

## **What are Clinical Psychologists?**

Clinical Psychologists have a background in Psychology and unlike Psychiatrists have not undertaken medical training. They aim to reduce psychological distress and enhance and promote psychological wellbeing.

They often work with people throughout their lives. They work with people who have learning disabilities and mental or physical health problems which might include:

- anxiety and depression
- serious and enduring mental illness
- adjustment to physical illness
- neurological difficulties
- addictive behaviours
- childhood behaviour problems
- personal and family relationships

### **Working as a Clinical Psychologist**

Clinical psychologists work largely in health and social care settings, including:

- hospitals
- health centres
- community mental health teams
- child and adolescent mental health services
- social services

They will often work alongside other professionals, including doctors, nurses, social workers, occupational therapists and physiotherapists.

A collaborative assessment between a clinical psychologist and a client may include: a clinical assessment, using a variety of methods including, questionnaires, interviews and direct observation of behaviour. Assessment may lead to therapy, counselling or advice.

Clinical Psychologists are also trained in research and may do research as part of their jobs.

### **How do you train to become a Clinical Psychologist?**

Clinical Psychology training is a 3 year doctorate course which people apply to after completing a degree in Psychology. Applicants typically have between 1-5 years post-graduate experience, either working in research or therapeutically with people.

#### **Selection**

In Leeds, the selection process consists of two separate interviews:

- One interview is with a panel of psychologists from academic and clinical settings.
- The second interviewing panel consists of up to three individuals who have had experience of using clinical psychology/mental health services either as service users or carers. Candidates are asked to make a brief informal spoken presentation to this panel who

subsequently can discuss the points raised. The aim is to allow the panel to form a judgment on the communication and interpersonal skills of each candidate.

### **The Training Programme**

There are 4 major strands to the programme at Leeds:

- Clinical: trainees have 5 clinical placements over the 3 years working with people with a range of different mental and physical health problems
- Research: trainees are required to demonstrate their competence in research in a number of ways. In the first and second years of the Programme they submit a Systematic Case Study report (5,000 words), a service evaluation or service development project (5,000 words) and a thesis transfer report for the transfer viva (10,000 words). In the final year a substantial piece of work is completed and presented as a thesis (40,000 words). This thesis must make an original, critical contribution to the field of clinical psychology and should be publishable.
- Academic: teaching occurs across the three years of the programme and covers a range of clinical models and working with clients with different backgrounds across the lifespan.
- Personal and Professional Development (PPD): the focus on personal and professional development throughout the three years of training is core aspect of the Leeds programme.