



# Careers in psychology

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Trainee Clinical Psychologist

**Nottingham University  
BSc Psychology**

**2007 – 2010**



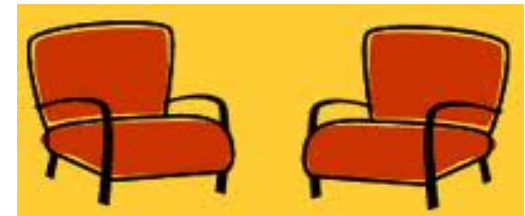
**London**

**2011 - 2012**



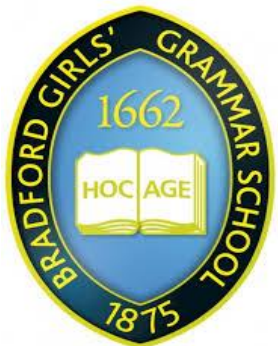
**Clinical Psychology  
training**

**2013 - 2016**



**BGGS**

**1993 – 2007**



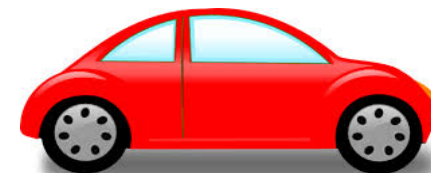
**Nottingham University  
MSc Occupational  
Psychology**

**2010-2011**



**Volunteer experience**

**2012-2013**



What is psychology?

What do psychologists do?

Clinical

Cognitive

Sports &  
Exercise

Neuropsychology

Occupational

Educational

Forensic

Counselling

Health

# Clinical psychology

The study of human mind and behaviour through the application of psychological theory and research.

Clinical psychologists aim to reduce psychological distress, enhance psychological well being (BPS, 2013).

## How?

- Assessment – observations, psychometrics, interviews
- Formulation
- Intervention – therapy, working with teams
- Audit and evaluation – measuring what has changed
- Research
- Communication and teaching
- Service delivery
- Expert witness

# Areas of work

- Addiction
- Adult mental health
- Children and adolescents
- Eating disorders
- Physical health, e.g. cancer
- Learning disabilities
- Older adults (65+ years)
- Psychosis
- Trauma
- Sexual health

# Training as a psychologist

Type	Requirements	Training
Clinical psychologist	BSc* (2:1), lots of experience	3 year doctorate, paid training, competitive**
Occupational psychologist	BSc (2:1)	MSc and then two years' QOccPsych (completed 'on-the-job' under a supervisor)
Counselling psychologist	BSc (2:1)	3 year doctorate, unpaid
Forensic psychologist	BSc	MSc and then two years' supervised practice
Educational psychologist	BSc	3 year doctorate, unpaid

\* From a GBC accredited course. See BPS website for list.

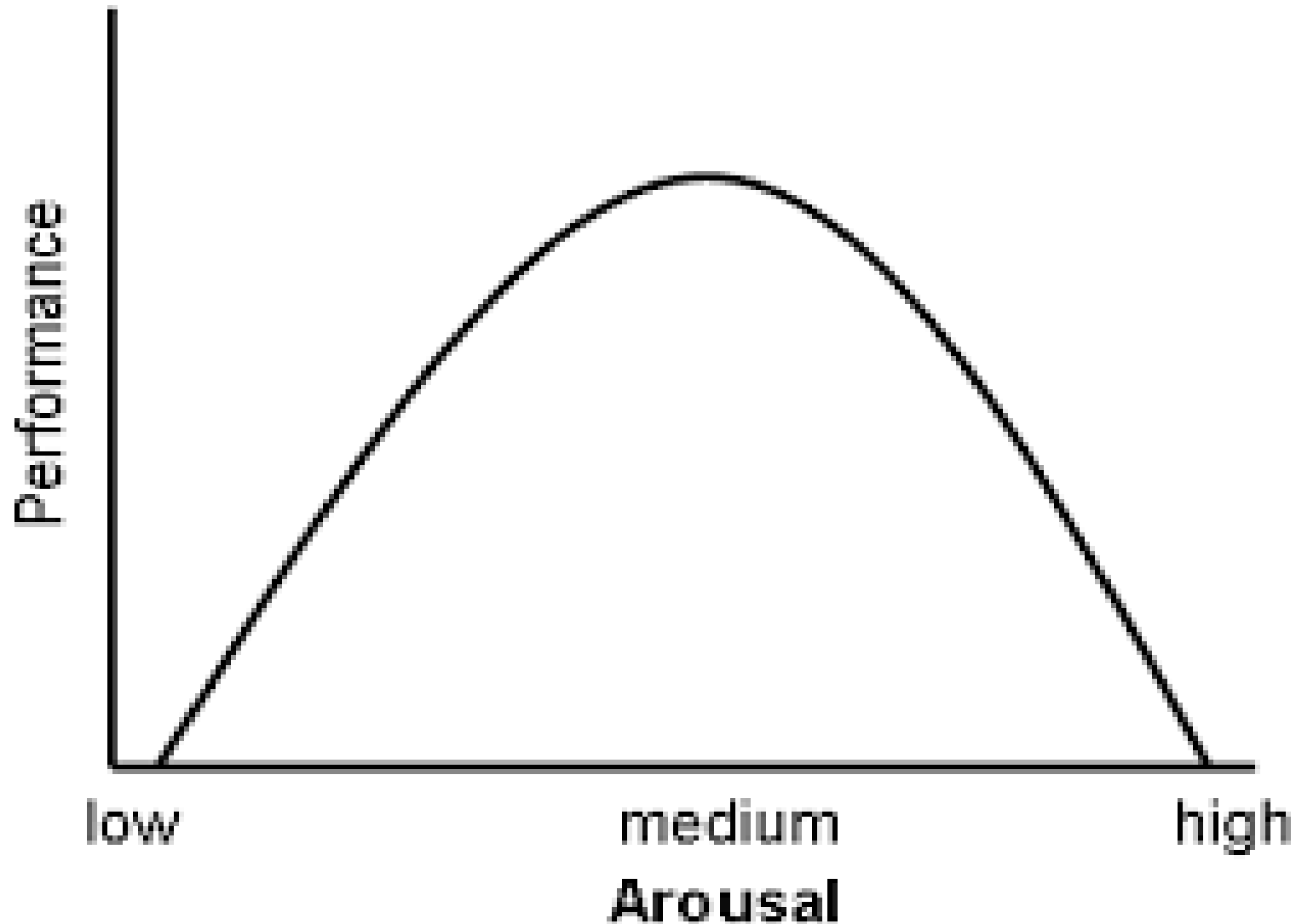
\*\* Don't let this put you off

# Top tips!

- Think about what interests you –is there a particular field of psychology you are drawn to? *Why* are you interested?
- Consider a psychology degree
- Engage with social media and keep in the psychological loop
- Work hard! You'll need good results to get on degree courses or further education
- Volunteer – shows that you're interested and dedicated, and have clinical skills



# How are you feeling? Applying your learning



# Exam stress management

- Notice that you're anxious. Talk about it, seek support from others
- Make lists, make a plan, strategize....these actions help you to feel more in control and reduce avoidance
- Notice your negative thoughts and how they make you feel anxious. Bring to mind your successes and notice whether this helps you feel calmer and in control
- Visualisation – take a few minutes to close your eyes and picture yourself doing well. Athletes do this before a race, it works.
- Breathing – take deep breaths for 2 minutes. Do you feel calmer? This is directly lowering your physiological arousal and the ensuing thoughts, feelings and behaviours it drives
- Relaxation – try an app or a you tube guided relaxation
- Keep up your wellbeing -don't isolate yourself 100%, eat well, sleep enough
- Distraction (in small amounts)
- Exercise – it really helps

# Resources

## **Books and magazines**

- How to become a clinical psychologist. Alice Knight
- Why be happy when you can be normal? Jeanette Winterson
- The Psychologist

## **Websites**

- Division of Clinical Psychology (DCP)
- Mindhacks.com
- The British Psychological Society (BPS) – the professional body for psychologists
- Psychology Today