

The Journey to Clinical Psychology

First Steps

- A good honours degree in psychology (1st or 2i).
- The degree has to give you eligibility for the Graduate Basis for Registration with the British Psychological Society [www.bps.org.uk].
- Undertaking a personal inventory
 - Do I love the discipline of psychology?
 - Do I want to apply psychological knowledge to help people with mental health problems?
 - Do I have the desire to make a difference to people's lives?
 - Do I have the confidence to make a difference?
 - Do I possess empathy, warmth and emotional fortitude?
 - Can I tolerate uncertainty and change?
 - Am I able to work under pressure?
 - Do I have excellent written and verbal communication skills?
 - Will I be able to maintain appropriate boundaries in my personal and professional relationships?
 - Will I be able to swim with clients in their emotional world without drowning?

Second Steps

- Developing a portfolio of relevant experience.
 - *Undergraduate Level*
 - Course options and research with clinical relevance.
 - Voluntary work in term time.
 - Vacation employment or voluntary work with clinical relevance.
 - *Postgraduate Level*
 - Assistant psychologist post.
 - Other health or social care post.
 - Research assistant in clinically relevant area.
 - Further voluntary work.
 - Master's degree in relevant area.
- Applying for a training place.
 - There is only one route – a three-year doctorate course in clinical psychology.
 - Application is through www.leeds.ac.uk/chpccp [Clearing House for Postgraduate Training Courses in Clinical Psychology].

For essential links, tips and advice, please see my website www.psychodelights.com/training

Dr Derek Lee
Chartered Clinical Psychologist

Applications in 2013

Number of applicants: 3725

Number of places: 592