

## Psychologist

Psychology is the scientific study of human mind and behaviour. Psychologists understand what influences our behaviour and use this to help us address many of the problems and issues in society today. There are many specialities within psychology helping people deal with all sorts of issues in life including: bereavement; trauma; mental illness; stress and anxiety; problems at school; and even improving athletic performance.

See the job profiles of the different divisions of psychology to get further information on a specific specialism.

### The Work

You could be:

- interviewing people on a one to one basis, as part of a group, in couples or as a family
- carrying out tests to assess people
- applying psychological theories to solving clients' problems
- helping clients cope with events such as bereavement
- using psychological tests and monitoring performance and behaviour to assess the needs of athletes
- attending case conferences and writing reports on the cases.

Have a look at each of the specialisms for more information.

- [Clinical](#)
- [Counselling](#)
- [Educational](#)
- [Forensic](#)
- [Health](#)
- [Occupational](#)
- [Sport and Exercise](#).

### Pay

The figures below are only a guide. Actual pay rates may vary, depending on:

- where you work
- your field of specialism
- whether you are in public or private practice or are self-employed.

See the individual job profiles for pay scales. Some psychologists work for the NHS and will be on the NHS Agenda for Pay scale.

### Conditions

- You might work in an office, health centre, school, university or college, hospital or prison or even in a

client's home.

- You usually work office hours from Monday to Friday but may sometimes need to be on call to see patients in the evening or at weekends.
- You often work as part of a healthcare team.
- Clients might be nervous, upset or angry so your work can be emotionally demanding.
- There are opportunities for part time work.

## Getting In

- You would work towards registration with the British Psychological Society (BPS). It's important to realise this takes at least 6 years to achieve.
- To be eligible for the Graduate Basis for Chartered Membership (GBC), you need either a BPS recognised degree (first or second class Honours) in psychology, or a degree in another subject plus a BPS recognised conversion course.
- To do an Honours degree in psychology you usually need 4-5 Highers.
- Paid or unpaid work experience is advantageous.
- After your degree you would find relevant paid or voluntary work experience (at least 12 months) ideally as a psychology assistant or research assistant, before choosing your speciality.
- See the individual job profiles or the British Psychological Society [careers website](#) to see which postgraduate qualification you would need depending on the route you take.
- You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of work. Contact [Disclosure Scotland](#) for details on the type you would need.
- All practising psychologists must register with the [Health and Care Professions Council \(HCPC\)](#).

## What Does It Take

You need:

- sound judgement
- good observation skills
- good concentration for long periods
- clear, logical thinking
- listening skills and patience
- emotional strength to cope with distressing situations
- organisation skills.

You should be:

- interested in healthcare and science
- sympathetic and tolerant
- assertive
- able to communicate with different people
- able to respect confidentiality.

## Training

- Once you have achieved Chartered Membership of the BPS you will continue to learn and train during your career through a programme of Continuous Professional Development (CPD).
- You will need to keep up to date with research on a wide range of conditions and developments in the treatment of these conditions.

## Getting On

- You could work towards promotion in your field.
- You could move into research or training.

## Contacts

### British Psychological Society

Tel: 0116 254 9568

Email: [info@bps.org.uk](mailto:info@bps.org.uk)

Website: [www.bps.org.uk](http://www.bps.org.uk)

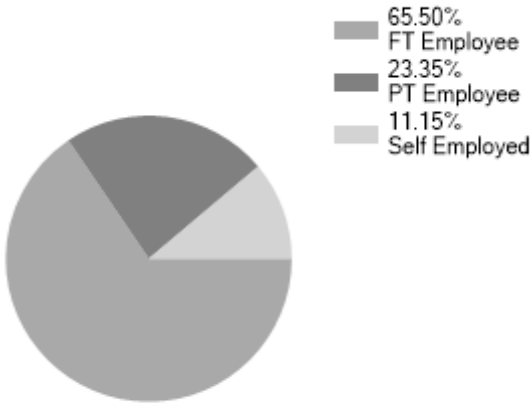
Website (2): [careers.bps.org.uk](http://careers.bps.org.uk)

X: @BPSOfficial

Facebook: [www.facebook.com/OfficialBPS](http://www.facebook.com/OfficialBPS)

Statistics

Employment Status UK %

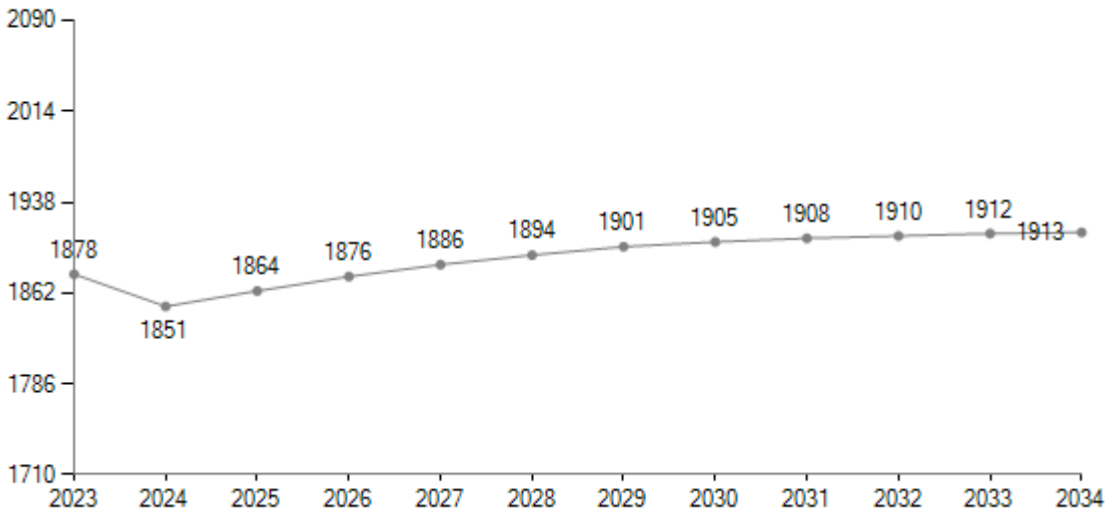


Past Unemployment - Scotland

No Claimant statistics available for Scotland.

LMI data powered by [LMI for All](#)

Predicted Employment in Scotland



LMI data powered by [Lightcast](#)