PSYCHOLOGY CAREERS

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

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.

There are 8 areas in which you can become a Chartered Psychologist:

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

You could also follow a career in academic research and teaching after becoming a Chartered Psychologist.

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, this isn’t achievable for everyone. Any experience where you are learning about the issues people bring, how to communicate and support them effectively and becoming familiar with how to work as part of a team to help people will be valuable.

When deciding what type of experience to get, think about the client group you would like to support in your career, the environment you would like to work in and the issues you would like to be dealing 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.volunteeringmatters.org.uk

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

Careers with 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
Prospects job profile
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:
There are several different psychological professions that work within therapy including:

Psychological Wellbeing Practitioner
www.prospects.ac.uk/job-profiles/psychological-wellbeing-practitioner

High Intensity Therapist
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

www.essex.ac.uk/see/careerhub
askthehub@essex.ac.uk
01206 874000

All our handouts and information leaflets are available in other formats on request. The Career Services Team make every effort to ensure that the information is accurate and up to date but can accept no responsibility for errors or omissions.