



PSYCHOLOGY IN PRACTICE

ECPS4024

Week One Session Plan

- 9am – 10am: Module overview and getting to know each other
- 10 – 11: An introduction to Applied Psychology
- 10.30- 10.50: Break
- 10.50 – 11.30: Scenarios & Skills: Becoming a Psychologist
- 11.30 – 12: Q&A



Module Welcome & Introductions

Register!!



A little bit about me...

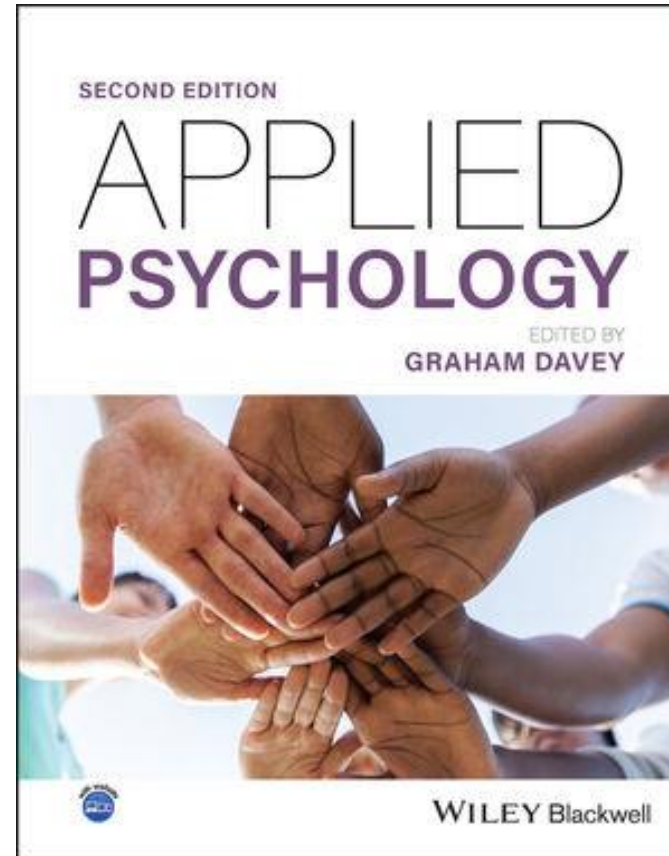
- BPS Chartered Health Psychologist
- Health Care Professions Council Registered Health Psychology Practitioner
- Research experience in applied and educational settings (government, NHS and University)
- Expertise in psycho-oncology, genetics, dementia, wellbeing at work and intervention and service evaluation
- Over 20 years experience in successful NHS ethics applications including large multicentre RCTs of complex interventions
- Vice Chair of NHS Research Ethics Committee
- Board member of Welsh Govt Health and Care Research Wales, Research for Public & Patient Benefit Board.
- Trained in motivational interviewing and supervision and mentoring skills



A little bit
more about
me...



Module Overview: Psychology in Practice





Module Aims and Learning Outcomes

- AIMS: 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.

- **LEARNING OUTCOMES**

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

- demonstrate the ability to apply different ideas and perspectives in Psychology to the real world and recognise associated ethical considerations;
- demonstrate awareness of appropriate personal and professional skills and professional and ethical frameworks required for a range of career pathways in Psychology.

Module Assessment

ASSESSMENT

Assessment Component 1

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Visual Assessment	Equivalent 1,000 words plus design	50%

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Written Assignment	1500 words	50%

Moodle Tour



Getting to know each other.....



- Introduce the person next to you
- What do they want to get out of this journey?
- Something about their personality and/or interests...

Short Break

What is Applied Psychology?

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

Davey (2023) pg 2



What is Applied Psychology?

Applied psychology uses psychological theories, methods, and research to address practical issues in workplaces, schools, healthcare, criminal justice, sport, and other settings.

Non-applied psychology (sometimes called basic, theoretical, or pure psychology) focuses on understanding behaviour and mental processes without an immediate practical application.

Quiz: What is Applied Psychology?

Investigating how sleep affects memory in a university laboratory?

Developing a programme to help GCSE students manage exam anxiety?

Studying visual perception using computer-based experiments?

Working with a local council to reduce antisocial behaviour among young people?

Testing a theory about how emotions are processed in the brain?

Memory

Non-applied: Study working memory capacity in a lab.

Learning

Non-applied: Test theories of reinforcement and learning.

Stress

Non-applied: Investigate biological stress responses.

Social Influence

Non-applied: Research conformity and obedience.

Attention

Non-applied: Study visual attention in experiments.

Attention

Non-applied: Study visual attention in experiments.

Quick Rule

Non-applied psychology asks:

“How does this behaviour or mental process work?”

Applied psychology asks:

“How can we use psychological knowledge to solve a real-world problem?”

Areas of Applied Psychology recognised within the UK.

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



Psychology Career Speed Dating

Careers in Psychology

- BPS accreditation
- MSc routes
- Doctoral training
- HCPC routes
- Alternative careers

Careers in Psychology: Group Work

Explore BPS career profiles.

- What qualifications are required?
- Who is the psychologist helping?
- What does a typical day look like?
- One surprising fact?

[Career options in psychology | BPS](#)

Short Break

Becoming a Psychologist... session wrap up and reflections..

Becoming a Psychologist...

Psychology Identity Map

- Why did I choose psychology?
- What strengths do I bring?
- Which areas interest me?

What type of
psychologist am I
most interested in
becoming and
why?

Becoming a Psychologist...

Analyse Provided Job Description

- Skills required?
- Training?
- Transferable Skills?

Next Week...

- An introduction to Health Psychology
- Stress, Health & Wellbeing