

Careers in Health Psychology

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What is Health Psychology?

- An applied definition:
 - Health psychology is the practice and application of psychological **research** into *behaviour* relevant to health, physical illness and health care.
 - For example; the study of why and when people seek professional advice about their health, why they do or do not take recommended preventive measures, how **patients and health care professionals interact**, how patients **adapt to illness** and the links between **perception, health behaviour and physical functioning**

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What Opportunities are there for



- CPD: MSc. courses available
- Clear professional progression
- NHS recognises importance of HPs
- HPs viewed as having good skills in MDTs
- Employment opportunities:
 - Universities
 - NHS
 - Health Promotion Settings
 - Schools
 - Industry

Qualifications for a Chartered Health Psychologist

- GBR (see Ψ website www.bps.org.uk) degree from a BPS approved UG course or a conversion year
- Stage 1: 1 year or equivalent
 - Higher degree in Health Psychology from a BPS accredited course (20+)
- Stage 2: 2 years or equivalent
 - Experience in 3 areas: Research, Teaching & Consultancy (development & evaluation of interventions to reduce risk)
 - Assessed via portfolio of experience

BPS MSc Health Psychology accredited courses

- City University
- Coventry University
- London Guildhall University
- Middlesex University
- Queen Margaret University College
- Staffordshire University
- University of Bath
- University of Central Lancashire
- University of Kent at Canterbury
- University of London (UCL / Guy's Kings & St Thomas' Hospital)
- University of Luton
- University of Southampton
- University of Surrey
- University of Sussex
- University of Teesside
- University of the West of England
- University of Westminster (part time)

Pro's & Con's of HP



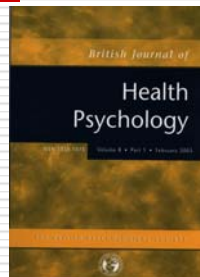
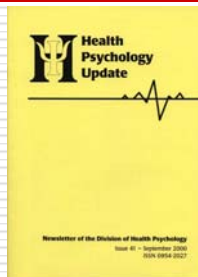
Pro's

- Interesting and always topical
- Strong research base
- Collaborate with MDT & Multi-agency
- Challenges biomedical model
- Integrates sociology & biology with psychology
- In the forefront of new developments in service delivery & research – exciting/out of depth!

Con's

- Potential Inter-professional conflicts (Clinical psychology)
- Salary & Limited research grants

Useful resources



(see <http://www.health-psychology.org.uk/>)