

ECPS4017

Psychology in Practice

Module Handbook

25-26

Welcome to your first year Psychology in Practice module.

I am really pleased to have the opportunity to introduce you to the field of applied psychology and its related competencies over the next semester. The aim of this module is to develop an understanding of the application of psychology to professional practice and the cognitive, emotional, and professional skills and competencies required to work as a professional psychologist. This is a really important module for anyone wishing to work in a psychology related career but is also hugely important for each of you as students of Psychology. As this module progresses we will be exploring the various personal and professional skills and competencies that are required to work in the field of psychology and other related professions, and I will be encouraging you to think about your own skills and abilities at various times through the module and to reflect on the professional person you may want to develop into over the course of your degree and beyond. We will primarily be using a positive psychology perspective through this module, focusing on the many ways in which we can help and support individuals and communities thrive, including ourselves. Below you will see the definition provided by the International Positive Psychology Association (IPPA). We will come back to discuss this during our first session of this module.

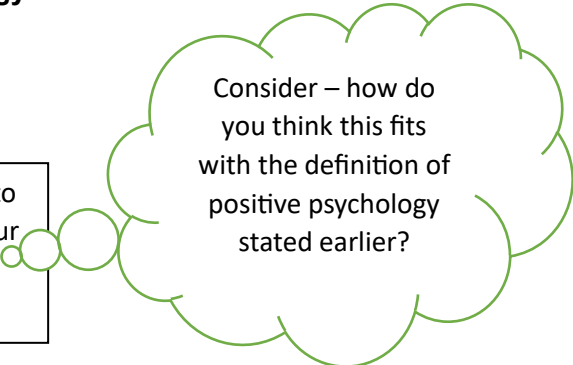
Positive Psychology is the scientific study of what makes individuals and communities thrive. Founded in the late 1990's, this branch of psychology primarily focuses on the experiences, strengths, virtues, choices, relationships, and institutions that contribute to successful functioning and enable individual and collective flourishing in difference contexts, countries, and societies. <https://ippanetwork.org/>

Psychology in Practice: What is Applied Psychology?

According to Davey (2023) applied psychology is:

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

Davey (2023) pg 2



Consider – how do you think this fits with the definition of positive psychology stated earlier?

In this first week of this module I will introduce the module aims, learning outcomes and assessment tasks before introducing you to the field of applied psychology generally.

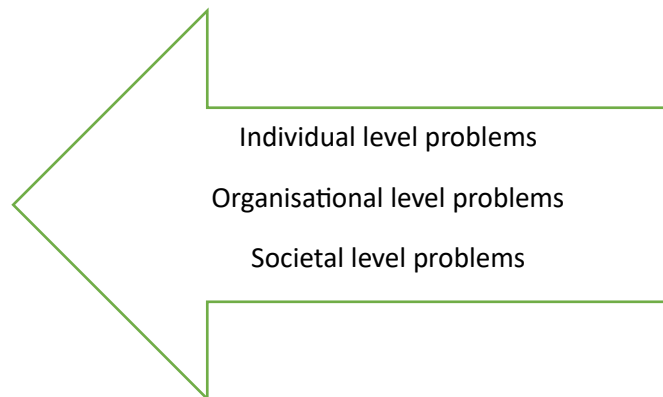
Module learning outcomes reflect the assessment criteria you need to meet in order to pass this module, so it is worth taking a few moments to read and consider these.

Upon the successful completion of this module, you should be able to:

- demonstrate understanding of the different professional pathways in psychology and their associated training routes
- discuss the application of psychological theory to understanding real-world issues across a range of psychological specialisms
- reflect on your own personal and professional development needs using appropriate psychological models
- take responsibility for your own learning and skill development, including effective personal planning, self-reflection, and project management skills.

There are a number of areas of Applied Psychology recognised within the UK. These are:

- Clinical Psychology,
- Health Psychology,
- Educational Psychology,
- Occupational Psychology,
- Forensic Psychology,
- Sports & Exercise Psychology
- Counselling Psychology
- Teaching Psychology



Over the course of this module we will be exploring a number of these areas of applied psychology in depth, and you will also gain a further understanding of a number of these areas as you progress through your degree with this for example, Occupational Psychology will be covered in your second year in the Organisational Psychology module, and Clinical Psychology, Health Psychology, and Forensic Psychology are optional final year modules. One of the objectives of this module therefore is to develop your understanding of the different professional pathways in psychology and their associated training routes, and you will be assessed on your knowledge and understanding of this as one of your assessments in this module.

In the first session of this module, I will provide an overview of each of these areas before we start to focus in-depth on a number of these over the next 10 weeks or so. The module content of each week is outlined on Moodle and will be accompanied by essential reading and seminar preparation. Take another look at the learning outcomes for this module and remember, as part of your university journey you need to be taking responsibility for being organised and professional in your approach to your studies, module preparation and assessments – after all – these are critical skills to develop for working as an applied psychologist in the future.

Core Text:

Essential	Davey, G. (2011). <i>Applied psychology</i> . BPS Blackwell.	☒
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Useful web-based resources

Familiarise yourself with the British Psychological Society Website. This contains so much useful information for you, both as students of Psychology and as future Psychology professionals.

[Homepage | BPS](#)

[Find your career in psychology | BPS](#)

[The Psychologist | BPS](#)

[Code of Ethics and Conduct | BPS](#)

[BPS Code of Human Research Ethics | BPS](#)

READING LIST

Classification	Reading List entry	Electronic*
Essential	Davey, G. (2011). <i>Applied psychology</i> . BPS Blackwell.	☒
Essential	Bayne, R. & Jinks, G. (2013). <i>Applied psychology: research, training and practice</i> (2nd ed.). Sage.	☒
Essential	Koocher, G. P., & Keith-Spiegel, P. (2016). <i>Ethics in psychology and the mental health professions: Standards and cases</i> . Oxford: Oxford University Press.	☒
Essential	BPS (2021). <i>Code of Ethics & Conduct</i> . Leicester, BPS.	☒
Essential	BPS (2021). <i>Code of Human Research Ethics</i> . Leicester, BPS.	☒
Further	Snyder, Lopez, S. J., Edwards, L. M., & Marques, S. C. (2016). <i>The Oxford handbook of positive psychology</i> (Snyder, S. J. Lopez, L. M. Edwards, & S. C. Marques, Eds.; Third edition.). Oxford University Press.	☒
Further	Knapp, S.J., VandeCreek, L., & Fingerhut, R. (2017). <i>Practical Ethics for Psychologists: A Positive Approach</i>	
Further	<i>Journal of Applied Psychology</i>	☒
Further	<i>British Journal of Health Psychology</i>	☐
Further	<i>Psychology, Health & Medicine</i>	☐
Further	<i>British Journal of Clinical Psychology</i>	☐