

# Health Psychology

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# Content

- ▶ What is Health Psychology?
- ▶ What does Health Psychology training involve?
- ▶ What do Health Psychologists do?

# What is Health Psychology?

- ▶ Health Psychology is a field of psychology devoted to:
  - ▶ Understanding the ways that people stay healthy
  - ▶ The reasons people become ill
  - ▶ The ways people respond when they become ill
  - ▶ HPs like all psychologists are interested in beliefs, thoughts, feelings and behaviours)
  - ▶ HPs also considers interventions across each of these areas.
  - ▶ Evidence based practice

# Health Psychology Training

- ▶ ‘Health Psychologist’ has been a registered title with the HCPC (Health and Care Professions Council) since 2009
- ▶ Training in HP gives HCPC registration and eligibility for full membership of Division of Health Psychology/British Psychological Society
- ▶ HP training is a 2-stage process (following a BPS approved UG degree in Psychology):
  - ▶ BPS approved MSc in HP is Stage 1 - knowledge base
  - ▶ Stage 2 is the professional training component

# Stage 2 Training in HP

- ▶ Two year minimum full time (on the job) training
- ▶ Two routes to becoming a registered HP through Stage 2:
  - ▶ QHP route, with a BPS approved supervisor
  - ▶ Doctorate in Health Psychology
  - ▶ For Stage 2 training you need:
    - ▶ an MSc in HP (usually merit or above) and
    - ▶ a health-related job in which you can complete core competencies. So...

# What are the core Stage 2 competencies?

- ▶ 5 core competencies -
  - ▶ Consultancy
  - ▶ Psychological Interventions
  - ▶ Teaching and Training
  - ▶ Professional Skills
  - ▶ Systematic Review/Research

HP's are expected to be a 'Master of all trades'!

Diverse recruitment

# What do qualified Health Psychologists do?

- ▶ Qualified trainees from UWE in Health Psychology are working in all of the competency areas (doing interventions, research, teaching/training and consultancy) in e.g.
  - ▶ the NHS, prison services, IAPT
  - ▶ Universities
  - ▶ Public Health
  - ▶ private organisations
  - ▶ individual private practice
- ▶ We also have HPs working in many areas where you might not expect them to be working - e.g. Osteopathy