

PSYCHOLOGY CAREERS

ESSEX PSYCHOLOGY GRADUATES HAVE A WEALTH OF CAREER OPPORTUNITIES OPEN TO THEM.

Many students study psychology with the aim of becoming a Psychologist but you can also work in a variety of diverse fields using your interest and knowledge of human behaviour. It is possible to work in some fields related to Psychology without a Psychology degree, for example counselling, research and mental health.

The Prospects link below is a great starting point in understanding where your psychology degree could take you www.prospects.ac.uk/careers-advice/what-can-i-do-with-my-degree/psychology

BECOMING A PSYCHOLOGIST

If you want to become a qualified Psychologist then completing a BPS accredited Psychology degree is the first step. To practise as a Psychologist in the UK, you must also have completed an approved postgraduate training programme (usually a doctorate) to enable you to register with the Health and Care Professions Council (HCPC).

If you are doing a degree in something else but would like to become a Psychologist, there are 1 year MSc conversion courses, including the MSc Psychology at Essex. Essex also has accredited programmes for Clinical Psychology and Sport & Exercise Psychology.

These are the areas in which you can become a Chartered Psychologist:

- Clinical Psychology
- Counselling Psychology
- Educational Psychology
- Forensic Psychology
- Health Psychology
- Occupational Psychology
- Sport and Exercise Psychology
- Neuropsychology (through Clinical or Educational)
- Academic, Teaching and Research

Find out more about the professional Psychology routes on the British Psychological Society (BPS) website at careers.bps.org.uk. The BPS also has a job vacancy page where you can view a range of relevant opportunities www.jobsinpsychology.co.uk

WORK EXPERIENCE

It is unusual to progress straight from a BPS accredited degree or Master's to professional training as a Psychologist. Relevant work experience is usually required, both during your studies and often for a minimum of 1 year full time afterwards. All areas of psychology have their own requirements, as do different institutions, which you can check through the careers resources on the BPS website.

It's not an expectation that you get direct experience as a Psychologist as without professional qualifications, this isn't possible. While a few candidates will manage to get an Assistant Psychologist role, these are very competitive. There are lots of settings where you can gain valuable experience working with people who are dealing with difficult issues; learning how to communicate and support them effectively and working as part of a team will be beneficial to you and help you assess whether this is your long term goal.

When deciding what type of experience to seek, think about the client group you would like to support in your career, the environment you would like to work in and the types of issues you would like to engage with. You can then research organisations you could apply to.

Examples of organisations include (but are not limited to):

Mental Health charities such as MIND www.mind.org.uk or the Samaritans www.samaritans.org/volunteer-us

Care facilities for specific client groups (search www.yell.com in your local area)

Social justice organisations such as NACRO www.nacro.org.uk or organisations helping ex-offenders such as St Giles Trust www.stgilestrust.org.uk

NSPCC www.nspcc.org.uk

University of Essex Nightline www.essex.ac.uk/student/mental-and-emotional-health/nightline

Support roles in schools (often advertised by local authorities), educational charities or other organisations supporting children www.charityjob.co.uk

Sport coaching, training or experience with sport clubs careers-in-sport.co.uk

Volunteering Matters www.volunteermatters.org.uk

Do-it www.do-it.org.uk volunteer database

CAREERS WITHIN PSYCHOLOGY

Your psychology degree provides you with lots of transferable skills which would be useful in a wide range of jobs. See below for some of the most common job roles and sectors.

Assistant Psychologist Posts

www.jobs.nhs.uk NHS Jobs

HM Prison and Probation Service

www.prisonandprobationjobs.gov.uk Vacancy search page

Research

You don't have to be an academic to have a career in research. As an example, see www.prospects.ac.uk/job-profiles/ux-researcher

Human Resources

www.prospects.ac.uk/job-profiles/human-resources-officer

Recruitment

Prospects job profile

www.prospects.ac.uk/job-profiles/recruitment-consultant

Teaching

There are various routes to becoming a qualified teacher. Visit getintoteaching.education.gov.uk/explore-my-options

Marketing

There are a broad range of careers for Psychology graduates in traditional and digital marketing. Explore the sector using www.prospects.ac.uk/jobs-and-work-experience/job-sectors/marketing-advertising-and-pr

Therapy and Counselling:

There are multiple professions and services offering therapy and counselling including:

Psychological Wellbeing Practitioner

<https://www.prospects.ac.uk/job-profiles/psychological-wellbeing-practitioner>

High Intensity Therapist

<https://www.prospects.ac.uk/job-profiles/high-intensity-therapist>

Counselling

www.prospects.ac.uk/job-profiles/counsellor

Psychotherapy

www.prospects.ac.uk/job-profiles/psychotherapist

Did you know?

You may have heard of a **Psychiatrist**. These are actually qualified Doctors who have chosen to specialise in psychiatry, therefore you need to study medicine if you wish to become a Psychiatrist.

<https://www.prospects.ac.uk/job-profiles/psychiatrist>