

Welcome

The aims of the Psychology Clinical Insights Programme and why your interest matters:

Applied Psychology (e.g., Clinical, Counselling or Forensic Psychology) is a fulfilling career which combines using scientific knowledge, practical techniques and interpersonal skills to help people change, manage or recover from their psychological difficulties.

Since the first cohort of clinical psychologists entered the NHS workforce in 1948, where their main task was restricted to conduct psychometric testing, the roles of applied psychologists have changed and expanded over the years. Current duties and responsibilities of applied psychologists in the NHS include psychological assessment and intervention using different therapeutic models, consultancy, teaching, training, research, service development and delivery, etc.

In addition to applied psychologists, there are other professions in the NHS who provide psychological intervention to service users. Common examples include Cognitive Behavioural Therapists, Psychotherapists, Psychological Wellbeing Practitioners, Art Psychotherapists, etc.

What we hope you will achieve participating in the Clinical Insights Programme:

- Understanding of the training pathway to become a Clinical, Counselling or Forensic Psychologist
- Become familiar with different job roles of applied psychologists
- Appreciate the various therapeutic approaches used in the psychological treatment of different mental health conditions
- Learn about the route into other professions providing psychological interventions
- Have an awareness of multi-disciplinary working within mental health settings



NHS

Birmingham and Solihull
Mental Health
NHS Foundation Trust

Clinical Insights



2020 Psychology Week February 17-21

Inspiring Futures

2020 Clinical Insights Programme Schedule

What is?

A **clinical psychologist** or **counselling psychologist** uses psychological theory and research in therapeutic work to help service users with a range of difficult life issues (e.g., bereavement, relationship difficulties, sexual abuse, trauma, etc.) and mental health conditions (e.g., anxiety, depression, obsessive-compulsive disorders, eating disorders, psychosis, etc.)

A **forensic psychologist** applies their psychological knowledge and skills in a criminal setting. The primary roles of a forensic psychologist include conducting screenings or assessments of prisoners, investigating psychological disorders among criminal and civil court defendants, and examining the mental state of criminals to determine if they are able to stand trial.

		Morning 10.00 am—12.30pm		Afternoon 1pm—3pm
Monday 17 February EXETER		Welcome & Introductions Health & Safety Reflective Learning <i>(Vinnett Lynch)</i>	BOURNVILLE	Introduction to NHS career pathways for psychology students <i>(Dr Newman Leung)</i> Roles of clinical / counselling / forensic psychologists
Tuesday 18 February BOURNVILLE		Training pathways of other 'psychological' professions <i>(Dr Newman Leung)</i>	BOURNVILLE	Learning about psychological skills in a therapeutic setting <i>(Dr Newman Leung)</i>
Wednesday 19 February TAVISTOCK		Recovery College <i>(Katherine Allen)</i> Introduction to mental health What is Recovery in mental health?	BUTTERLEIGH TEIGNMOUTH	Reflective Learning Feedback <i>(Vinnett Lynch)</i>
Thursday 20 February TAVISTOCK		Interview Techniques Training <i>(James Hart)</i> How to secure an interview What does the interviewer want?	TAVISTOCK	Interview Techniques Training <i>(James Hart)</i> How to answer questions successfully Practice Interview skills
Friday 21 February BUTTERLEIGH		UNIVERSITY DAY (Details to follow)	BUTTERLEIGH	UNIVERSITY DAY (Details to follow)