

# **I want to be a.....**

## **Counselling Psychologist**

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Counselling psychologists employ psychological methods and a therapeutic approach to help people manage difficult events in their life. Counselling psychologists may see clients from any age or clinical group in the both public and private sector. Their role may include counselling the bereaved, couples and families with relationship problems or people with mental health or addiction issues. Counselling Psychology integrates psychological theory with therapeutic practice.

Many counselling psychologists are employed by the NHS and work with a wide range of people such as older adults, asylum seekers, refugees, people with learning difficulties or those suffering from chronic pain. Counselling psychologists may work for drug and alcohol charities, or in the community for youth programmes. Some are employed in schools or student counselling services, in industry or within prisons.

The practice of counselling psychology requires a high level of self-awareness and competence in relating the skills and knowledge of personal and interpersonal dynamics to the therapeutic context.

### **Qualifications and training**

To become a Counselling Psychologist you need:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- A Society accredited Doctorate in Counselling Psychology or the Society's Qualification in Counselling Psychology
- Many courses require applicants to have completed a basic counselling skills course. For more information on where to find counselling skills courses, please contact the British Association for Counselling and Psychotherapy (BACP). ( see below)

### **Work experience**

Work experience within a counselling setting will enhance your chances of getting accepted onto a Masters course. Relevant work experience includes:

- NHS Psychology assistant
- Voluntary counselling work with the Samaritans, Childline, Nightline, Anxiety UK or a similar telephone counselling organisation
- Prior training/qualifications in counselling skills

### **Counselling Psychology: Useful Websites**

- **Division of Counselling Psychology (DCoP) of the BPS**  
[www.bps.org.uk/member-microsites/division-counselling-psychology](http://www.bps.org.uk/member-microsites/division-counselling-psychology)

- **British Association for Counselling and Psychotherapy.**  
The BACP promotes and supports counselling and psychotherapists and the settings in which counselors and therapists do their work. Type “careers” into search engine.  
[www.bacp.co.uk](http://www.bacp.co.uk)
- **The Samaritans.**  
The helpline provides emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. No formal qualifications or previous experience are necessary to become a volunteer, but a natural ability to listen and remain open minded is essential.  
[www.samaritans.org](http://www.samaritans.org)
- **Jobs in Charities.**  
A website that lists charity vacancies and volunteering opportunities, including support and counselling work.  
[www.jobsincharities.co.uk](http://www.jobsincharities.co.uk)
- **Nightline Manchester.**  
*A confidential listening and information service run for students by students. Any non-final year student from the University of Manchester may join Nightline. They welcome all students, no matter what course they're doing or what their social background is. No prior experience is needed as all training will be given.*  
<http://manchester.nightline.ac.uk>

## Find Manchester graduates doing this role

### LinkedIn

Use LinkedIn to see and connect with other psychology graduates from UoM who have gone into this and other roles. You can filter for “Psychology” graduates on the second page of the alumni tab, or just search for the job title you are looking for.

[www.linkedin.com/school/university-of-manchester/](http://www.linkedin.com/school/university-of-manchester/)

Join the **Psychology Graduate Network** just for Manchester students & graduates on LinkedIn and view members here too: [www.bit.ly/psychologynetwork](http://www.bit.ly/psychologynetwork)

NB) You can also use LinkedIn to click through to the organisations where people work in this role, connect with other people who work there and view any job vacancies.

The alumni office run **The Manchester Network** which is a similar platform for all Manchester alumni. You can also use this tool to send alumni any questions about their work. [www.network.manchester.ac.uk](http://www.network.manchester.ac.uk)

### More information about the role

See the NHS Health Careers website [www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/counselling-psychologist](http://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/counselling-psychologist)

Read the Prospects job profile: [www.prospects.ac.uk/job-profiles/counselling-psychologist](http://www.prospects.ac.uk/job-profiles/counselling-psychologist)

