

H. DCLinPsy, 2009

Faculty:

■ Brain Sciences

Current Role:

■ Clinical Psychologist

Sector:

■ Health

H. now works in Clinical Psychology at a London mental health trust, delivering talking therapy for anxiety and depression on a one to one basis. H. decided to pursue this career path after a Course Director at UCL introduced it to her year group through extra training. She found her position advertised by the course director via email.

H.'s doctorate was essential for securing her position as it provided core professional training, which was very useful for the job. H. was required to take a Post Graduate Diploma in Cognitive Behavioural Therapy for her current role in addition to her doctorate.

She uses her doctorate and professional training in her work, which includes skills and risk assessment as well as specific cognitive behavioural therapy. The key non-technical skills that H. uses include building and sustaining rapport with patients, maintaining boundaries, working with other professionals in a team, liaison and consultation, synthesis of academic information and keeping up with research.

H. believes that her depth of training at UCL enabled her to enter employment after graduating without distinct challenges. She found that her course was so specific in its training that she did not require further skills development. H. believes that all aspects of her UCL training were useful, and incorporated a range of therapy models, role play, writing assessed case reports, research skills training and examined statistics training.

H. recalls that her doctorate's course was 'very focused and difficult', and she recommends the training offered through the Improving Access to Psychological Therapies (IAPT) programme. H. believes it is beneficial for continued training and offers insight beyond the field of Clinical Psychology. When reflecting on her decision to complete a specialist doctorate and her subsequent career path, H. says it was 'difficult to get onto my career path, but when you do, [the] career path is clearer.'

■ Tags: Brain Sciences, Health, Psychologist, Non-Academic