

PIP Week One

Psychology Pathways & Competencies Worksheet

Objective: To understand the different HCPC-registered psychologist roles in the UK and identify the key skills and competencies required for each.

Practitioner Psychologist Roles

Psychologist Role	Key Areas of Practice
Clinical Psychologist	Mental health assessment, therapy, diagnosis
Counselling Psychologist	Emotional wellbeing, therapeutic relationships
Educational Psychologist	Learning difficulties, school-based interventions
Forensic Psychologist	Criminal behaviour, legal system
Health Psychologist	Health behaviour change, chronic illness
Occupational Psychologist	Workplace wellbeing, performance
Sport & Exercise Psychologist	Motivation, performance in sport

Part 2: HCPC Standards of Proficiency

Match each standard to the psychologist roles where it is especially critical.

HCPC Standard	Most Relevant Roles
Practise safely and effectively within scope of practice	
Understand and apply safeguarding processes	
Communicate effectively with service users and professionals	
Maintain confidentiality and respect autonomy	
Understand the impact of culture, equality, and diversity	
Reflect on and review practice	
Draw on appropriate knowledge and skills to inform practice	
Maintain fitness to practise and manage emotional burden	

Reflection Questions

Consider and make notes on the following questions to reflect on your interests, skills, and understanding of psychology roles and competencies.

1. Which psychologist role interests you most and why?

Hint: Consider the type of work, client group, and setting that appeals to you.

2. What skills do you think are most important for that role?

Hint: Think about communication, empathy, analytical thinking, and ethical awareness.

3. How do you think your undergraduate studies will help you develop those skills?

Hint: Reflect on modules, assignments, and practical

4. Which HCPC standards do you think would be most challenging to meet, and why?

Hint: Consider standards related to emotional resilience, safeguarding, or cultural competence.

5. How do personal values and ethics influence the role of a psychologist?

Hint: Think about confidentiality, respect, and professional boundaries.

6. What transferable skills (e.g., communication, critical thinking) do you already possess that align with these roles?

Hint: Reflect on experiences from school, work, or volunteering.

7. How might cultural awareness and sensitivity play a role in psychological practice?

Hint: Consider working with diverse populations and respecting different perspectives.

8. What kind of professional development or training do you think is essential beyond academic qualifications?

Hint: Think about CPD, supervision, and specialist training.

9. How do you think psychologists manage emotional resilience in demanding roles?

Hint: Consider self-care strategies, supervision, and peer support.

10. What role does supervision and peer support play in maintaining professional standards?

Hint: Reflect on feedback, accountability, and shared learning.

11. How do you see the relationship between research and practice in psychology?

Hint: Think about evidence-based interventions and ongoing learning.

12. Which competencies do you think are most important for building trust with clients or service users?

Hint: Consider empathy, reliability, and clear communication.

13. How might your own lived experiences shape your approach to psychological practice?

Hint: Reflect on how personal insights can enhance empathy and understanding.
