

# CLINICAL PSYCHOLOGY: RELEVANT EXPERIENCE

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## HEALTH CARE ASSISTANT

- Typically work on mental health & physical health wards
- Support qualified professionals with duties & tasks e.g. nurses, physiotherapists, occupational therapists, psychologists, speech and language therapists, art therapists etc
- Assist with with day to day running of the ward e.g. aiding with personal care and ADLs, psychosocial support, monitoring and assessment of mental and physical wellbeing, supporting with ward-based assessments, wellbeing assessments & capacity assessments, facilitating visits and escorted leave, carers support, supporting with ward activities e.g. running groups, group work etc

### Benefits:

- Develop an understanding of the structure & organisation of NHS teams / services
- Develop an understanding of the roles of different professionals, including the role of clinical psychology within such teams
- Develop an understanding of NHS processes & procedures e.g. care plans, mental health care act, family meetings, ward rounds, team meetings etc
- Gain intensive clinical experience engaging with service users / clients / patients
  - enabling the development of key clinical engagement & interaction skills e.g. containment, de-escalation, validation, empathic and active listening skills
- Develop psychosocial support skills including group work, supporting with allied health professions activities, befriending support etc
- Sometimes able to access opportunities to undertake research, project work or service development activities or support the psychology team with clinical work
- These roles can be undertaken on the NHS Bank - affording flexibility on when you work, how much you work and where you work - enabling you to work across a variety of different wards/teams and develop a broad range of experience with different presentations & client groups & across settings

### Limitations:

- This work can be low paid
- There is often limited contact with psychology therefore it can limit the development of psychological thinking & psychological skills

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## **SUPPORT WORKER**

- Typically work in community settings (physical and mental health teams)
- Support qualified professionals with duties & tasks e.g. nurses, physiotherapists, occupational therapists, psychologists, speech and language therapists, art therapists etc
- Assist with day to day tasks within the team e.g. supporting clients to engage in community activities - shopping, hobbies, sports etc, delivering brief interventions e.g. relaxation skills, emotional regulation skills training etc

### **Benefits:**

- Develop an understanding of the structure & organisation of NHS teams, services & facilities & an understanding of NHS processes & procedures
- Develop an understanding of the roles of different professionals, including the role of clinical psychology within such teams
- Gain clinical experience engaging with service users / clients / patients - enabling the development of key clinical engagement & interaction skills e.g. containment, de-escalation, validation, empathic and active listening skills
- Develop psychosocial support skills e.g. supporting with ADL's e.g. shopping, accessing valued hobbies, supported employment etc
- Experience of working in a multi-disciplinary team e.g. holistic care planning, attending team meetings & case discussions

### **Limitations:**

- This work can be low paid
- There is often limited contact with psychology therefore it can limit the development of psychological thinking & psychological skills

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## **ASSISTANT PSYCHOLOGIST**

- Typically based within psychology departments or teams in both physical & mental health settings, as well as primary care (including IAPT) services
- Assist the qualified psychologist with the delivery of psychology services
- Day to day tasks include offering brief assessment, formulation & intervention for a range of mental and physical health difficulties, delivering group work, facilitating teaching & training to colleagues & other NHS services, offering consultancy to MDT colleagues, project & service development work & undertaking literature reviews & research projects

### **Benefits:**

- Develop an understanding of the structure & organisation of NHS teams, services & facilities & an understanding of NHS processes & procedures
- Develop an understanding of the roles of different professionals, including the role of clinical psychology within such teams
- Develop insight into the role & responsibilities of the clinical psychologist & start to develop relevant skills to perform such duties e.g. teaching, training, consultancy, leadership skills, service development experience, research skills and clinical / psychological intervention skills
- Gain clinical experience engaging with service users / clients / patients / families / carers - enabling the development of key clinical engagement & interaction skills e.g. containment, de-escalation, validation, empathic and active listening skills
- Develop psychological assessment, formulation & intervention skills
- Supervision from a clinical psychologist to aid the development psychological thinking - including application of psychological theory to clinical practice & reflexive skills, career development & tailored CPD considerations

### **Limitations:**

- This work can be low paid or even unpaid
- Some roles are part time or temporary positions
- Highly competitive to obtain a role (much experience is often needed before one is successful in obtaining a role)
- May have to re-locate to obtain a role as they are scarce

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## **RESEARCH ASSISTANT**

- Typically based within NHS trust research departments or university departments
- Assist with research projects - including undertaking literature reviews, data collection, data analysis, ethics submissions, report writing & preparation for submission to journals

### **Benefits:**

- Develop research skills to an advanced level
- Real world experience of undertaking research
- Depending on the duties performed (e.g. clinical interviews) there may be opportunities to develop clinical skills as well as research skills
- Opportunities to present your work and have your work published

### **Limitations:**

- Often miss out on valuable clinical experience
- Some roles are part time or temporary positions
- Highly competitive to obtain a role (much experience is often needed before one is successful in obtaining a role)
- May have to re-locate to obtain a role as they are scarce