

I want to be a.....

Health Psychologist

Health Psychology is a relatively new field of psychology. Health psychologists advocate healthy living through education and the promotion of a healthy lifestyle using psychological principles to promote changes in people's attitudes, behaviour and thinking about health and illness. Some of their work is concerned with providing the public with information about disease prevention and cure. There may also work providing support for patients and their families during illness and work with teams providing palliative care. Many health psychologists will conduct research for health care providers which will guide health policy decisions and impact on public health communication campaigns.

Many health psychologists are employed by the NHS or work within local government public health departments. Universities are a key employer of health psychologists, while some may work in industry or for charities. Other settings include health care agencies, clinical audit/quality improvement teams and organisations and employers outside the health care system.

Qualifications and training

To become a Health Psychologist you need:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- A Society accredited Masters in Health Psychology
- Stage 2 of the Society's Qualification in Health Psychology (two years supervised experience under the supervision of a Chartered Health Psychologist).
- Some Universities offer a Doctorate programme which is equivalent to stages 1 and 2 above. After completion, this qualification will make you eligible to become a Chartered Member of the Society.

Work experience

Working in a health care setting such as a hospital, clinic, hospice or care home could be useful. Research experience is also important. Contact individual course admissions tutors for advice on the amount and type of pre course experience they require.

Health Psychology: Useful websites

- **The Division of Health Psychology - BPS**
Part of the BPS - find out more about health psychology as an academic subject and as a professional career.
www.bps.org.uk/member-microsites/division-health-psychology
- **NHS jobs.**
Assistant psychologist posts are advertised on the NHS website.
www.jobs.nhs.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/

Join the **Psychology Graduate Network** just for Manchester students & graduates on LinkedIn and view members here too: 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

More information about the role

For more information see the NHS Health Careers website www.nhscareers.nhs.uk/explore-by-career/psychological-therapies/careers-in-psychological-therapies/psychologist/health-psychologist

Read the Prospects job profile: www.prospects.ac.uk/job-profiles/health-psychologist