Applied Psychology

Lecture 1

What is Applied Psychology?

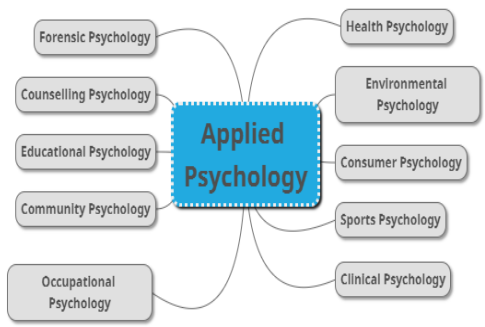
Stacey Coleman

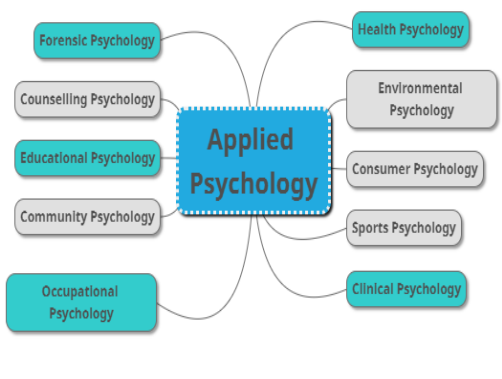
2 What is Applied Psychology?

3 What is applied psychology?

Psychology = The scientific study of human behaviour

Applied Psychology = The professional application of psychological knowledge to the solution of problems associated with human behaviour (Davey, 2011)





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Problems can be at an individual, organisational, or societal level

Individual

Clinical Psychology

e.g., the treatment of individual mental health problems

7

Problems can be at an individual, organisational, or societal level

Organisational/ Occupational

Occupational Psychology

e.g., making places better to work

8

Problems can be at an individual, organisational, or societal level

Societal

Health Psychology

e.g., changing the eating habits of a nation

9 Applied Psychology

- The main fields of applied psychology are reflected in the different professional divisions currently represented within the BPS.
- Main areas are clinical, occupational, educational, forensic, health, sport and exercise, counselling, neuropsychology, and teaching and research

10 Professional Regulation

Hint: Assignment 2 requires knowledge of the training routes required within each discipline – these points are relatively common irrespective of the field…

- Each discipline that is reflected in the P
  - Accredited undergraduate degree/eligibility for GBS (minimum 2:1 Hons degree)
  - Accredited postgraduate training qualification
  - Extensive work experience (paid and/or unpaid)

11 Professional Regulation

- Health and Care Professions Council (HCPC)
  - Standards of proficiency
  - Register of 'practitioner psychologists'
  - Protected titles

Practitioner Psychologist
Registered Psychologist
Clinical Psychologist
Counselling Psychologist
Educational Psychologist
Forensic Psychologist
Health Psychologist
Occupational Psychologist
Sport and Exercise Psychologist

12 Standard of Conduct, Performance and Ethics

- HCPC ensures that practitioners:
  - Respect confidentiality, consent and interests of their target group/clients
  - Keep skills/knowledge up to date and do not offer services outside area of expertise
  - Do not offer services if their mental or physical health is affecting their practice
  - Behave honestly and responsibly in the conduct and promotion of their practice

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Standard of Conduct, Performance and Ethics

1. You must act in the best interests of the service users
2. You must respect the confidentiality of service users
3. You must keep high standards of personal conduct
4. You must provide any important information about your conduct and competence
5. You must keep your professional knowledge and skills up to date
6. You must act within the limits of your knowledge, skills and experience and, if necessary, refer the matter to another practitioner
7. You must communicate properly and effectively with service users and other practitioners
8. You must effectively supervise tasks that you have asked other people to carry out
9. You must get informed consent to give treatment (except in an emergency)
10. You must keep accurate records
11. You must deal fairly and safely with the risks of infection
12. You must limit your work or stop practicing if your performance or judgement is affected by your health
13. You must behave with honesty or integrity and make sure that your behaviour does not damage the public's confidence in you or your profession
14. You must make sure that any advertising you do is accurate

What do the individual disciplines explore?

15

Clinical

Health

Occupational

Sports and Exercise

Educational

Forensic

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SPORTS AND EXERCISE PSYCHOLOGY

A profession dealing with sport and physical performance requiring knowledge of factors that can facilitate and enhance sporting performance

Sports OR Exercise psychologist – depends on client
• Sports psychologists work with individuals/teams who want to enhance psychological aspects that influence **performance**
• Exercise psychologists work with individuals who have a **health focus**
• Key aspect: help people do things better to achieve their goals

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EDUCATIONAL PSYCHOLOGY

Psychology as applied to educational practice and related research

Educational psychologists don't just work with children
• Liaise with educators and parents as well as children
• Apply psychological theories to understand how teachers and learners behave, perform, think, feel and relate to each other in educational settings

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OCCUPATIONAL PSYCHOLOGY

The professional application of psychological knowledge of organisations to make them better places in which to work

Apply science and theory of the mind to the world of work.
• Largely concerned with employment – this covers a BROAD area of topics and concepts
• Work with individuals and organisations
• The only constant in the world of work is change

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FORENSIC PSYCHOLOGY

The application of psychological knowledge within the criminal justice system

Can work as consultants, but also work with victims of crime, the general public and government bodies or universities as part of teaching and research

- Media portrayal of forensic psychology is largely inaccurate – it is not glamourous.
- Highlighted as one of the most laborious disciplines in terms of day-to-day workload
- Many additional competencies required

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HEALTH PSYCHOLOGY

The professional application of psychological knowledge to the solution of problems associated with human health behaviour

Seek to identify and understand the determinants of 'physical, mental and social well-being' – NOT mental health/illness

- Often confused with clinical psychology – concerned with human health behaviours not mental health
- Key aims = promote health and prevent illness
- Can work with individuals, societies, communities, public bodies and health care professionals

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CLINICAL PSYCHOLOGY

The branch of psychology responsible for understanding and treating mental health problems

Clinical psychologists require a broad understanding of:

- How we identify and define mental health problems
- The theoretical frameworks within which we try to explain the causes of mental health problems
- How we have attempted to classify and diagnose mental health problems

22 Time to take a break!

Applied Psychology

Module information

24 Lectures and Seminars

- **Lectures:** Every Monday between 9am and 11am in TK255
- **Seminars:** Every Monday between 11am and 1pm in Mumbles

25 Module Aims

- Introduce students to the various disciplines within Applied Psychology
- Provide students with an understanding of the ways in which theory and research can be applied to the concepts of individual, organisational and societal health
- Develop students' IT, group work and oral presentation skills

26 Module Objectives

- Recognise the different disciplines within applied psychology;
- Describe how theories and models can be applied to improving individual, organisational and/or societal health;
- Understand the role of research in applied psychology and associated practical, professional and ethical issues; and
- The ability to present work through appropriate media.

27 Module Assessment

- **Assessment component 1 – 50%**
  - Academic poster (1500 words max):
    - Students will be expected to create an academic poster that demonstrates the role of research in Applied Psychology

28 Module Assessment

- **Assessment component 1 – 50%**
  - You are required to create an academic poster that demonstrates examples of the role of research in Applied Psychology, including relevant associated practical and ethical issues.
  - Using PowerPoint, you must produce an **individual academic poster** of your final design.

29 Module Assessment

- **Assessment component 1 – 50%**

Your poster must provide specific empirical examples of **two published research studies linked to a specific discipline of Applied Psychology.**

Submission for this component is via Turnitin only by **12pm Tuesday 6th March 2018.**

30 Assessment 2

– Poster Layout:

- **Abstract:** 150 words (not included in word count)
- **Introduction**: synthesis of relevant psychological literature contained within the two papers you have chosen
- **Methods:** an example of methods used in the discipline, and papers, you have chosen. You must include the sub-headings of participants, design, materials and procedure.
- **Ethical considerations:** brief summary of any ethical issues identified within the papers chosen, and how they were ultimately dealt with by the study design.
- **Study outcomes:** a discussion of the real-world implications of the study. This section should demonstrate how the research conducted within the field of applied psychology has a real-world impact.
- **Separate reference list:** an accurate APA style reference list (not part of word count) must be attached to your poster submission

31 Module Assessment

- **Assessment component 2 – 50%**
  - Group seminar presentation (five minutes per individual):
    - *Students will work in small groups to design and deliver a presentation on the demonstrates their understanding of the specific training routes and practical applications of one of the disciplines of Applied Psychology.*
    - *Each student's contribution will be assessed individually based upon their contribution to the overall presentation, slide content and delivery of presentation.*

32 Module Assessment

- **Assessment component 2 – 50%**
  - Each individual must design their own slides to cover **ONE** specific discipline and present these slides as part of the group during the allocated session.
  - Each individual must present for **five minutes** and are advised to follow the structure below:
    - *A brief description of the discipline being covered*
    - *Training and professional competence required within that discipline*
    - *An empirical/practical example of the application of each discipline within each field*
    - *Appropriate references*

33 Module Assessment

- **Assessment component 2 – 50%**
  - Presentations will take place during lecture and seminar times of the week commencing **23rd April 2018.**
  - Presentation slides must be submitted to Turnitin by **9am Monday 23rd April.**
  - Allocated presentation times will be made available on Moodle two weeks in advance of the presentation week.
  - Non-attendance for this time will result in a fail for this component.

34 Any questions re: assessments?

35 YOUR task by next week…

1) Please become familiar with the Applied Psychology Moodle page

2) Use the seminar time today to read the two assessment proformas in full and make sure you are aware of what is required for each.

3) Have a look at the BPS website re: careers
   http://careers.bps.org.uk/

4) By next week's lecture you should **email me** with a list of names of people that you will be working in a group with – allocate a group leader for your group and that person should send this information. During the lecture, I will then ask for each of your choices for disciplines to present. Between now and then use the careers website and the information in your core text book to give you an idea of each of the disciplines and choose the one that interests you most. Only ONE person from each group can present each discipline

Mental Health Awareness Quiz

37

Question 1

Are mental health problems inherited?

They can be, but not always

38

Question 2

Violence towards others is a symptom of which mental illness?

None! Violence is not on any diagnostic criterion.

39

Question 3

35-50 year olds show the highest incidence of suicide – true or false?

False – 18 to 25 year olds are the highest risk group

40

Question 4

People who talk about suicide are not likely to go on to do it – true or false?

False – most people who commit suicide usually tell someone of their intentions within the previous two months.

41

Question 5

Men are more likely than women to attempt suicide – true or false?

False – women are more likely to attempt.

42

Question 6

What proportion of people are known to experience mental health problems?

1 in 8

1 in 4

1 in 6

43

Question 7

What percentage of GP consultations are for mental health problems?

30%

50%

25%

44

Question 8

Drugs such as cannabis and ecstasy can increase the risk of panic attacks, anxiety disorders and psychotic episodes – true or false?

True.

45

Question 9

At what age are mental health problems most likely to occur?

16 to 25 years and over 65 years.

46

Question 10

In a MIND survey of people who currently have or have previously experienced a mental health problem:

What % of these people said that they had been abused or harassed in public?

47%

What % of these people claim to be have been harassed, intimidated or teased at work because of a psychiatric history?

38%

47

Question 11

Mental Health Media has identified three major stereotypes of how people with a mental illness are portrayed by the media. One is sad/pitiable. What are the other two?

Comical

Violent (to themselves and others)