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March Careers Newsletter 2023

Welcome to the next edition of the Careers Newsletter, this month we will focus on careers in the NHS Sector looking at Psychology.

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This Month's newsletter will focus on Psychology Careers within the NHS Sector



Let's explore the world of the Psychology sector and see the different roles and how you can build a Career within the NHS.

Helping people with mental health problems, can be as rewarding as it is challenging. Every role in the psychological profession involves making a difference, to someone's mental well-being but differ in the people or types of conditions you may work with and the amount of training you need.

Professor Ann Colley, CPsychol Chief Executive, The British Psychological Society.

'A degree in psychology offers not only a pathway to becoming a psychologist, but also the knowledge and skills that you can apply in a wide range of careers.'

Skills Builder

The must have skills you will need when choosing a career in Psychology within the NHS Sector.

- excellent interpersonal skills and the ability to build trusting and productive relationships with a range of people.
- to be able to work well within a multidisciplinary team.
- a good understanding of mental health issues
- strong written and verbal communication skills, tailored to a variety of audiences.
- the ability to work independently and use initiative to think quickly on the spot in often challenging situations.
- creativity to solve problems and tackle obstacles.
- effective time management for managing competing demands in a busy and sometimes pressured work environment.

Entry requirements needed to work in the NHS undertaking Psychology as a career.

Entry requirements for psychology degree courses vary because each university sets its own entry criteria, but you are likely to need at least two (usually three) A-levels or equivalent qualifications at level 3, plus supporting GCSEs. Contact universities directly to find out whether qualifications equivalent to A-levels or GCSEs are acceptable. Entry is competitive, so aim for as high grades as possible. For most courses you don't need specific A-levels (or equivalent), but some specify preferred or essential subjects, such as a science. Psychology A-level can give you an insight into the subject but isn't necessary.

Applying for a degree in psychology

The first step to becoming a professional psychologist is to take a degree in psychology [accredited by the British Psychological Society \(BPS\)](#) which will give you Graduate Basis for Chartered Membership (GBC) of the BPS. GBC is necessary to progress to training in the area of psychology that interests you and to practise as a professional psychologist. If your psychology degree doesn't provide GBC, conversion courses are available. Applications for first degrees are made through [UCAS](#). [Psychological professions | Health Careers](#)

Different pathways when it comes to Psychology.

Find your career in psychology!

Find all you need to know about becoming a psychologist and what career options are available.

Find your career path!

Considering pursuing a career in psychology? Well, you're not the only one. As a matter of fact, over 750,000 people in the UK currently work in an area which involves psychology as part of their role.



Getting Started

Your path to becoming a psychologist can start at any point. Some begin their journey at school, or at college, while others don't start till university. But whatever level you're at, the aim of getting started is to provide you with all the information (and inspiration) to help you on your way.

<https://www.bps.org.uk/getting-started>



Career options in psychology – The British Psychological Society

Whether you're new to the job market, or looking for a change in career, there are many options available to you in the field of psychology. But finding the right one isn't always easy, so this website aims to provide some helpful insight and guidance about the many different roles in the domains of psychology and the wider psychological workforce.

<https://www.bps.org.uk/career-options-psychology>



Postgraduate study and qualifications

Postgraduate study is a requirement to become a Chartered Psychologist and to register as a practitioner psychologist with the Health and Care Professionals Council (HCPC)

<https://www.bps.org.uk/postgraduate-study-and-qualifications>



Degree-level apprenticeships are available. And in some roles, you'll need lived experience of the mental health service you want to work in.

The Advantages and Disadvantages of working in the NHS Sector

Advantages

The NHS offers a **fair and transparent pay structure with competitive and flexible benefits**. There's one of the most generous pension schemes on offer in the UK. You'll have unique access to NHS discounts schemes including discounts in high street stores, insurance companies, holiday firms and restaurants.

Family friendly

- Childcare. Maternity/paternity/adoption and shared parental leave.
- Flexi time. Our flexi-scheme aims to provide staff with an opportunity to work flexibly to achieve their work-life balance.
- Flexible working.



Disadvantages

- Occasional long or unsociable hours.
- A high level of accountability.
- Flexibility – it is sometimes necessary to move around to take up jobs in different areas of the country.

Challenges of working for the NHS

If you're thinking of working for the NHS, it's important to be aware of the challenges you'll face. The NHS is a huge organisation, and it can be difficult to navigate your way through the bureaucracy. There are also plenty of politics to deal with, and changes in policy can make your job more difficult. But despite these challenges, the NHS is still a great place to work, and there are plenty of opportunities for career development.

<https://www.carecheck.co.uk/7-challenges-of-working-for-the-nhs/>

Roles in the psychological professions within the NHS

Adult psychotherapist

You'll help adults overcome stress, emotional and relationships problems or troublesome habits.

Assistant psychologist

Typically, you'll provide clinical support under the direct supervision of a qualified psychologist who would usually retain clinical responsibility for patients and service users.

CBT Therapist

Cognitive behavioural therapy is a talking therapy that aims to help people manage their difficulties by changing the way they think and behave.

Child and adolescent psychotherapist

You will work with children and young people up to the age of 25 and their families and carers to assess and treat psychological difficulties.

Treatment is based on psychoanalytic psychotherapy. You'll use different approaches to suit individuals including talking, playing, or drawing and will talk to parents, families, and other health professionals.

Children's wellbeing practitioner

Your role will be to provide interventions such as guided self-help and therapeutic activities for children and young people with anxiety, low mood and behavioural difficulties. These interventions are either delivered on a one-to-one basis in person, via telephone or online, or to groups. You will play a pivotal role in signposting people to appropriate mental health services and referring more complex cases for appropriate support.

These are just a few of the roles you can undertake, there are a lot more roles within the NHS Sector

Useful Websites

<https://www.ucas.com/explore/subjects/psychology>

<https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/forensic-psychologist>

<https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles-psychological-therapies>

<https://www.simplypsychology.org/perspective.html>

<https://www.bps.org.uk/career-options-psychology>

<https://www.nursingprocess.org/clinical-psychologist-pros-and-cons.html>

[Psychological professions | Health Careers](#)

[Psychologist | Explore careers | National Careers Service](#)

[Step Into The NHS :: Forensic psychologist](#)

[Studying for the psychological professions | Health Careers](#)

Some of the best universities for psychological professions

<https://www.bradford.ac.uk/psychology>

<https://www.manchester.ac.uk>

<https://www.leedsbeckett.ac.uk>

[Home - Leeds Trinity University](#)

[The School of Psychology | The University of Aberdeen \(abdn.ac.uk\)](#)



Awakening minds

OUR CORE VIRTUES



Achieving dreams



Serving others