

Psychology Career Options

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Contents

Overview	3
Jobs where a psychology degree would be useful.....	4
Graduate schemes	8
Work experience and voluntary work	12
Psychological Wellbeing Practitioner.....	13
Clinical Psychology.....	15
Educational Psychology	19
Occupational Psychology.....	22
Forensic Psychology.....	24
Counselling Psychology.....	27
Health Psychology	29
Sport & Exercise Psychology.....	31
Neuropsychology.....	33

Overview

This publication is intended to give you some starting points and further information about career areas that may be of interest to psychology graduates. It includes information on relevant work experience for those graduates who wish to pursue a psychology career and ideas and suggestions for graduates considering a broader range of careers where their psychology degree may be useful.

Psychology is an extremely popular choice of degree subject. However, according to the British Psychological Society: www.bps.org.uk only about 20 percent of psychology graduates will complete post graduate courses and training and become professional, chartered psychologists. The majority of psychology graduates will work in other professions where they are using the skills they have gained on their course. To practice as a professional psychologist you need to take a Society accredited undergraduate degree course (The University of Manchester degree course *is* accredited). If your first degree is not in Psychology, and you are considering a career change, then you will need to take a conversion course prior to embarking on the relevant postgraduate training. A list of accredited psychology conversion degrees can be found on the BPS website <https://beta.bps.org.uk/public/become-psychologist/accredited-courses>

In order to become a chartered psychologist or “practitioner psychologist” in any branch of psychology, further study and work experience is a necessity. On average, it takes seven years to gain chartered status; a psychologist must be registered with the Health and Care Professions Council (HCPC): www.hcpc-uk.org

You can join the British Psychological Society as a student member in order to find out more about the profession – details of membership are on their website. www.bps.org.uk

Jobs where a psychology degree would be useful

A psychology degree is very attractive to employers because of its combination of science and humanities. Although the majority of psychology graduates do not become professional psychologists, many are employed in related fields such as health, education and the community. Many will also work in the private, charity or public sector in a broad variety of roles.

Below are just some examples of the types of jobs that may be of particular interest to psychology graduates where your psychological knowledge, social, research and analytical skills would be particularly useful (psychological wellbeing practitioner and chartered psychology roles are covered later on in this booklet).

For more detailed information about all of the jobs listed below, see the Prospects job profiles www.prospects.ac.uk/job-profiles and the relevant Careers service Starting Point series booklets www.careers.manchester.ac.uk/services/downloads/startingpointseriesofhandouts

Jobs in general health care, mental health and therapy

- Assistant Clinical Psychologist
- E-therapy Coordinator (on line CBT)
- Counselling/therapy/support worker- mental health
- Therapeutic Parent/Family Therapist
- Project/Support/Rehabilitation Worker – drug and alcohol
- Adult/Paediatric/Mental Health Nurse/Midwife *
- Occupational Therapist *
- Health Promotion Specialist/Health visitor
- Speech and Language Therapist *
- Audiologist *
- Radiographer *
- Creative Arts /Play/Music Therapist
- Social worker (mental health/learning disabilities)

- Paramedic
- Physician Associate
- Health Service/Practice Manager

For more information about entry and training into these roles *see the relevant Starting Point Series Booklets, “Graduate Entry to Allied Medical Professions” and “Graduate Entry to Nursing and Midwifery”

Also see the Mind guide to Who’s Who in Mental health

www.mind.org.uk/media/46941/the_mind_guide_to_who_s_who_2013.pdf

Jobs in the community/social care/charity sector

- Adult Guidance Worker/Advice Worker
- Social Care Manager
- Social Worker (adults)
- Community Development Worker/Education Officer
- Family Court Adviser
- Family Support Worker
- Equality and Diversity Officer
- Youth and Community Worker
- Housing Officer
- Volunteer Organiser/Charity Officer*
- Charity Fundraising Officer*
- International Aid/Development Worker

For more detailed information about careers within the charity sector, see the relevant Starting Point Series Booklet, “Working for a charity or community organisation”

Jobs in law enforcement, security and the justice sector

- Probation Officer
- Counselling,Advice,Referral,Assessment and Throughcare (CARAT) Drug Worker in the Prison Service
- Prison Officer/Manager

- Facilitator: Interventions (Prison entry level Band 4 role)
- Trainee Psychologist (Prisons Band 5 role)
- Police Officer
- Intelligence Analyst (Police, MI5,MI6, GCHQ)
- Information Security Specialist
- Scene of Crime Officer
- Drug/Alcohol/Sexual Health Worker
- Health and Safety Adviser/Inspector
- Trading Standards Officer

For more detailed information about careers within the criminal justice system, see the relevant Starting Point Series Booklet, “Crime and Justice Sector ”

Jobs in education/working with children and young people

- Social Worker (vulnerable children)
- Children’s Centre Manager
- Careers Adviser/Personal Adviser
- Special Educational Needs Teacher/Teaching Assistant/Learning Mentor/Portage Home Visitor
- Teacher – Nursery, Primary, Secondary, FE, Montessori
- Early Years Professional/Teacher
- Lecturer in Psychology
- Research/Teaching Assistant in HE
- Education Welfare Officer
- Librarian/Information Manager
- E-Learning Developer
- Education Administrator
- Museum Education Officer

For more information about careers working with children and young people in the community, see the Skills for Care and Development website

www.skillsforcareanddevelopment.org.uk/KeyProjects/Working_with_Children_and_Young_People_in_England.aspx

For more information about Teaching careers see the relevant Starting Point Series Booklet, “Teaching”

Jobs in business/management, research and analysis, IT and HR

- Human Resources Assistant/Manager
- Training and Development Officer
- Human Computer Interaction Consultant (Ergonomist, human factors)
- Recruitment Consultant
- Management/IT Consultant
- Web Designer /Games Developer
- Operational Researcher
- Business/Financial/Information Adviser/Analyst
- Hotel/Hospitality/Retail Manager
- Not for Profit sector Manager
- Customer Service Manager
- Logistics and Distribution Manager
- Office Manager/Personal Assistant
- Social Researcher
- Research Executive (quantitative/qualitative)
- Clinical Research Associate
- Information Manager
- Statistician
- Research Officer – Government/Political Party/Trade Union
- Civil Service Administrator/fast Streamer/Local Govt Officer

Jobs in marketing/sales/PR/advertising/events/media/creative

- Public Relations Officer
- Market Researcher
- Marketing/Sales Executive
- Digital Media Executive/Media Planner

- Conference/Events Planner
- Medical Sales Representative
- Consumer Scientist
- Advertising Executive/Planner
- Science Writer/Journalist
- Estate Agent
- Programme Researcher, Broadcasting, Film, Video
- Arts Administrator
- Editorial Assistant

University of Manchester psychology graduate profiles – meet the psychology graduate professionals’ panels and webinar series

Read the profiles of successful psychology graduates from Manchester University now working in a variety of roles within mental health, education and the commercial sector. Find out what experience they gained as students and what advice they offer current students wishing to enter similar careers - www.manchester.ac.uk/careers/whichcareer/health (scroll down the page to the Psychology section).

See this section also for our 20 minute introductory series of webinars covering the following topics: Studied Psychology but not sure where to go from here? Finding a job for Psychologists and Getting experience for Psychologists.

Graduate Schemes

Graduate schemes typically last for around two years (between a year and up to three years or more) and allow you to experience different placements within the organisation to gain an understanding of how it operates. The placements are also an opportunity to explore your interests and decide what type of work / role you are most suited to. Many of these schemes are open to students and graduates of any degree discipline and to find out more about them, check out the Careers Service web pages on Finding Graduate jobs and Graduate Schemes at www.careers.manchester.ac.uk/findjobs/graduatejobs/faqs/

Graduate schemes particularly relevant for psychology graduates

Some examples of schemes that may be of particular interest if you wish to use your psychology or research skills could include the following (please check websites as schemes do not always run every year):

- Think Ahead Graduate Scheme (trainee mental health Social work)
<https://thinkahead.org>
- Frontline Graduate Scheme (trainee child protection Social worker)
<http://www.thefrontline.org.uk/>
- The Children and Family Court Advisory and Support Service (Cafcass) Graduate Scheme
<https://www.cafcass.gov.uk/cafcass-careers.aspx>
- Charity Works Graduate Scheme (not for profit sector management)
www.charity-works.co.uk
- Graduate roles in social care – including the Skills for Care Graduate Management Programme
www.skillsforcare.org.uk/Careers-in-care/Starting-your-career/Graduates/Graduate-roles-in-social-care.aspx
- Teach First Graduate Scheme
<http://graduates.teachfirst.org.uk>
- Unlocked Prison Officer Leadership Development Programme
<http://unlockedgrads.org.uk>
- Cancer Research UK Graduate Scheme
www.cancerresearchuk.org/about-us/charity-jobs/graduates-and-interns/graduate-scheme
- General Graduate Management Training Schemes (e.g. the [NHS](http://www.nhs.uk) Management Training Scheme
www.nhsgraduates.co.uk and Local Government Graduate Scheme
www.ngdp.org.uk
- Police Graduate Leadership Development Programme
<https://www.policenow.org.uk/>
- Ambitious Futures-Graduate Programme for University Leadership
www.ambitiousfutures.co.uk
- Care Quality Commission (CQC) Intelligence Graduate Scheme
www.bringdatatolife.co.uk/our-roles/intelligence-graduate-scheme/

- Gradunique – combined graduate programme with Macmillan Cancer Support and the British Heart Foundation
<https://www.gradunique.org.uk/>

Additional sources of help and information

- For more information about all of the professions listed in this booklet see the job profiles section of the National Careers Service website
- <https://nationalcareersservice.direct.gov.uk/job-profiles/home>
- Prospects website Job Profiles section
www.prospects.ac.uk/job-profiles
- Careers Service website - career sector pages:
www.manchester.ac.uk/careers/whichcareer
- Join the University of Manchester Psychology Careers Facebook group for regular updates:
www.manchester.ac.uk/careers/facebook
- To find out what psychology graduates nationally do, see ‘Options with your degree in Psychology’
www.prospects.ac.uk/links/psycholdeg
- The NHS has a website called ‘Health Careers’ For information about careers in psychological therapies visit:
www.healthcareers.nhs.uk/i-am/considering-or-university/studying-psychological-therapies
- The Higher Education Academy Psychology Network website contains a downloadable Psychology Student Employability Guide. This guide provides psychology-specific guidance for undergraduate students on such topics as personal development planning, the job market, and emerging areas of psychology, self-assessment, gaining work experience, and CV development. To download your own copy, follow this link:
www.heacademy.ac.uk/resources/detail/subjects/psychology/Employability-guide-0

Where to find psychology related vacancies – graduate and support level roles. Job boards and vacancy aggregator sites:

- BPS Jobs in Psychology
<https://www.jobsinpsychology.co.uk>
- PsychMinded
www.psychminded.co.uk
- NHS
www.jobs.nhs.uk
- Healthjobs UK
www.healthjobsuk.com
- Mental Health Jobs
www.mentalhealthjobs.co.uk
- Jobs.ac.uk
www.jobs.ac.uk/jobs/psychology
- Career Jet
www.careerjet.co.uk/psychology-jobs.html
- Children and Young People Now Jobs
www.cypnowjobs.co.uk
- Look Ahead – Housing and Social Care roles
www.lookahead.org.uk
- Creative Support
www.creativesupport.co.uk
- Turning Point
www.turning-point.co.uk
- The Priory Group
<http://www.priorygroup.com>
- The Cambian Group
www.cambiagroup.com
- CharityJobs
www.charityjob.co.uk
- Jobsgopublic
www.jobsgopublic.com
- Community care jobs
<https://jobs.communitycare.co.uk>
- HR jobs

- <https://pmjobs.cipd.co.uk>
- Marketing Week
<http://jobs.marketingweek.com>
- Research Jobs
www.researchjobfinder.com
- NewScientist
www.newscientistjobs.com
- The Careers Group
<http://jobonline.thecareersgroup.co.uk/careersgroup/student>
- Indeed
www.indeed.co.uk
- 1Jobgraduate trainee
www.1job.co.uk
- Glass door
www.glassdoor.co.uk
- The Big Life Group
www.thebiglifegroup.com/

Work experience and voluntary work

Entry into further study to qualify as a practitioner psychologist is very competitive and successful candidates must have significant experience, gained through either paid employment or volunteering experience.

Where to find voluntary work

- **Volunteering**
www.careers.manchester.ac.uk/experience/volunteering
- **Vacancies on the University of Manchester Volunteer Hub**
www.find-volunteering.manchester.ac.uk
- **Do it**
<https://do-it.org>
- **Manchester Community Central**
www.manchestercommunitycentral.org/volunteer-centre-manchester

- **Timebank**
www.timebank.org.uk
- **Vinspired (formerly Millennium Volunteers)**
<https://vinspired.com>

Reference books available in the Careers Service include:

- How to become a Clinical Psychologist
- A short introduction to clinical psychology
- The Voluntary Agencies Directory
- Career Planning for anyone in the NHS
- Working with Young People
- Psychology Uncovered
- What to do with your Psychology Degree

For a full list of resources use our careers library catalogue at:

www.manchester.ac.uk/career/catalogue

Psychology Specific Career Profiles

Psychological Wellbeing Practitioners (PWPs)

If you want to work within mental health as a therapist but you are not sure if clinical psychology is right for you, it's worth considering the growing role of the Psychological Wellbeing Practitioner. PWPs are trained to assess and support people experiencing common mental health problems such as anxiety disorders and depression – in the self-management of their recovery, via a range of low-intensity, evidence-based interventions, informed by underlying cognitive/behavioural principles.

PWPs work with groups of people as well as with individual patients on a one-to-one basis. Support is provided by telephone and increasingly through electronic media as well as face-to-face. You'll work with adults, children and young people.

You'll typically work within an Improving Access to Psychological Therapy (IAPT) service which may be within a clinical commissioning group, specialist mental health trust or in the third or private sector.

You don't have to have a degree in psychology to get onto a PWP training programme, as they are offered at Level 6 and Level 7, however many psychology graduates do pursue this role as a career and progress to high intensity therapist roles.

Qualifications and training

For psychology graduates entering this profession, you need to apply for a post as a trainee PWP in order to access the relevant training.

Once in post, you will be employed in a trainee PWP role and paid a salary (band 4 NHS or equivalent) for the duration of your training. The training is commissioned by the NHS and delivered by local universities. Those with a degree will typically undertake a postgraduate certificate (one day per week), accredited by the British Psychological Society (BPS).

A list of BPS accredited course can be found here:

<https://beta.bps.org.uk/public/become-psychologist/accredited-courses>

Where to find experience and vacancies

Direct experience of working with people with mental health problems is essential. Volunteer with mental health charities and aim to progress to paid work. Look for opportunities in primary care services such as community support worker roles.

Trainee vacancies can be found on the NHS website www.jobs.nhs.uk or on local job sites, Indeed www.indeed.co.uk and Glassdoor www.glassdoor.co.uk and charity websites such as MIND – www.mind.org.uk. Rethink – www.rethink.org, Turning Point – www.turning-point.co.uk

Self Help Services - www.selfhelpservices.org.uk and Anxiety UK www.anxietyuk.org.uk

For more information see the NHS Health Careers website www.healthcareers.nhs.uk/explore-roles/psychological-therapies/psychological-wellbeing-practitioner

Read the Prospects job profile: www.prospects.ac.uk/job-profiles/psychological-wellbeing-practitioner

Chartered Psychology Careers

If you are seriously considering becoming a chartered psychologist, it is worth looking into annual membership (£21 for an undergrad, £36 for a PG) of the relevant division of the BPS as they often advertise conferences, events and workshops to student members at reduced rates. These can be great opportunities to network with professionals in your area of interest and to keep up to date with research and industry insights <https://beta.bps.org.uk/join-us/membership>

Clinical Psychology

Clinical psychologists use psychological methods and principles to assess and treat psychological problems. They promote and enhance mental well-being and research and evaluate new models of psychological therapy. Clinical psychologists support people with anxiety, depression, relationship problems, learning disabilities, child and family problems and serious mental illness.

The majority of clinical psychologists are employed by the National Health Service in health and social care settings such as hospitals, child and adolescent mental health services, social services or in the community as part of a mental health team. Some clinical psychologists work in private practice while others become teachers or university researchers.

Qualifications and training

To become a Clinical Psychologist you need:

- Graduate basis for Chartered Membership (GBC) - a degree (Usually a 2:1 or equivalent) in Psychology from a BPS (British Psychological Society) approved course. If you have a 2.2 you **may** need a masters/higher degree.
- On average, three years of relevant work experience gained while studying and after graduation.
- A three year Clinical Psychology Doctorate

The NHS funds the Doctorate programme. Applicants who are successful in gaining a place on the programme are employed by the NHS as trainee clinical psychologists. In order to use the title Clinical Psychologist, you will need to be registered with the Health and Care Professions Council (HCPC) .

Work experience

There is fierce competition for places on clinical training courses and the average age of successful applicants is 28. To increase your chances of success, you will need a good degree classification (normally a 2:1 or above), relevant work experience. This can vary in length from a minimum of 9 to 12 months, gained in a setting where you can meet and observe clinical psychologists, develop your knowledge of psychological theories and models and implement psychological interventions. You will also need evidence of strong research skills. It is worth contacting admissions tutors to enquire about entry requirements and understand exactly what they are looking for as course requirements may vary.

The University of Manchester Clin. Psy. D. Programme requires that “A minimum of twelve months' FTE clinically-relevant experience, such as work in a healthcare setting or clinical research, is ... essential.” Linda Steen, Clinical Director for the Programme, states that, “ in practice, this could be a role other than psychology assistant but the main thing we want to see is that the candidate has had some experience of delivering ‘psychological’ interventions under supervision (ideally of a clinical

psychologist or psychological practitioner) or undertaking relevant research rather than simply ‘befriending’ patients. Very often nowadays, the type of relevant experience people come with is to have worked as a High intensity IAPT worker.”

Examples of roles to explore as an undergraduate and also after graduation in order to gain relevant experience include:

- Nursing assistant, auxiliary nurse
- Care assistant/mental health support worker
- Assistant in a special school
- Helpline volunteer e.g. Nightline
- Mental health charity volunteer
- Clinical psychology departments - shadowing
- Undergraduate/postgraduate psychology departments –research assistant
- Assistant psychologist posts , NHS and private sector
- Trainee/Low/High Intensity Psychological wellbeing practitioner (Improving Access to Psychological Therapies - IAPT)
- Research assistant on a health related project
- Relevant research experience - make your final year project or dissertation as clinically relevant as possible by working with clinical psychologists, NHS staff or clients or producing a project that will inform real world practice. Talk to your academic adviser or tutors to enquire about this.

Where to find work experience vacancies

Nursing and care posts may be advertised in the local press, on local council and health authority websites or in journals such as Community Care. 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: www.bps.org.uk/networks-and-communities/member-microsite/division-clinical-psychology/careers (scroll down and click on 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 organization before they go externally.

BPS Online Resource - Find a Psychologist

Network and try to meet and talk to chartered psychologists to gain a greater insight into the role and tips and advice. Use the BPS Find a Psychologist on line resource to help you locate chartered psychologists working in your geographic area. Career profiles and full contact details for individuals are provided from the link below

www.bps.org.uk/psychology-public/find-psychologist/find-psychologist

Clinical Psychology: Useful websites

- **The Division of Clinical Psychology.**

The organisation devoted to furthering the development of clinical psychology both as a body of knowledge and skills and as a profession.

www.bps.org.uk/networks-and-communities/member-microsite/division-clinical-psychology

- **Clearing House for Postgraduate Courses in Clinical Psychology.**

This is the route for making applications for the Clinical Doctorate. The website provides a useful outline of what constitutes relevant experience, and practical advice on how and when to apply.

www.leeds.ac.uk/chpccp

- **ClinPsy**

The only website of its kind run by qualified Chartered Clinical Psychologists. Careers advice and information about entry to the profession plus a discussion forum.

www.clinpsy.org.uk

- **NHS jobs.**
Assistant psychologist posts are advertised on the NHS website.
www.jobs.nhs.uk
- **Mental health jobs.**
A recruitment website dedicated to mental health
www.mentalhealthjobs.co.uk
- **PsychMinded.**
News, courses and job vacancies for all who work in psychology, psychiatry and mental health.
www.psychminded.co.uk
- **PsychNet-UK.**
Mental health and psychology directory; information and action point on psychological sciences.
www.psychnet-uk.com

Educational Psychology

Educational psychologists use psychological methods, theories and research to help children and young people who are experiencing difficulties in education. These can include learning, behavioral, social or emotional problems. Educational psychologists assess a young person's problem by observation, discussion and consultation with teachers, parents and other professionals.

Most educational psychologists are employed by Local Education Authorities and their work may include conducting research and providing training for teachers and other professionals. Other employers include Social Services, universities and pediatric assessment units within the NHS.

Qualifications and training

To become an Educational Psychologist you need:

- Graduate basis for Chartered Membership (GBC) - a degree (Usually a 2:1 or equivalent) in Psychology from a BPS (British Psychological Society) approved course. If you have a 2.2 you **may** need a masters/higher degree.

- Relevant work experience within an educational, community or childcare setting
- Educational psychology professional entry training in England is a three-year, full-time doctorate degree. The courses generally consist of a first year spent studying full time. In the second and third years, trainees work in a local authority or other provider of educational psychology services (such as a school partnership or independent service provider) as a trainee educational psychologist, with one to two days study per week.
- For Scotland only, an accredited masters course in Educational Psychology followed by the Society's Award in Educational Psychology.

In order to use the title Educational Psychologist, you will need to be registered with the Health and Care Professions Council (HCPC)

Work Experience

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
- Undergraduate psychology placements
- SureStart volunteer
- Homework club volunteer
- Camp counsellor

Where to find work experience vacancies/volunteering

- Teaching assistants, early years vacancies, details of SureStart Schemes and homework clubs can all be found on Local Council websites – see the Jobs go public website www.jobsgopublic.com and vacancies in Manchester Schools www.teach-manchester.org/Vacancies/Browse/List.aspx and Children and Young People Now Jobs www.cypnowjobs.co.uk

The Careers Service advertises vacancies in summer camps on Careerslink www.manchester.ac.uk/careerslink

Volunteering opportunities can be found at:

- www.childrenengland.org.uk
- www.nspcc.org.uk
- www.barnardos.org.uk
- www.actionforchildren.org.uk

Educational Psychology: Useful Websites

- **Department for Education**
For information on training to become an Educational Psychologist and the application process
www.education.gov.uk/b00201184/educational-psychology
- **Department for Education home page**
Most Local Education Authorities will advertise vacancies through their local Council website. This website lists the contact details of every LEA in the UK.
www.education.gov.uk
- **Association of Educational Psychologists.**
The professional association for educational psychologists in the United Kingdom.
<http://www.aep.org.uk/careers>
- **The BPS Division of Educational and Child Psychology**
www.bps.org.uk/networks-and-communities/member-microsite/division-educational-child-psychology

Occupational Psychology

Occupational psychologists are concerned with how people function in work environments. They use psychological methods to assess how the nature of work and working conditions can affect people. Their role can include recruitment and selection, psychometric testing, health and safety, training, appraisals, organisational change and ergonomics. Organisational psychologists may be employed by large companies or management consultancy firms. Some will be employed by specialist consultancy firms or run their own independent consultancy. The Civil Service is one of the main employers of occupational psychologists in the UK. The Prison Service, the Home Office, the Employment Department Group (including the Employment Service), the Ministry of Defence and the Civil Service Commission all employ occupational psychologists.

Qualifications and training

To become an Occupational Psychologist you require:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- A Society accredited Masters in Occupational/Organisational Psychology or Stage 1 of the Society's Qualification in Occupational Psychology
- Stage 2 of the Society's Qualification in Occupational Psychology (two years full-time practice under the supervision of a Chartered Occupational Psychologist)

Work experience

Work experience is desirable but not always essential to get on to a Masters course. Working for a psychometric test publisher is a route into careers in occupational psychology for some graduates and a good way of gaining some of the relevant commercial experience necessary for a more varied portfolio. Check with individual admissions tutors for advice on type and amount of experience they look for. Relevant work experience would include:

- Working within an HR / Personnel department.

- Working within a business environment
- Completing a general or HR Graduate Scheme
- Any type of work that helps a better understanding of workplace issues

Occupational Psychology: Useful Websites

- **The Division of Occupational Psychology (DOP).**
Promote and develop the work of occupational psychologists in corporate, academic, voluntary, public and private sector settings. Also produces a downloadable booklet –“ Occupational Psychology as a Career Option”
www.bps.org.uk/networks-and-communities/member-microsite/division-occupational-psychology/careers
- **The Chartered Institute for Personnel and Development.**
The professional body for those involved in the management and development of people.
www.cipd.co.uk
- **Civil Service**
One of the main employers of Occupational Psychologists. (incl : Civil Service Commission, Dep't of Work and Pensions, MoD, Home Office and HM Prison Service)
www.civilservice.gov.uk/jobs/index.aspx
- **STEP.**
A national vacation programme offering eight weeks experience in a small company in the UK completing a live project for the organisation. The programme offers an opportunity to gain relevant experience within the workplace.
www.step.org.uk

Forensic Psychology

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.

Qualifications and training

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.
- A Society accredited Masters in Forensic Psychology
- Two years practical experience under the supervision of a chartered forensic psychologist to complete Stage 2 of the Society's Qualification in Forensic Psychology.
- Some universities offer a doctorate programme in Forensic Psychology, which is the equivalent of both an accredited Masters qualification and stage 2 of the Society Qualification. This qualification makes you eligible to become to become a Chartered Member of the Society. Please contact the universities directly for more information. <http://beta.bps.org.uk/public/become-psychologist/accredited-courses>

Work experience

Work experience within a forensic setting and a relevant research dissertation will enhance your chances of getting accepted onto a Masters course. Don't dismiss applying for support level roles initially as more responsible roles are usually advertised internally to staff already working for the organization before they go externally. Relevant work experience includes:

- A psychology assistant in a prison
- A volunteer on a youth offending panel
- Responsible adult at police interviews
- An official prison visitor
- Working at Victim Support
- Working at bail hostels and refuges, drug or alcohol treatment centres
- Interventions Facilitator/activities coordinator in prisons
- Working at secure hospitals and rehabilitation units as support workers or assistant occupational therapists

Forensic Psychology: Useful websites

- **The Division of Forensic Psychology**

Division membership includes forensic psychologists working in academic settings, prison services, health, education and social services.

www.bps.org.uk/networks-and-communities/member-microsite/division-forensic-psychology

- **Victim Support**

An independent charity which helps people cope with the effects of crime. They recruit volunteers for their telephone helpline Local Victim Support branches or as a Witness Service Volunteer.

www.victimsupport.org.uk

- **Youth Justice Board**

Youth Offender Panels are a ground-breaking new way of dealing with young people who commit crime. Their website gives details on how to apply to sit on a Youth Offending panel.

<https://yjresourcehub.uk/volunteering-footer/volunteering-opportunities.html>

For Manchester based volunteering see:

www.manchester.gov.uk/info/100008/work_jobs_training_and_advise/7052/youth_justice_volunteer_opportunities

- **HM Prison and Probation Service**

This is the biggest single employer of psychologists in the country.

<https://prisonandprobationjobs.gov.uk/>

(scroll down to Forensic Psychologist for detailed information about entry routes and professional training)

- **Cheshire and Greater Manchester Community Rehabilitation Company**

<http://cgm-probation.org.uk>

- **National Association of Official Prison Visitors**

Prison Visitors are independent volunteers, recruited by establishments on behalf of the Prison Service, who visit prisons and befriend prisoners.

www.naopv.com

- **National Association for the Care and Resettlement of Offenders (NACRO)**

May provide an opportunity for voluntary work with offenders or victims of crime.

www.nacro.org.uk

- **Women's Aid**

Women's Aid is the national charity for women and children working to end domestic abuse. May provide an opportunity for voluntary work with victims of abuse.

<https://www.womensaid.org.uk>

- **Circles UK**

Circles work in partnership with Police, Probation, local Multi Agency Public Protection Arrangements and other professionals working in the field of child protection, helping sex offenders rehabilitate into the community. May provide an opportunity for voluntary work with sex offenders.

www.circles-uk.org.uk

- **Change, Grow, Live**

A charity that works with people who wish to change their lives for the better. Voluntary and paid positions in the criminal justice system

<https://www.changegrowlive.org/careers-volunteering>

- **Work with Offenders**

Work with offenders is a leading news, information and job site for the offender supervision and offender rehabilitation community

www.workwithoffenders.co.uk/

Counselling Psychology

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 difficulties or those suffering from chronic pain. Counselling psychologists may work for drug and alcohol charities, or in the community for youth programmes. Some are employed in schools or student counselling services, in industry or within prisons.

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.

Qualifications and training

To become a Counselling Psychologist you need:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- A Society accredited Doctorate in Counselling Psychology or the Society's Qualification in Counselling Psychology
- Many courses require applicants to have completed a basic counselling skills course. For more information on where to find counselling skills courses, please contact the British Association for Counselling and Psychotherapy (BACP).

Work experience

Work experience within a counselling setting will enhance your chances of getting accepted onto a Masters course. Relevant work experience includes:

- NHS Psychology assistant
- Voluntary counselling work with the Samaritans, Childline, Nightline or a similar telephone counselling organisation
- Prior training/qualifications in counselling skills

Counselling Psychology: Useful Websites

- **Division of Counselling Psychology (DCoP).**

The organisation devoted to furthering the development of counselling psychology, as a body of knowledge and skills and as a profession.

www.bps.org.uk/networks-and-communities/member-microsite/division-counselling-psychology

- **British Association for Counselling and Psychotherapy.**
The BACP promotes and supports counselling and psychotherapists and the settings in which counselors and therapists do their work. Type “careers” into search engine.
www.bacp.co.uk
- **The Samaritans.**
The helpline provides emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. No formal qualifications or previous experience are necessary to become a volunteer, but a natural ability to listen and remain open minded is essential.
www.samaritans.org
- **Jobs in Charities.**
A website that lists charity vacancies and volunteering opportunities, including support and counselling work.
www.jobsincharities.co.uk
- **Nightline Manchester.**
A confidential listening and information service run for students by students. Any non-final year student from the University of Manchester may join Nightline. They welcome all students, no matter what course they're doing or what their social background is. No prior experience is needed as all training will be given.
<http://manchester.nightline.ac.uk>
nightmail@manchester.nightline.ac.uk

Health Psychology

Health Psychology is a relatively new field of psychology. Health psychologists advocate healthy living through education and the promotion of a healthy lifestyle using psychological principles to promote changes in people’s attitudes, behaviour and thinking about health and illness. Some of their work is concerned with providing the public with information about disease prevention and cure. There may also work providing support for patients and their families during illness and work

with teams providing palliative care. Many health psychologists will conduct research for health care providers which will guide health policy decisions and impact on public health communication campaigns.

Many health psychologists are employed by the NHS or work within local government public health departments. Universities are a key employer of health psychologists, while some may work in industry or for charities. Other settings include health care agencies, clinical audit/quality improvement teams and organisations and employers outside the health care system.

Qualifications and training

To become a Health Psychologist you need:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- A Society accredited Masters in Health Psychology
- Stage 2 of the Society's Qualification in Health Psychology (two years supervised experience under the supervision of a Chartered Health Psychologist).
- Some Universities offer a Doctorate programme. After completion, this qualification will make you eligible to become a Chartered Member of the Society.

Work experience

Working in a health care setting such as a hospital, clinic, hospice or care home could be useful. Research experience is also important. Contact individual course admissions tutors for advice on amount and type of pre course experience required.

Health Psychology: Useful websites

- **The Division of Health Psychology**
Part of the BPS, this website is a professional resource for health psychologists and an information source for those looking to find out more about health psychology as an academic subject and as a professional career.

www.bps.org.uk/networks-and-communities/member-microsite/division-health-psychology

- **NHS jobs.**

Assistant psychologist posts are advertised on the NHS website.

www.jobs.nhs.uk

- **NHS Careers**

For information on working as a Health Psychologist within the NHS

www.nhscareers.nhs.uk/explore-by-career/psychological-therapies/careers-in-psychological-therapies/psychologist/health-psychologist

Sport and Exercise Psychology

Sports psychologists use psychological methods to help sporting participants achieve positive results. They may work with individuals or teams alongside coaches and managers at both amateur and elite levels. Their aim is predominantly to help athletes prepare psychologically for competition and to deal with the psychological demands of both competition and training, to improve motivation. Sports Psychologists also offer support to clients dealing with the psychological and emotional consequences of injuries.

Some sports psychologists will be involved in conducting research into the psychological aspects of sport and exercise.

Sports psychologists are usually employed as consultants working with clients from a particular sport or the sports industry or within Higher Education as university lecturers.

According to the BPS website, most sport psychologists combine consultancy work with teaching and research or consultancy in other areas of psychology. Some sport psychologists do hold full-time positions with professional sports teams or national governing bodies and opportunities to work as a full-time sport psychologist are increasing in number.

There are also exercise psychologist roles, which involve GP exercise referral and setting up and evaluating exercise programmes in employment, prison and psychiatric contexts.

Qualifications and training

To become a Sport and Exercise Psychologist you require:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- A Society accredited Masters in Sport and Exercise Psychology or Stage 1 of the Society's Qualification in Sport and Exercise Psychology
- Stage 2 of the Society's Qualification in Sport and Exercise Psychology (two years supervised practice)

Work experience

- Fitness / exercise instructor
- Coaching sports teams
- PE teaching
- The universities offering the Masters courses will decide upon the type and nature of experience required. Identify the courses you are interested in and then approach the course tutors directly to see if they can provide you with a profile of the type of experience a successful applicant is likely to have gained.

Sport Psychology: Useful websites

- **The Division of Sport and Exercise Psychology**
Part of the BPS, this website is a resource for sport and exercise psychologists and an information source for those looking to find out more about sport and exercise psychology as an academic subject and as a professional career.

www.bps.org.uk/networks-and-communities/member-microsite/division-sport-exercise-psychology

- **The British Association of Sport and Exercise Sciences (BASES)**
The UK professional body for all those with an interest in the science of sport and exercise BASES seeks to promote excellence in sport and exercise sciences.
www.bases.org.uk

Neuropsychology

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, tumors and neuro-degenerative diseases. Neuropsychologists most commonly work in:

- **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.

Qualifications and training

To become a Neuropsychologist you need:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- Followed by post-qualification training that gives eligibility for gaining Registration as a Chartered Psychologist. This would normally be in clinical or educational psychology (see above).
- You would then need to complete an additional Society accredited qualification in Clinical Neuropsychology.

Work experience

This is not an entry point graduate profession. To become a neuropsychologist you need to have already qualified as a chartered clinical or educational psychologist.

Neuropsychology: Useful websites

- **The Division of Neuropsychology**
Provides access to publications, conferences, and special interest groups and chat rooms with membership.
www.bps.org.uk/networks-and-communities/member-microsite/division-neuropsychology

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