

Careers with a Psychology degree

A psychology degree is a great starting point, as it equips you with a range of skills and opens up opportunities with many kinds of employers:

Psychological Professions	Criminal Justice	Education
Social	Business	Research & Data

The psychological professions include:

- Psychologists
- Psychological Practitioners
- Psychological Therapists &
- Other NHS Psychological roles

Please read on to find out more about each role.

1. Chartered/Practitioner/Registered Psychologists

Postgraduate study is essential to become a Chartered Psychologist and to register as a Practitioner Psychologist with the Health & Care Professionals Council (HCPC). Competition is high for these courses – see our '[Building work experience for professional psychology doctorates](#)' leaflet for more information.

- [Clinical psychologists](#) aim to reduce the distress and improve the psychological wellbeing of their clients. They use psychological methods and research to make positive changes to their clients' lives and offer various forms of treatment.
- [Counselling psychologists](#) use psychological theory and research in therapeutic work to help clients with a variety of problems. These problems can include difficult life issues and mental health conditions.
- [Educational psychologists](#) help children or young people who are experiencing problems that hinder their successful learning and participation in school and other activities. These problems can include a range of emotional and social problems or learning difficulties.
- [Forensic psychologists](#) are involved with the assessment and treatment of criminal behaviour. They work with prisoners, offenders, other professionals involved in the judicial and penal systems, and victims of crime. The role involves criminal profiling, providing research-based evidence to develop policy and working practices, giving evidence in court and advising parole boards and mental health tribunals.
- [Health psychologists](#) help patients of all ages and with varying psychological or physical health issues respond to and manage the psychological aspects of their illness.
- [Neuropsychologists](#) work with people of all ages dealing with patients who have had traumatic brain injury, strokes, toxic and metabolic disorders, tumours and neurodegenerative diseases.
- [Occupational psychologists](#) apply psychological knowledge, theory and practice to the world of work. They aim to help an organisation get the best performance from their employees and to improve employees' job satisfaction.
- [Sport and exercise psychologists](#) are concerned with the behaviours, mental processes and well-being of individuals, teams and organisations involved in sport and exercise. They typically specialise in either sport or exercise, although some work across both fields.
- [Teaching and research psychologists](#) Teaching staff qualified in one of the applied psychological fields may return to teaching to develop professional practice and conduct research or share their knowledge. University lecturers are expected to extend their subject by gathering psychological evidence on key research questions and publish articles about their findings.

To find out more go to:

- <http://careers.bps.org.uk/>
- www.prospects.ac.uk/job-profiles

2. Psychological Practitioners

These roles include:

- [Children's Wellbeing Practitioners](#) assess and support children and young people with mental health problems, improving their access to therapies.
- [Education Mental Health Practitioners](#) work across education and healthcare to provide mental health support for children and young people in schools and colleges.
- [Mental Health & Wellbeing Practitioners](#) provide evidence-based interventions and co-ordinate care plans for adults with severe mental health problems.
- [Psychological Wellbeing Practitioners](#) are trained to assess and support people with common mental health problems – mainly anxiety disorders and depression – to manage their recovery.
- [Youth Intensive Psychological Practitioners](#) provide psychological assessment and psychologically informed interventions support for young people (13–17 years old) with severe mental health problems.

3. Psychological Therapists

- [Adult Psychotherapists](#) work with adults to assess and treat a range of emotional, social or mental health issues.
- [Child & Adolescent Psychotherapists](#) work with children and young people aged up to 25 and their families and carers to assess and treat a wide range of psychological problems.
- [Cognitive Behavioural Therapists](#) are trained to assess and support children and young people or adults with common mental health or severe mental health problems.
- [Counsellors](#) work with people experiencing a wide range of emotional and psychological problems to help them bring about effective change and/or enhance their wellbeing.
- [Family & Systemic Psychotherapists](#) work with groups and families to assess and treat a wide range of psychological and relationship problems affecting emotional, mental and physical health.
- [High Intensity Therapists](#) equip people with the tools and techniques they need to overcome complex problems related to anxiety and depression.

4. Other NHS Psychological roles

- [Assistant Psychologists](#) work in a variety of roles to provide clinical support to people with mental health conditions.
- [Clinical Associate Psychologists](#) provide psychological interventions under the supervision of a fully qualified practitioner psychologist.
- [Peer Support Workers](#) are people who use their lived experience of mental health problems to support others.

To find out more about psychological roles see:

- www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles-psychological-therapies
- www.prospects.ac.uk/job-profiles
- [‘Careers in Counselling and Psychological Therapies’](#) leaflet

There are many other job roles working with people where a Psychology degree is useful:

5. Criminal Justice

- Criminal Intelligence Officer
- Police Officer
- Prison Officer
- Probation Officer
- Youth Offending Officer

6. Education

- Adult Education
- Education Consultant
- English as a Foreign Language
- Emotional/Learning Support
- Prison Education
- Teaching

7. Social

- Advice & Guidance
- Coach & Mentor
- Key Worker
- Play/Art/Drama Therapist
- Social Worker
- Speech Therapist

To find out more please see our following leaflets in **firstpoint** or at www.worc.ac.uk/careers

- ['Routes into Teaching'](#)
- ['Getting into Social Work'](#)
- ['Working in Criminal Justice'](#)
- ['Working with Children & Young People'](#)
- ['Working with People'](#)

A degree in psychology provides a useful foundation for a range of careers and employers and many graduates go into careers that are less directly related to the subject but utilise psychology skills:

8. Business

- Business Development
- Financial Adviser
- Human Resources Officer
- Marketing Executive
- Management Consultant
- Recruitment Consultant

9. Research & Data

- Data Analyst
- Cyber Security Analyst
- Market Researcher
- Social Researcher

See the following link for information about what jobs involve and how to get into them at:

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

For options with psychology and transferable skills gained on a psychology degree, go to:

- www.prospects.ac.uk/careers-advice/what-can-i-do-with-my-degree/psychology
- <https://targetjobs.co.uk/careers-advice/degree-subjects-your-options/301050-what-can-i-do-with-a-psychology-degree>

To see what other psychology graduates are doing now go to:

- <https://luminare.prospects.ac.uk/what-do-graduates-do>

Psychometric tests give feedback on interests, skills, personality and attributes which can help you decide which kinds of job roles and working environments that best suit you, or which skills and experiences you need to develop to be successful in your chosen career. To have a go at our free tests go to:

- www.worcester.ac.uk/careers/psychometrics

You may also wish to pick up a copy of our '[Quick Guide to Career Planning](#)' from **firstpoint** or visit our website for other resources and activities to help you explore your options, www.worc.ac.uk/careers

If you would like to book a careers appointment to discuss your options, please visit: <https://worchester.targetconnect.net>

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