help others find solutions to a range of issues. When I achieve this, it is a fantastic feeling.'*

Beverley Graham, *The Learning Trust, Hackney.*



Educational psychologists promote child development and learning mainly with children and young people, aged 0–19 years, through the application of psychology – the scientific study of the mind, human behaviour and relationships. Work is carried out in partnership with individuals and groups of children, teachers and other adults in schools and Early Years settings. This can be at an individual, systemic or organisational level. They also work with parents/carers and families, LEA Officers, Health and Social Services and other agencies. Educational psychologists aim to help children and young people through the application of psychology. Educational psychologists:

- *bring a psychological perspective to education;*
- *use psychology to make education more effective;*
- *help the education service to meet the challenges of government legislation by:*
  - Multi-agency working
  - Promotion of inclusion
  - Early Years work
  - Consultation
  - Problem solving
  - Observation
  - Assessment
  - Provision of statutory advice
  - Direct intervention
  - Training
  - Projects/developments
  - Research.

## *Where?*

Educational psychologists work mainly within Local Education Authorities. A small number are employed by Social Services or Health, attached to independent schools or work as private psychologists.

Educational psychologists work with:

- *Individual children;*
- *Groups of children;*
- *Schools and Colleges;*
- *Early Years providers;*
- *LEAs;*
- *Other agencies;*
- *Parents/Carers and families.*

### *How?*

A psychology degree (or equivalent) that is accredited for Graduate Basis for Registration by the Society is a prerequisite.

Current psychology undergraduates interested in a career as an educational psychologist should consider gaining relevant experience of work with children and young people. For the latest information on the developments please visit [www.bps.org.uk](http://www.bps.org.uk)

Mature students are welcome. The Society often receives enquiries from qualified and experienced teachers who are not psychology graduates but who wish to train as educational psychologists. Such people will be required to undertake an accredited qualification conferring eligibility for the GBR. In order to progress towards Registration as a Chartered Educational Psychologist, accredited postgraduate training will also need to be undertaken.

### **Qualifications and training** (see flowchart on p.16)

Applications for entrance onto postgraduate training courses in Educational psychology in England, Wales and Northern Ireland should be made to the Children's Workforce Development Council (CWDC). The Council is also able to advise on the availability of funding. Competition for places on the professional training courses is high, around three applicants for every place, and relevant experience is becoming increasingly important. Some local education authorities have created Assistant Educational Psychologist posts to provide an opportunity for trainees to acquire and develop relevant knowledge and skills.

### **Training in Scotland**

To register as a Chartered Educational Psychologist in Scotland, there is no requirement to become a fully qualified teacher; however, those who consider training in Scotland should still remember that LEAs 'south of the border' may have different requirements. Details of accredited two-year MScs in Educational Psychology that can be taken in Scotland are available on request from the Society. Applications for entry onto the course must be made directly to the University.

### *Further information*

[www.bps.org.uk/ed](http://www.bps.org.uk/ed)  
[www.bps.org.uk/scoted](http://www.bps.org.uk/scoted)

The Association of Educational Psychologists 26 The Avenue,  
Durham DH1 4ED

Tel: 0191 384 9512

Website: [www.aep.org.uk](http://www.aep.org.uk)

Children's Workforce Development Council (CWDC)

Tel: 0113 244 6311

Website: [www.cwdcouncil.org.uk](http://www.cwdcouncil.org.uk)

The Educational Institute of Scotland,  
46 Moray Place, Edinburgh EH3 6BH

Tel: 0131 225 6244

### *Pay, prospects and conditions*

In England, Wales and Northern Ireland, pay and conditions are negotiated with the Employers Organisation (Soulbury Committee) by the Association of Educational Psychologists (AEP), the Educational psychologists' trade union. In Northern Ireland Educational psychologists are employed by the province's five Education and Library Boards. The AEP also negotiate these salaries.

Structured professional assessments (SPA) have been introduced to recognise the contributions of the Soulbury paid officers. The current pay scales are approximately as follows:

Assistant Educational Psychologists	£25,200 – £28,281
Scale A	£30,546 – £40,111 (up to £46,218 SPA)
Scale B Senior or Principal	£40,111 – £54,486 (up to £58,710 SPA)
London Allowance	Inner     £2,730
	Outer     £1,800
	Fringe     £696

These figures are true as of September 2006. The AEP provides up-to-date information on pay and conditions for Educational Psychologists. [www.aep.org.uk](http://www.aep.org.uk)

# forensic psychology forensic psychology forensic

*'The best thing about Forensic psychology is that it uses all psychology can offer to confront problems which really matter; sometimes you work at the extremes.'*

Adrian Needs, *Portsmouth University.*



Forensic psychology is devoted to psychological aspects of legal processes in courts. The term is also often used to refer to investigative and criminological psychology: applying psychological theory to criminal investigation, understanding psychological problems associated with criminal behaviour, and the treatment of criminals.

Key tasks can include:

- *piloting and implementing treatment programmes;*
- *modifying offender behaviour;*
- *responding to the changing needs of staff and prisoners;*
- *reducing stress for staff and prisoners;*
- *providing hard research evidence to support practice;*
- *undertaking statistical analysis for prisoner profiling;*
- *giving expert evidence in court;*
- *advising parole boards and mental health tribunals;*
- *crime analysis.*

In the treatment of offenders, Forensic psychologists are responsible for the development of appropriate programmes for rehabilitation. This may include anger management, social and cognitive skills training, and treatment for drug/and or alcohol addiction. In the support of prison staff, Forensic psychologists may be responsible for the delivery of stress management or training on how to cope with understanding bullying, and techniques for hostage negotiation.

## *Further information*

[www.bps.org.uk/forensic](http://www.bps.org.uk/forensic)

Home Office, 50 Queen Anne's Gate,  
London SW1H 9AT.

Tel: 020 7273 3000

Website: [www.hmprisonservice.gov.uk](http://www.hmprisonservice.gov.uk)

## *Where?*

The largest single employer of Forensic psychologists in the UK is HM Prison Service (which includes the Home Office Research and Development Unit as well as prisons). However, Forensic psychologists can also be employed in the health service (including rehabilitation units and secure hospitals), the social service (including the police service, young offenders units, and the probation service), and in university departments or in private consultancy.

## *How?*

### **Qualifications and training** (see flowchart on p.16)

Since May 2001, candidates beginning their postgraduate training in Forensic psychology must complete the Society's Diploma in Forensic Psychology to be eligible for Registration as a Chartered Forensic Psychologist.

The whole process is detailed in the Diploma's Regulations and Syllabus, which are available on the Society's website.

There are two Stages for the Diploma in Forensic Psychology. Stage 1 is made up of exams and a research component to assess the academic knowledge of the trainee. Those who have been awarded a Society-accredited Master's in Forensic Psychology will be exempt from all of Stage 1. Stage 2 is supervised practice. It requires that trainees provide Exemplars of applying psychology in forensic practice. Each Exemplar will demonstrate the trainees' competence to produce work to the standard expected of a Chartered Forensic Psychologist, in one of four Key roles. Trainees must complete a Practice Diary and Supervision Log throughout their period of supervised practice. The three elements of Exemplars, Practice Diary and Supervision Log make up the Portfolio of Evidence required for Stage 2.

### *Pay, prospects and conditions*

Forensic psychology in the UK is currently booming with a significant growth in the job market. Up-to-date terms and conditions of employment may be obtained directly from employers. Pay rates start around £20,000 if you are newly-qualified, up to £60,000+ for senior psychologists. Further information on the training, work, pay and recruitment of Forensic psychologists in the Prison and Probation Service can be found at [www.hmprisonservice.gov.uk](http://www.hmprisonservice.gov.uk).

# qualifications in psychology qualifications in psych

## MUST DO

Qualification which provides eligibility for the Graduate Basis for Registration  
Candidates can check accreditation status by applying to the Society.

ACCREDITED POS

### CLINICAL PSYCHOLOGY

PG accredited training course (3 years' full-time) = **Doctorate** in Clinical Psychology



### COUNSELLING PSYCHOLOGY

3 years' full-time (or equivalent part-time) personal development, study, research and practice leading to a doctoral level award  
*either*  
through an accredited University programme in Counselling Psychology (various awards)  
*or*  
through the Independent Route leading to the BPS Qualification in Counselling Psychology



### EDUCATIONAL PSYCHOLOGY

*either*  
From 2006 – 3 years' full-time **Doctorate** in Educational Psychology. Please visit the Society's website for up-to-date details.  
*or*  
In Scotland accredited MSc course is 2 years' full-time  
*plus*  
Supervised practice as an Educational Psychologist (1 year)



### FORENSIC PSYCHOLOGY

*either*  
Accredited MSc (1 year full-time or equivalent part-time) in Forensic Psychology  
*plus*  
completion of Stage 2 of Society's Diploma in Forensic Psychology  
*or*  
successful completion of Stages 1 & 2 of Society's Diploma in Forensic Psychology  
*Note: Special route applies if you began your training prior to May 2001. Please visit [www.bps.org.uk](http://www.bps.org.uk) for more details.*



CHARTERED

## POST-QUALIFICATION

CLINICAL NEUROPSYCHOLOGY – Qualified Clinical or Educational psycholog  
PSYCHOTHERAPY – The Society maintains the Register of psychologists who specialise in psych

# Psychology qualifications in psychology qualifications in

For further careers information visit our website: [www.bps.org.uk/careers](http://www.bps.org.uk/careers)

## POSTGRADUATE TRAINING

### HEALTH PSYCHOLOGY

*either*  
Accredited Postgraduate course = MSc in Health Psychology (1 year full-time or equivalent part-time)  
*plus*  
completion of Stage 2 qualification in Health Psychology  
*or*  
successful completion of Stages 1 & 2 in Health Psychology  
*Note: Different requirements apply to those who began training before 1 September 2001.*



### OCCUPATIONAL PSYCHOLOGY

*either*  
Accredited MSc in Occupational Psychology  
1 year full-time (or equivalent part-time)  
*plus*  
2 years' supervised work experience  
*or*  
at least 3 years' full-time supervised work experience  
*including*  
Society's Postgraduate Certificate in Occupational Psychology



### SPORT & EXERCISE PSYCHOLOGY

*either*  
Accredited MSc in Sport & Exercise Psychology (1 year full-time) plus 2 years' supervised work experience  
*or*  
at least 5 years' supervised experience during the 'grandparenting' route



### TEACHING & RESEARCH

*either*  
PhD in Psychology  
*or*  
for teachers a period of full-time experience as teacher of psychology



## ACCREDITED STATUS

### REGISTERED AREAS OF PSYCHOLOGY

Psychologists can undertake accredited post-qualifications in clinical neuropsychology and psychotherapy. For information on how to get on the register visit [www.bps.org.uk/psychotherapy](http://www.bps.org.uk/psychotherapy)

# health psychology health psychology health

*'Health and well-being are so important to most people it makes being a Chartered Health Psychologist very exciting. The media seem particularly keen on focusing on all the latest biomedical research, but I see my work as equally important because it contributes to the prevention of serious conditions such as coronary heart disease, AIDS and cancer. One of the interventions I was involved in designing could prevent 10,000 deaths a year if applied in the United States.'*



Dr Chris Armitage, *University of Sheffield.*

Health psychologists work in a relatively new field of applied psychology. Psychological principles are used to promote changes in people's attitudes, behaviour and thinking about health and illness. The breadth of the discipline is far-reaching, including:

- *the use of psychological theories and interventions to prevent damaging behaviours (such as smoking, drug abuse, poor diet), and to change health-related behaviour in community and workplace settings;*
- *promoting and protecting health by encouraging behaviours such as exercise, healthy dietary choice, teeth brushing, health checks/self examination;*
- *health-related cognitions; investigating the processes which can explain, predict and change health and illness behaviours;*
- *processes influencing health care delivery; the nature and effects of communication between health care practitioners and patients, including interventions to improve communication, facilitate adherence, prepare for stressful medical procedures and so on;*
- *psychological aspects of illness; looking at the psychological impact of acute and chronic illness on individuals, families and carers. Psychological interventions may be used to help promote self-management, facilitate coping with pain or illness, to improve quality of life, and to reduce disability and handicap.*

## *Where?*

Health psychologists are represented in a number of settings, such as hospitals, academic health research units, health authorities and university departments. They may deal with problems identified by health care agencies, including NHS Trusts and Health Authorities, health professionals such as GPs, nurses and rehabilitation therapists, and organisations and employers outside the health care system.

Psychology graduates can also use their skills in clinical audit in health services (also called quality improvement). The work is with health clinicians and health service managers, in putting research evidence into practice. Staff are supported in measuring their activities and implementing appropriate improvements.

## How?

### Qualifications and training (see flowchart on p.16)

Those who began their training after September 2001 will be required to undertake either an accredited MSc or Stage 1 of the Society's qualifications in Health Psychology, followed by Stage 2.

### Pay, prospects and conditions

Over the past 10 years there has been a significant increase in the number of lectureships in health psychology in universities and medical and nurse training schools. This is also reflected in the considerable growth in research into social and behavioural factors in health.

Posts are not necessarily advertised as being for 'Health psychologists'. Employers may request applications from psychologists with the relevant skills to work in the health area, such as clinical or counselling psychologists, or from health professionals in general.

Posts may be advertised in the Society's *Psychologist Appointments* as well as in national newspapers such as *The Guardian* and *The Independent*. Pay and employment conditions vary with the employer and nature of the contract. Health psychologists may not necessarily stay with the same type of employer, an individual may move from a university to a health authority, and vice versa.

There may also be joint appointments between universities and health service units or trusts.

Research contracts are frequently paid on University Academic and Related Staff Scales, with Grade A scales currently starting at £13,287) and Grade B pay ranging from £19,340 to £29,211 (2005 figures – see [www.natfhe.org.uk](http://www.natfhe.org.uk) for updates).

#### Further information

[www.bps.org.uk/health](http://www.bps.org.uk/health)

# neuropsychology neuropsychology neuropsychology

*'The best thing about Neuropsychology is that it allows us to combine theory and practice to improve the quality of life for people with brain damage caused by neurological disorder.'*

Barbara Wilson OBE, Addenbrooke's Hospital.



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 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.

The membership of the Society's Division of Neuropsychology incorporates practitioners, researchers and those who work in both fields. Academic neuropsychologists may be employed as lecturers or researchers in university departments, but can be jointly appointed with clinical posts depending on their qualifications and experience.

Neuropsychologists require not only general clinical skills and knowledge of the broad range of mental health problems, but also a substantial degree of specialist knowledge in the neurosciences. Specialist skills are required in the assessment of neurological patients, and rehabilitation encompasses a broad range of specialist behavioural and cognitive interventions not only for the client, but also for the client's family and carers. Neuropsychologists are also to be commonly found in the management of rehabilitation facilities, and in individual case management. Leadership of multidisciplinary rehabilitation teams is frequently part of their clinical role.

## *Where?*

Neuropsychologists most commonly work in:

- *Acute settings: working alongside neurosurgeons and neurologists and the allied disciplines, usually in a regional neurosciences centre. They are concerned with the early effects of trauma, neurosurgery and neurological disease.*
- *Rehabilitation centres: providing post-acute assessment, training and support for people who have sustained brain injury, or who have other neurological problems. The neuropsychologist will play a central role in the multi-disciplinary team which aims to maximise recovery, minimise disability, and prepare the client for return to the community or to a residential placement.*
- *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.

### *How?*

#### **Qualifications and training** (see flowchart on p.16)

Specialised training in neuropsychology is based on prior training in one of the other areas of applied psychology. Qualification is via the Division of Neuropsychology Practitioner full membership qualification.

A pre-requisite for registration is eligibility for Full Membership of the Division of Clinical Psychology (or for those seeking to qualify in paediatric neuropsychology either the Division of Clinical Psychology or the Division of Educational and Child Psychology). Graduates interested in entering neuropsychology are advised first to seek a professional qualification in clinical psychology (or educational psychology).

#### *Further information*

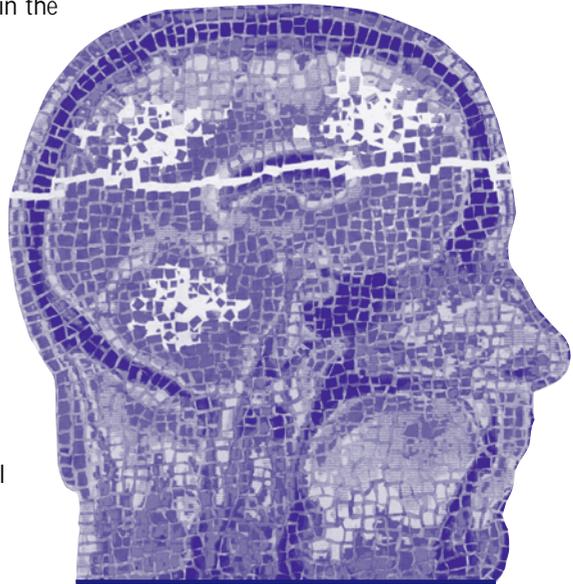
[www.bps.org.uk/neuro](http://www.bps.org.uk/neuro)

Candidates who register for the Membership Qualification will be required to complete a minimum of two years of formal supervised practice (normally while engaged in full-time employment) and submit case studies, research reports and case reports, research and supervision logs for formal assessment. In addition they will have to sit a number of professional examinations, although it is anticipated that many candidates will gain exemption by successfully completing an approved part-time postgraduate course granting exemption from the examinations. Full details are available from the Society's office.

#### *Pay, prospects and conditions*

Neuropsychologists may be employed within the NHS, and also in the independent sector within both private and not-for-profit charitable organisations. There is a serious national shortage of neuropsychologists, most acutely in paediatric neuropsychology, and prospects for professional advancement are very good.

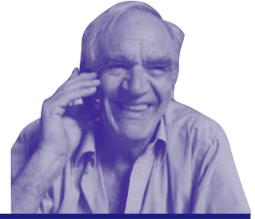
Pay is on the same scales as for Clinical psychologists (see p.7). However, many Senior Neuropsychologists substantially supplement their income by undertaking private medicolegal consultancy as expert witnesses in personal injury cases.



# occupational psychology occupational psychology

*'The great thing about Occupational psychology is that you are dealing with real people in important settings. There is a huge knowledge base, and occupational psychologists can often make a valuable contribution to the way we work.'*

Zander Wedderburn, BPS President 2003–2004.



Occupational psychologists apply psychological knowledge, theory and practice to work in its widest sense. How work tasks and the conditions of work can affect people – developing them or constraining and influencing their well-being – and also with how people and their characteristics determine what and how work is done. Occupational psychologists apply their knowledge and expertise to identify and resolve organisational issues, bringing with them an appreciation of the global, organisational, team and individual levels of working. Activities might include:

- *Management and management development;*
- *Change management;*
- *Organisational structure and development;*
- *Training and development;*
- *Team development;*
- *Career guidance, coaching and counselling;*
- *Stress, well-being and work-life balance;*
- *Rehabilitation and vocational rehabilitation;*
- *Unemployment;*
- *New technologies, such as e-learning, portfolio working and virtual team working;*
- *How people's environment affects their work (ergonomics);*
- *Development and interpretation of psychometric instruments;*
- *Recruitment and selection.*

## *Where?*

Occupational psychologists may work in-house for larger organisations, in both the private and public sectors (including government departments). Some provide their expertise via occupational or business psychology companies/consultancies. In addition, some are self-employed, and work as independent consultants. Around 100 Occupational psychologists work in the academic field teaching and conducting research. Some individuals have portfolio careers combining several aspects of teaching, research and consultancy.

## How?

### Qualifications and training (see flowchart on p.16)

A psychology degree (or equivalent) that is accredited for Graduate Basis for Registration by the British Psychology Society (BPS) is a pre-requisite.

A BPS-accredited Master's degree in Occupational Psychology is very desirable before entry into this work. This can be gained by full-time study over one year and it is possible to study for this part-time while in employment over a two-year period. A good honours degree (2.1 and above) and experience of the world of work are advantageous for securing a place. Alternatively you can study independently for the Society's Qualification in Occupational Psychology.

In order to become a Practitioner Member and apply to be a Chartered Occupational Psychologist, you can study for Stage 2 of the Society's Qualification in Occupational Psychology.

Employment opportunities are advertised in a number of publications including in the Society's *Psychologist Appointments*.

### Pay, prospects and conditions

Salaries vary enormously, as consultancies and the private sector tend to pay significantly more than the public sector and academia, but may require longer working hours. More experienced and senior consultants may earn higher salaries.

- Range of typical starting salaries: £15,000 – £30,000 (salary data collected February 2006).
- Range of typical salaries at senior level: £35,000 – £70,000 (salary data collected February 2006).

### Further information

[www.bps.org.uk/occupational](http://www.bps.org.uk/occupational)

CIPD, Chartered Institute of  
Personnel & Development,  
151 The Broadway,  
London SW19 1JQ

Tel: 020 8612 6200

Website: [www.cipd.co.uk](http://www.cipd.co.uk)

# teaching & research in psychology teaching &

*'I love the challenge of providing a quality learning experience for a diverse body of students. The rewards for doing a good job are amazing. Academia also enables me to engage with the cutting edge of research in my field. Exploring psychology applied to everyday issues is exciting and motivating both for me and my students'*



Shara Lochun, London Metropolitan University.

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Many schools and sixth-form colleges of further education now offer psychology as a subject at GCSE, A level, A/S level and as part of a general studies programme. Teachers prepare students for published syllabuses set by the examination bodies, so their work is not as flexible as that of teachers of undergraduates. Nevertheless, there is considerable choice in what to offer within the syllabus and an enormous range of possible studies in practical and laboratory courses.

Some teaching staff will have qualified in one of the applied psychological professions already mentioned. 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 then tell others what they have found by publishing articles.

Administration is an essential part of a lecturers' life. It includes student selection, devising new teaching programmes, sitting on committees which allocate resources, and co-ordinating aspects of the life of the department.

## *Where?*

Lecturers and researchers work in universities, colleges and schools. 'Research scientists' may also work in research units (such as the MRC Applied Psychology Unit).

## *How?*

### **Qualifications and training** (see flowchart on p.16)

To teach psychology in a state school, it is necessary to have a Postgraduate Certificate in Education (PGCE). Formal qualifications in psychology are not always required by employers. In fact, psychology graduates sometimes find it difficult to find places on PGCE courses because psychology is not a National Curriculum subject. Care is needed in selecting subsidiary courses at undergraduate level as these choices can help or hinder graduates with their studies later; those who are unable to get on a PGCE course can undertake a conversion course from another degree to psychology if necessary to help them qualify for a place.

For more information contact the Training & Development Agency (see address on p.26).

There are no formal qualifications which prepare you to teach undergraduate students, although most universities make provision for newly-appointed staff to take a postgraduate certificate in Higher Education – this is likely to become the norm. A degree in psychology is rarely, if ever, a sufficient qualification for appointment to a lecturer post. Most applicants already have a PhD or have held a research post in the UK or abroad, or have trained as an applied psychologist and worked as a practitioner.

Appointing committees for lectureships and senior research posts ideally require someone who is likely to bring credit to their department in the form of an international reputation, publications, and a track record in gaining research funds. Since teaching is central to a lectureship post, the committee will look for ability to speak in public and relate to others. Lecturers are rarely appointed under the age of 25 because a PhD takes a minimum of three years.

Full Membership of the Division of Teachers and Researchers in Psychology on the basis of teaching will be granted on the fulfilment of various criteria, including evidence of professional contributions such as:

- *experience as an external examiner;*
- *experience as a trainer or supervisor of teachers;*
- *published teaching material;*
- *teaching experience.*

Many psychologists become a Chartered Psychologist by virtue of holding a postgraduate research degree in psychology (PhD/DPhil). Registration is usually only open to those who hold a Society-accredited first degree in addition to a doctoral level degree in psychology. Very occasionally psychologists will be registered by virtue of publications in refereed journals, but only when their work is judged equivalent to a PhD in Psychology.

### *Pay, prospects and conditions*

Qualified graduate teachers' salaries range from £19,000 to £38,000. Head teachers' range from £37,617 to £99,585. Additional income may be possible through private tutoring, examining other institutions or examination boards, and through consultancy work.

Salaries for lecturers at FE institutions range from £20,000 – £35,000.

University lecturers' salaries range from £24,000 – £44,000.

These figures are true as of February 2006. For up-to-date information please check the Natfhe website, [www.natfhe.org.uk](http://www.natfhe.org.uk).

Although the teaching year for both teachers and lecturers is determined by the academic and school year, and for teachers by the LEAs, there is additional work involved which will often extend beyond normal working hours. Most lecturers probably work a 50-hour week, with only half that time allocated to teaching. Research work is particularly time consuming, and thus may often be undertaken during the long summer vacation.

The Society is unable to assist in finding research places for psychology graduates wishing to pursue a doctoral degree. However, it does publish *Postgraduate Research in Psychology: A Guide* which is a guide to starting a research degree (see order form on back page).

Funding for research may be provided by the various Research Councils (the ESRC, MRC, BBSRC, and EPSRC) which provide research studentships and research grants. Funding may also be obtained from industry and government departments. Some lecturers also act as consultants to industry, particularly in the fields of organisational psychology and human factors.

Publication of research findings in scientific journals or in books is important for university lecturers. It is a means of establishing their reputation and securing invitations to visit foreign research centres, or to present papers at conferences. Promotion is very much dependent upon your reputation as a scholar or researcher.

For information on current funding opportunities visit the Society's searchable database at [www.bps.org.uk/careers/postgrad/funding/funding\\_home.cfm](http://www.bps.org.uk/careers/postgrad/funding/funding_home.cfm).

### *Further information*

[www.bps.org.uk/dtrp](http://www.bps.org.uk/dtrp)

The Training & Development Agency  
for Schools,  
Portland House,  
Bressenden Place,  
London SW1E 5TT

Tel: 0870 4960 123

Website: [www.tda.gov.uk](http://www.tda.gov.uk)

Teaching information line:  
0845 6000 991

# sport & exercise psychology sport & exercise

*'I love being a Sport and Exercise psychologist because of the diversity and the challenging nature of the work. You can find yourself giving a lecture, writing a book chapter, conducting research, speaking to the media or consulting with a sport or exercise participant. It is enjoyable, challenging and particularly when consulting can be a very rewarding experience.'*

Dr Marc Jones, *Staffordshire University.*



Sport and Exercise psychology is a relatively new field of applied psychology but is rapidly expanding, developing and carving its niche in the landscape of psychology. This branch of psychology is concerned with the behaviour and mental processes of people who are involved in sport and exercise. It is relatively rare for individual practitioners to specialise in both sport and exercise psychology; typically, though some exceptions exist, they specialise in one or the other.

In the sports context, the aim is predominantly to help athletes to prepare psychologically for competition and to deal with the psychological demands of both competition and training. Sport psychologists do not, however, work exclusively with performers. They may apply psychological principles and research to help coaches and managers in their roles and to increase our understanding of performance issues. Sport psychologists work with sports participants across a range of both team and individual sports and from amateur to elite levels of competition. Examples of the work carried out by Sport psychologists include helping elite performers to prepare for Olympic competition; counselling referees to deal with the stressful and demanding aspects of their role; advising coaches on how to build cohesion within their squad of athletes, or helping athletes to deal with the psychological and emotional consequences of sustaining a serious injury.

In contrast, an Exercise psychologist is primarily concerned with the application of psychology to increase exercise participation and motivation levels in the general population and to ensure that exercisers gain the physiological and psychosocial benefits that exercise can offer. Examples of the work of Exercise psychologists include helping exercise instructors to create an optimal motivational climate for their clients; working with health promotion staff to increase exercise motivation and adherence in sedentary individuals; optimising the psychosocial benefits that can be derived from exercise participation in various populations, such as cardiac rehabilitation/exercise referral patients, older adults and employees; and helping individual clients with the implementation of goal-setting strategies.

## *Where?*

Sport and Exercise psychologists work in a wide range of sport and exercise settings and with a diverse range of clients. It is usual for Sport psychologists to work mainly in

competitive sport and for Exercise psychologists to work mainly in an exercise context. Some opportunities exist to work as a full-time Sport psychologist and these are constantly increasing in number. However, as with any new field, these opportunities are still quite limited. Some Sport psychologists do hold full-time positions with professional sports teams or national governing bodies of sport but most combine consultancy work with teaching and research or psychological consultancy in other areas such as the clinical and occupational domains. A similar scenario exists for Exercise psychologists, with most practitioners combining consultancy with teaching and research careers. The work of Exercise psychologists work might see them involved in GP exercise referral or cardiac rehabilitation schemes, and setting up and evaluating exercise programmes in employment, prison and psychiatric contexts.

The work of a Sport or Exercise psychologist is, therefore, centred around people and can be extremely varied. Although consultancy work may be office-based it is equally likely that consultants will work in field settings such as team premises, competition venues, clinical rehabilitation and recreational exercise settings.

### *How?*

#### **Qualifications and training** (see flowchart on p.16)

To qualify as a Chartered Sport and Exercise Psychologist you must first gain the Graduate Basis for Registration (GBR) then complete a period of training of not less than 3 years' full-time. This period of training must include an accredited postgraduate qualification in Sport and Exercise Psychology. Alternately, you must have completed at least 5 years' full-time (or part-time equivalent) of successful service delivery involving the practice of Sport and/or Exercise psychology. This will include consultancies, research and teaching in sport/exercise psychology, and may include time spent on a relevant postgraduate course. This 'grandparenting' route is open to experienced practitioners for a limited period whilst accredited courses are established.

### *Further information*

[www.bps.org.uk/sportandexercise](http://www.bps.org.uk/sportandexercise)

The British Association of Sport & Exercise Sciences, Leeds Metropolitan University, Carnegie Faculty of Sport & Education, Fairfax Hall, Headingley Campus, Beckett Park, Leeds LS6 3QS

Tel: 0113 289 1020

Website: [www.bases.org.uk](http://www.bases.org.uk)

### *Pay, prospects and conditions*

Pay is very much dependent on who the Sport or Exercise psychologist's clients are and whether or not the psychologist combines consultancy within sport and exercise with other professional activities such as teaching and research.

Prospects of sustaining full-time consultancy work are limited but at the same time, both full- and part-time consultancy work are becoming increasingly more available.

Conditions will also vary greatly depending on who the client is and where the consultancy work is located. This could range from a warm, comfortable interview room in a university to a rainy athletics track, or, increasingly so, a football club or an Olympic athletes' village or training camp.

# related areas related areas related areas related

## *Psychotherapy*

Psychotherapy covers the psychological treatment of a wide range of mental and physical illnesses by a number of different methods, each developed in terms of its own theoretical framework. Such treatment is carried out with individual patients or clients, with groups of patients and with children as well as adults. Methods vary from a long series of intimate discussions over two or three years, to only one or two intense interviews. Group treatment may consist of acting out problems or the encouragement of expression of inhibited emotions within the therapeutic group.

The Society view is that psychotherapy, as well as the use of hypnosis with psychotherapy, is most appropriately regarded as a post-qualification specialisation for members of one of the primary professional groups such as medical practitioners, applied psychologists or social workers. Such people are more likely to interact in the development of psychological problems and to have a sufficient range of professional experience and skills to judge when a potential client might be more appropriately helped by other methods. The advice to psychology graduates wishing to train as psychotherapists is that they should first acquire a relevant basic professional training in another area of applied psychology or other relevant profession, and to follow this with a post-qualification training in psychotherapy.

However, some psychology graduates may wish to train in psychotherapy without a professional training in applied psychology. The Society cannot provide information about suitable courses and does not accredit training courses in psychotherapy for people who are not already Chartered Psychologists. Such graduates should contact the British Association for Counselling and Psychotherapy and the UK Council for Psychotherapy (see address alongside).

Applicants for private psychotherapy training should be aware that some bodies offer clearly inadequate training (for example, applicants should be able to recognise that training lasting only a few weeks is unlikely to be sufficient). The following questions may be useful to consider when looking at a course in psychotherapy:

- *Is the course prospectus detailed enough to indicate the objects, methods and orientation?*
- *Is the course long enough, and the amount of supervised experience sufficient?*

### *Further information*

UK Council for Psychotherapy,  
2nd Floor, Edward House,  
2 Wakley Street, London EC1V 7LT

Tel: 020 7014 9955

Website: [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

The Royal College of Psychiatrists,  
17 Belgrave Square,  
London SW1X 8PG

Tel: 020 7235 2351

Website: [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

The British Psychoanalytic Council,  
West Hill House, 6 Swains Lane,  
London N6 6QS

Tel: 020 7267 3626

Website: [www.bcp.org.uk](http://www.bcp.org.uk)

The British Association for Counselling  
and Psychotherapy,  
15 St. John Business Park,  
Lutterworth, Leicestershire LE17 4HB

Tel: 0870 443 5252

Website: [www.bacp.co.uk](http://www.bacp.co.uk)

- *What are the qualifications of the course organisers and supervisors?*
- *Is supervision of therapy provided to trainees individually (or at least in pairs) on a regular basis?*
- *Does the course have a formal and externally validated method of assessing trainees' competence?*
- *Has the course been approved by an accredited body other than the organisation running it?*

The Society maintains a Register for Chartered Psychologists who specialise in psychotherapy. This is now being regarded as a new identity within the Society.

Currently there is no registration or licensing of psychotherapists in the UK, and so there are no specific qualifications required for private practice. Public employing authorities each have their own regulations. The United Kingdom Council for Psychotherapy publishes *The Directory of Members' Organisations*. This details training requirements and accreditation.

# equal opportunities equal opportunities equal

The British Psychological Society actively seeks to promote equality of opportunities for its staff, its members, and the users of services provided by its members/the wider community. To this effect, it has created the Standing Committee for the Promotion of Equal Opportunities. Although the Society has no control over the policies of other organisations, usually organisations educating and employing psychologists have developed their own Equal Opportunities Policies aimed at preventing unfair discrimination (for example on the grounds of gender, nationality, belief, disability, age, etc.). These serve to safeguard fairness in selection for training, employment, continuing professional development, etc., particularly as entry to postgraduate courses is very competitive in all areas of applied psychology.

# how the Society can help how the Society can

For over 100 years, the British Psychological Society has promoted psychology through a high standard of professional education and knowledge. It is the only learned Society and professional body which all psychologists in the UK can join. The Society has around 40,000 members. By joining you will ensure you keep up-to-date with scientific developments and career opportunities within the field. This includes access to Senate House Library, the largest psychology library in Europe.

The Society's Leicester office employs more than 100 staff who can provide some advice and point to other sources of information (including the Society's own website at [www.bps.org.uk](http://www.bps.org.uk)). However, enquiries about specific courses should be addressed directly to the universities or colleges concerned: the Society staff are not careers advisors.

The British Psychological Society has 10 Divisions catering for professional specialisms in the following areas (members usually will have taken a relevant accredited course):

- *Clinical Psychology;*
- *Counselling Psychology;*
- *Educational & Child Psychology;*
- *Educational Psychology (Scotland);*
- *Forensic Psychology;*
- *Health Psychology;*
- *Neuropsychology;*
- *Occupational Psychology;*
- *Teachers and Researchers in Psychology;*
- *Sport & Exercise Psychology.*

There are two Special Groups, Psychologists and Social Services, and Coaching Psychology, representing members working in these areas. There are also 13 Sections, which any interested member can join. They are:

- |  |                               |
|--|-------------------------------|
| ■ <i>Cognitive;</i>                                | ■ <i>Psychobiology;</i>       |
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