

# Where can studying PSYCHOLOGY take you?

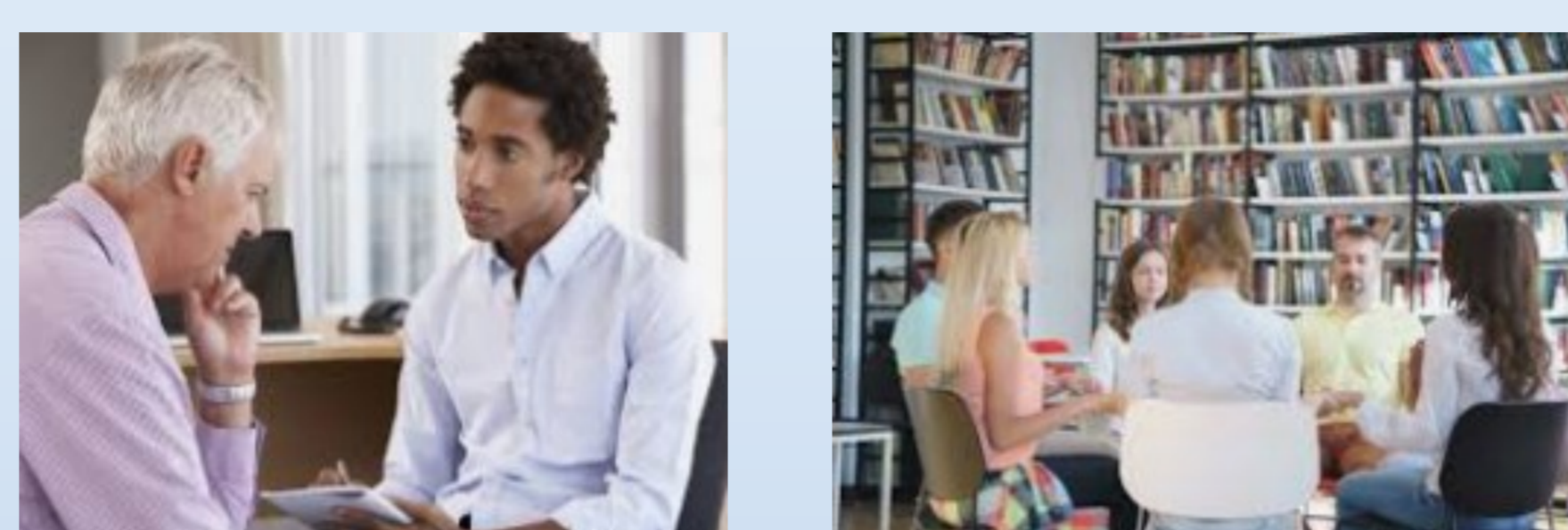


## Behaviour Analyst



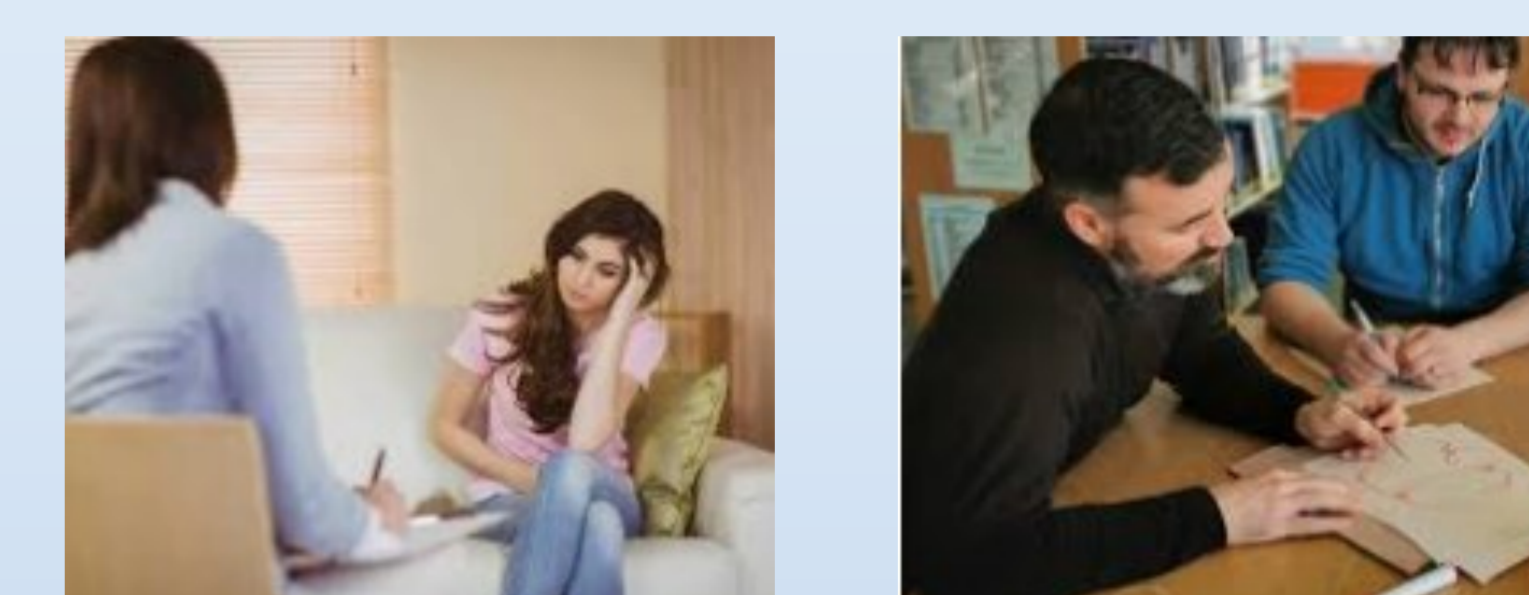
Behaviour Analysts help solve behaviour-related issues in all sorts of environments. Their field is most commonly associated with treating children on the autism spectrum. They focus on understanding how a person's interactions with the environment influences their behaviour. Day-to-day duties include meeting with families, teachers and other clients to discuss behaviour problems that need to be addressed. They observe the child's behaviour in their environment and then collect data relating to the frequency, duration and rate of concerning behaviors. They then create graphs to track changes and analyse information to determine appropriate interventions. Qualifications required to become a Behaviour Analyst are typically a minimum of a 2:1 Honours degree in Psychology, Education, Youth Work, or a related subject (Social Work).

## Counsellor



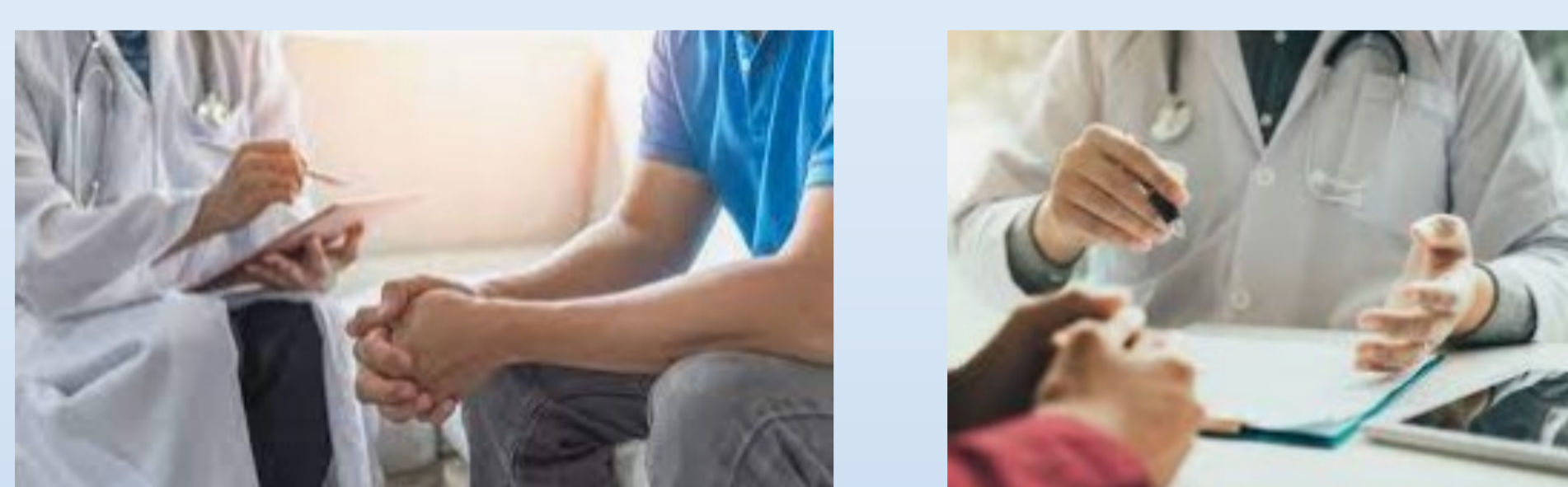
Counsellors work with clients experiencing a wide range of emotional and psychological difficulties to help them bring about effective change and/or enhance their wellbeing. Clients could have issues such as depression, anxiety, stress, loss and relationship difficulties that are affecting their ability to manage life. As a Counsellor, you will hold sessions with individuals and groups in a safe and confidential environment, using CBT techniques. You will encourage them to look at their choices and find their way to make a positive change in their life. You could work in various locations such as community centres, GP surgeries, hospitals, schools or advice centres. You may also counsel people over the phone or by video call. There are many different types and levels of counselling training available including diploma, degree and postgraduate level.

## Psychotherapist



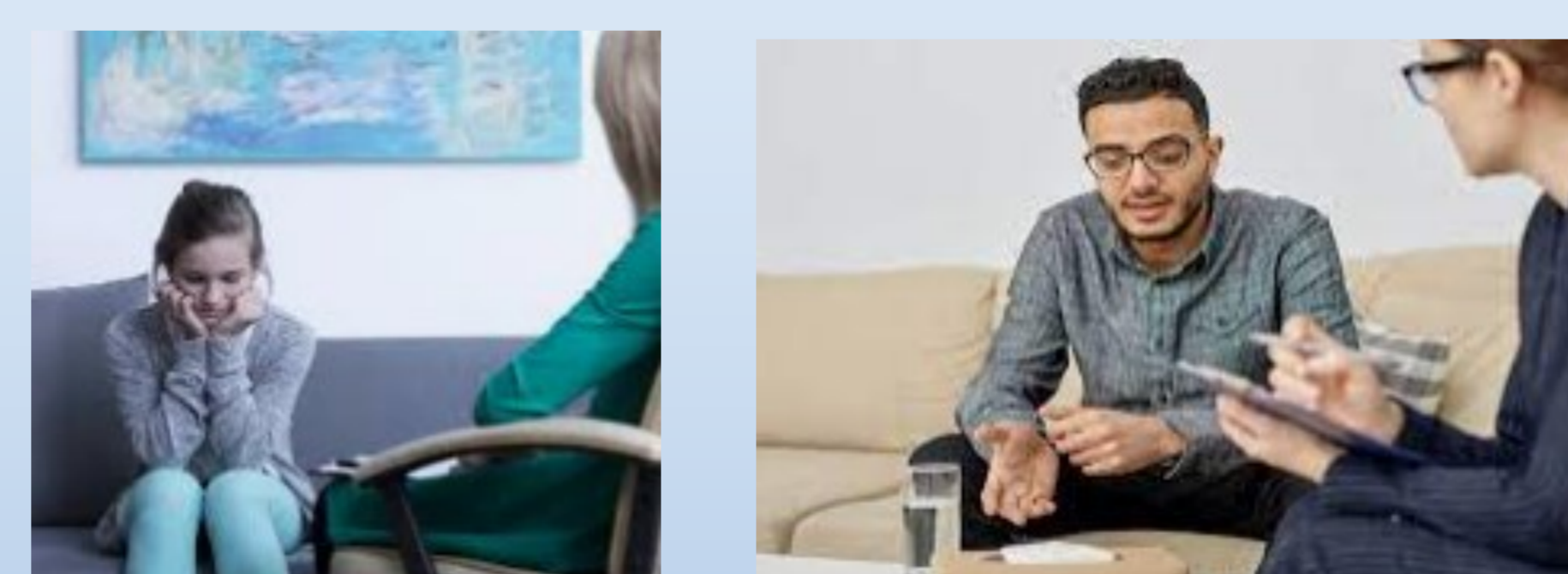
Psychotherapists work with clients who are affected by difficulties such as depression, phobias, stress, anxiety, emotional and relationship problems, physical or psychosomatic disorders and behavioural problems. Duties may include performing therapy sessions, using verbal interaction to explore behaviour, attitudes and emotions, helping clients to understand and address their inner conflicts including carrying out different forms of psychotherapy, such as hypno-psychotherapy or couples psychotherapy. Typical employers are the NHS, including hospitals, local clinics and health centres, special needs schools, psychiatric units and private consultancies. Qualifying as a Psychotherapist in the NHS can take 4 to 6 years to complete. Many students train part-time while working.

## Clinical Psychologist



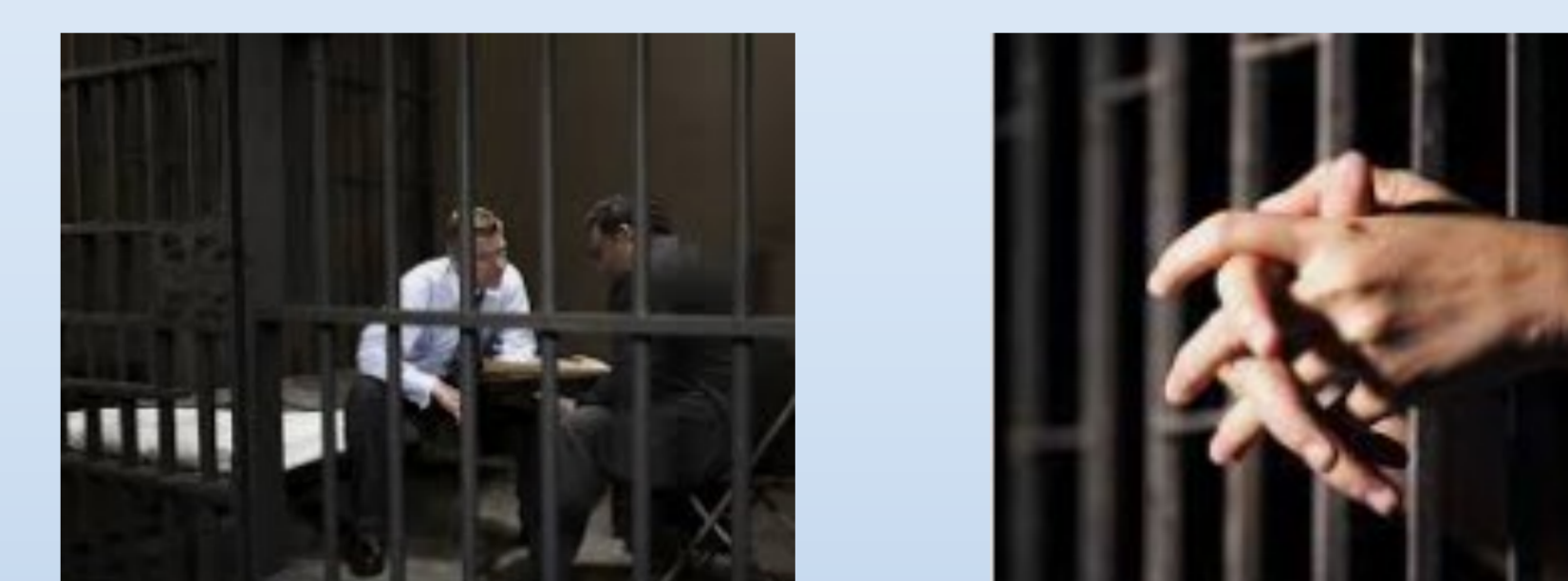
Clinical Psychologists deal with a wide range of mental and physical health problems including addiction, anxiety, depression, learning difficulties and relationship issues. They may undertake a clinical assessment to investigate a client's situation. There are a variety of methods available including psychometric tests, interviews and direct observation of behaviour. Assessment may then lead onto advice, counselling. Clinical Psychology aims to reduce psychological distress and to enhance the promotion of psychological wellbeing. Clinical Psychologists work largely in Health and Social care settings including hospitals, health centres, community mental health teams, CAMHS and Social Services. To become a Clinical Psychologist you will need a degree in Psychology and to undertake postgraduate professional training at doctoral level.

## Psychological Wellbeing Practitioner



Psychological Wellbeing Practitioners support people experiencing anxiety, depression, panic, stress and insomnia by providing low intensity Cognitive Behaviour Therapy (CBT). These CBT strategies are delivered through a 'guided self-help' method, aimed to equip people with the tools and techniques to manage the symptoms they're experiencing. A day of clinical work includes a mixture of assessment calls with people wanting to access the service, ongoing therapy sessions and working on projects to develop the service. The NHS offer a level 6 degree apprenticeship to become a Psychological Wellbeing Practitioner

## Prison Psychologist



As a Psychologist in prisons, you'll deal with complex work in an environment like not other, helping individuals to go on to lead better lives and helping the organisation strengthen its rehabilitative ethos. On the clinical side, you'll be undertaking interventions and carrying out risk assessments which can involve report writing, completing assessments and making recommendations to the parole board. You could be working with first time or frequent offenders, looking to understand the full story of the people under the care of the prison system. To be employed as a Prison Psychologist, you will be a qualified Psychologist, ideally Forensic who is registered with the Health and Care Professions Council.



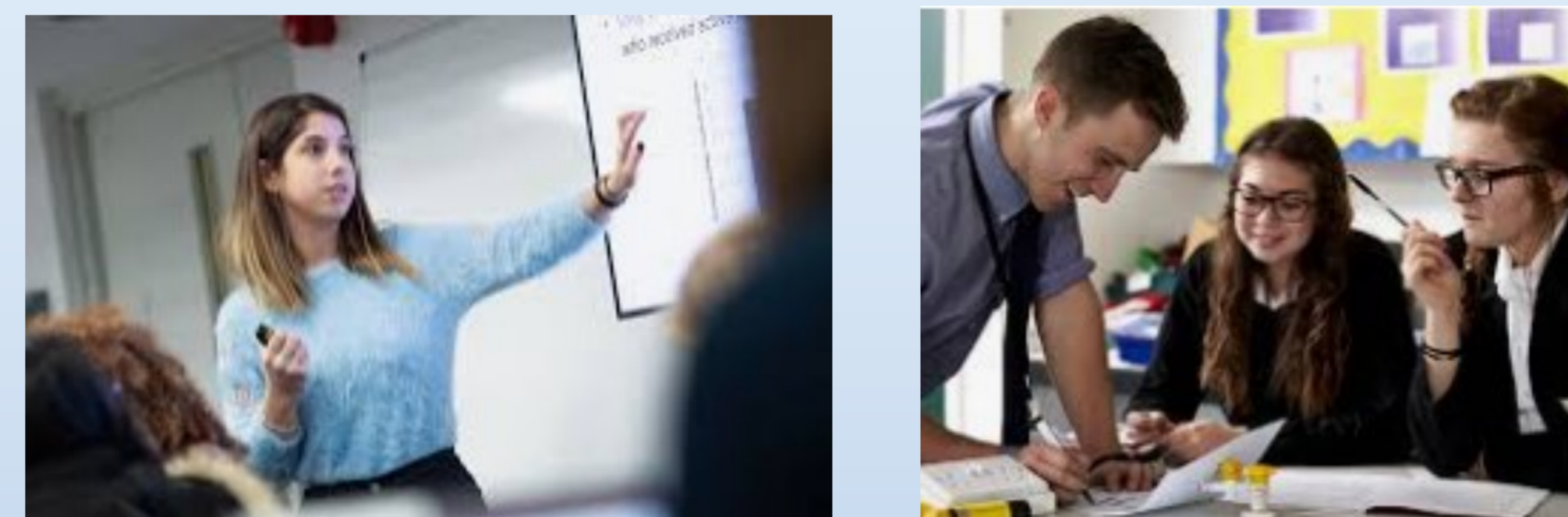


## Child Psychologist



Child Psychology is a specialised branch of traditional psychology that focuses on children, mainly their development and behaviour. This type of psychology covers every child, from birth to adolescence. Child Psychologists help children and young people with a range of mental and behavioural problems, including everything from depression and anxiety, to phobias, trauma and aggression. They study children's actions using cognitive testing, using their training to decipher meaning from behaviours. They can see children individually, in a group with other children, or with parents or other family members. Psychologists from a variety of disciplines can opt to specialise in working with children, you will need an undergraduate degree from a psychology course approved by the BPS.

## Psychology Teacher



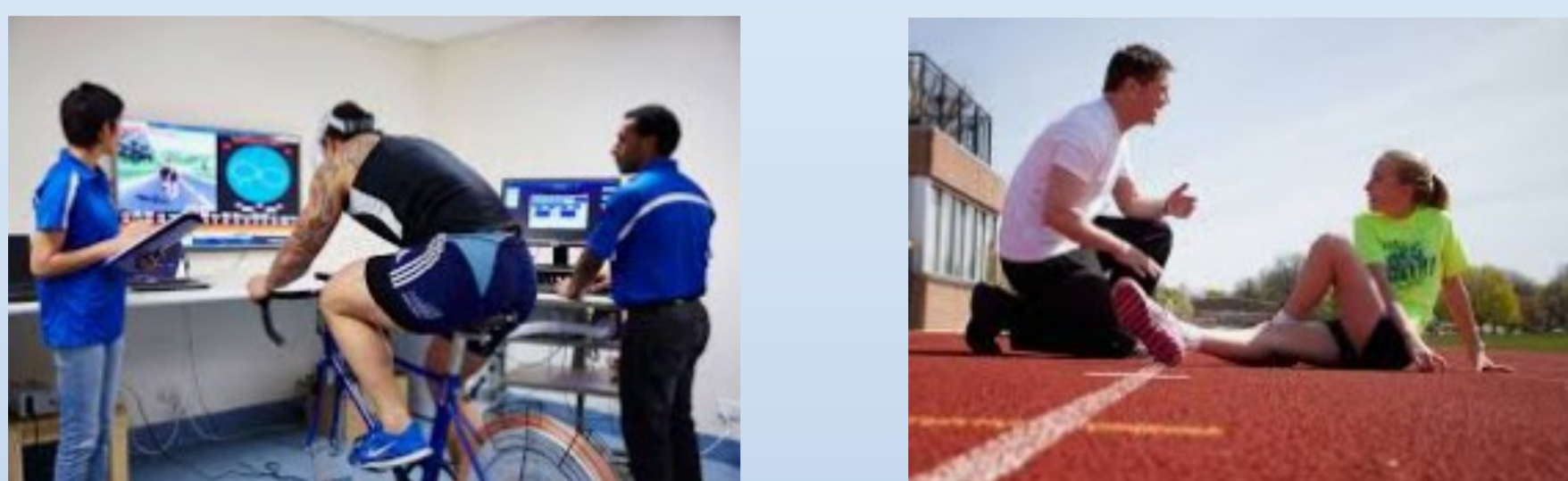
As a teacher of Psychology, you'll teach young people about the science of the mind and behaviour, and show students how they can analyse actions and interaction using evidence and theories. You will mainly work in secondary schools, sixth forms/colleges or universities. To teach Psychology, you will need a degree and to have qualified teacher status, some undergraduate degrees will allow you to gain qualified teacher status straight away, however, for most students, post graduate entry route is the normal method.

## Prison Psychologist



Prison Psychologists often work in maximum securing prisons, courts and asylums geared towards the criminally insane. They often testify as expert witnesses inside courtrooms, additionally they are involved in stabilising those prisoners found incompetent to stand trial. They sometimes administer a battery of tests to incoming inmates including IQ testing, thematic tests, personality tests and many more. They help to prepare inmates for release and communicate directly with parole boards before they are granted parole. They also facilitate therapy groups of offenders, working diligently to curb the violent impulses of prisoners. A job as a Prison Psychologist is perhaps one of the most demanding of all positions in clinical psychology.

## Sports & Exercise Psychologist



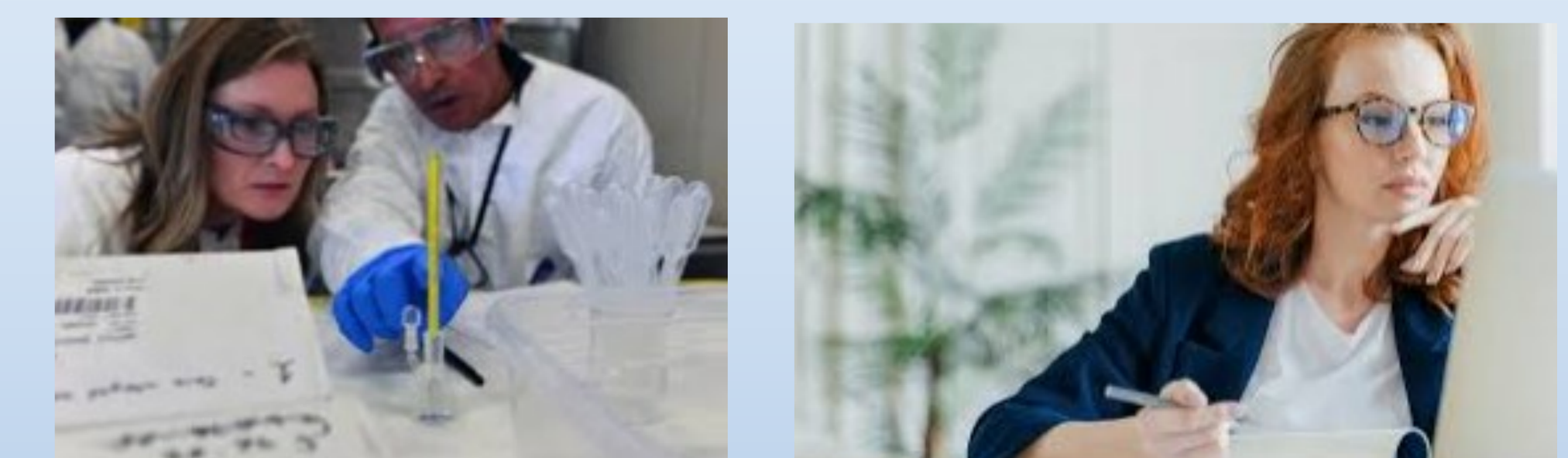
Sports and Exercise Psychologists help athletes develop strategies to deal with nerves, anxiety, self-confidence and concentration and motivation. They set up activities to improve team performance, support athletes in coping with injuries and give advice to coaches on team communication. They also assess clients' needs and develop fitness plans and recommendations. Other duties include creating exercise programmes in organisations, workplaces, prisons and psychiatric units. To become a S&E Psychologist, you will need a degree in psychology and a master's degree in Sport and Exercise Psychology or a structured, supervised practice programmed, accredited by the HCPC.

## Head of Student Emotional, Health and Wellbeing



As a Head of Student Emotional, Health and Wellbeing, you will be responsible for leading and developing a service that ensures every student in a school or college or university has access to the most appropriate and highest care available. This may also involve the delivery of certain therapeutic interventions. You will manage and oversee pastoral issues, line manage the school/college/university counselling service and lead on the development of a wellbeing app for students. Ideally you will need a Psychological Therapy qualification and registration as a practitioner with an appropriate professional body; or significant pastoral experience and a strong record of CPD in Mental and Emotional Health.

## Forensic Psychologist



Forensic Psychologists use their specialist knowledge of psychological theory and criminal behaviour to support police investigations through criminal profiling, support prison staff and other professionals in the welfare or criminal and civil justice systems. Also carrying out research to improve and develop professional practice. They also work with offenders to help them understand and overcome their problems and behaviour patterns by providing psychological therapy, developing treatment and rehabilitation programmes and much more. You will need to complete a degree in Psychology and a post-graduate master's in Forensic Psychology.